

**Enroll Early!**

Manalapan Parks and Recreation presents:

# 2020 Spring Youth Track Programs:



Instructed by Gone Running, LLC. USA Track and Field Coaches Bob Andrews, Kristin Andrews & Willie Cicoria, with 2016 Olympian Robby Andrews, Alisa Hagenberg, Erin O'Neill, Liz Spector & Diane Wilmot

## Youth Recreational Running Program

**For children Grades K-12:**

Mondays 5:00 - 6:00 p.m.

Thursdays 5:00 - 6:00 p.m.

**For children Grades 3-12**

Saturdays 12:00 p.m. – 1:00 p.m.

**Program dates: Thursday, April 2 – Monday, June 8**

**Fee:** 1 time/week = \$ 115.00 per person  
2 times/week = \$ 195.00 per person

Participants will learn:

- Fitness is fun!
- Proper running form
- How to run for enjoyment
- Proper running form
- Dynamic flexible warm-up
- Racing start techniques
- Plyometrics

**OR**

## Junior Olympic Track & Field Competition Program

**For children entering Grades 3-12:**

Mondays 5:00 - 6:15 p.m.

Thursdays 5:00 - 6:15 p.m.

Saturdays 11:00 a.m. - 12:00 p.m.

**Program dates: Thursday, April 2 – Monday, June 22**

**Fee:** \$300.00 – 12-week program includes up to 3 training sessions/week

**Includes:** Training program in both track and field even  
Entry to NJ Association Junior Olympic Meet (June 6 and 7)  
Shore AC Competition Jersey

**This is a 12-week program and includes the entry fee for the NJ Association Junior Olympic Meet in June 6 and 7. (USATF + Shore AC memberships required. Not included in fee.)**

Registrants should bring running shoes and water.

All sessions will meet at Manalapan High School.

No session on April 9, May 23 & May 25



**Credit Card registration is accepted on-line only!**

<https://register.communitypass.net/manalapan>

All other registration will be accepted by mail at 120 route 522, Manalapan 07726

Or in person at the Manalapan Parks and Recreation office, 93 Freehold Road

For more information go to [WWW.MTNJ.ORG](http://WWW.MTNJ.ORG)

Please visit [WWW.MTNJ.ORG](http://WWW.MTNJ.ORG) and sign up for Manalapan Township Email alerts to receive the latest information about Manalapan Township!



Recreation keeps you fit for life!