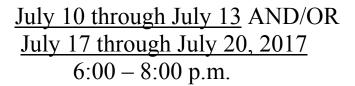
Manalapan Parks and Recreation presents:

Youth Running Camp



USA Track & Field Coaches
Bob Andrews, Kristin Andrews and Will Cicoria
with Todd Briggs, Chris Bright, Luke Fischer, Mike Kennedy and Liz Spector

Camp open to boys and girls entering grades 2 through 12 in the fall.

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, guided by your coaches!

Fee is \$100 per person/per week. (Includes race entry fee and running singlet.) Register for both weeks for \$175.

Special training program for athletes who will be preparing for high school and middle school cross country and running teams.

(Beginner through advanced training groups.)

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

CREDIT CARD REGISTRATION ACCEPTED ONLINE ONLY: HTTPS://REGISTER.COMMUNITYPASS.NET/MANALAPAN

OR mail registration to: 120 Route 522, Manalapan **OR** register in person at the Manalapan Parks and Recreation office, 93 Freehold Road All fees are non-refundable.

For registration forms go to <u>WWW.MTNJ.ORG</u> or call 732-446-8355 For more information go to <u>WWW.GONE-RUNNING.COM</u>

Recreation keeps you fit for life. Fitness can be fun!

