

Manalapan Parks and Recreation presents: 2017 Spring Youth Track Programs:



Instructed by Gone Running, LLC
USA Track and Field Coaches Bob Andrews, Kristin Andrews & Willie Cicoria,
and Alisa Hagenberg & Liz Spector

Youth Recreational Running Program

For children entering Grades K-12:

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

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

Saturdays 12:00 p.m. -1:00 p.m.

Monday, April 3rd - Saturday, June 17th

Fee: 1 time/week = \$ 100.00 per person
2 times/week = \$ 180.00 per person

**Includes 9 weeks and a local track meet on Saturday, June 10th
(Track meet is included in registration fee and begins at 10:00 a.m.)**

Participants will learn:

- Fitness is fun!
- How to run for enjoyment
- Proper running form
- Dynamic flexib. warm-up
- Race start techniques
- Plyometrics

Registrants should bring running shoes and water.

Junior Olympic Track & Field Competition Program

For children entering Grades 3-12:

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

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

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

Monday, April 3rd - Saturday, June 17th

Fee: 3 training sessions per week: \$300.00
Includes: Training program in both track and field events as well as relays
Entry to NJ Association Junior Olympic Meet
Shore AC Competition Jersey

**This is an 11 week program and includes the
NJ Association Junior Olympic Meet on June 11th.
(USATF + Shore AC membership required. Not included in price.)**

OR

All sessions will meet at the Manalapan High School track.

No session on April 10, 13 & 15
May 27 & 29



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
Please visit 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!

