

Manalapan Parks and Recreation presents:

Competition Running Camp



July 6–9 and/or July 13-16

Grades 6-8 and Grades 9-12

Monday thru Thursday 6:00 pm - 8:00 pm

USA Track & Field Coaches

Bob Andrews, Kristin Andrews and Will Cicoria
with Liz Spector and Team USA Olympian, Robby Andrews

Camp open to boys and girls entering grades 6-8 and grades 9-12 in the fall.

Registration will be limited due to COVID 19 spacing limitations.

A Covid 19 Program Plan has been created to meet NJDOH requirements and will be implemented.

Participants will learn:

- Dynamic flexibility warm up
- Proper running form
- Plyometrics, Core and Circuit Training
- Helpful nutrition tips
- Psychology of running
- Racing strategies



You will get to run a race!

Fee is \$100.00 per person/1 week; 175.00 per person/2 weeks.
(Includes running singlet and water bottle.)

This is a competitive training program for boys and girls who are looking to prepare for the fall interscholastic program in cross country or other sports.

(Beginner through varsity level training groups.)

Registrants should bring running shoes, towel and water.
Sessions will meet at the Manalapan Recreation Center Kuschick Pavilion.

CREDIT CARD REGISTRATION ACCEPTED ONLINE ONLY:

[HTTPS://REGISTER.COMMUNITYPASS.NET/MANALAPAN](https://register.communitypass.net/manalapan)

OR mail registration to: 120 Route 522, Manalapan

OR Mail Drop Box at the Manalapan Parks and Recreation office, 93 Freehold Road

All fees are non-refundable.

For registration forms go to WWW.MTNJ.ORG or call 732-446-8355

For more information go to WWW.GONE-RUNNING.COM

Recreation keeps you fit for life.

Fitness can be fun!