

Manalapan Parks and Recreation presents:

Youth Running Camp



July 9 through July 12 AND/OR
July 16 through July 19, 2018
6:00 – 8:00 p.m.

USA Track & Field Coaches
Bob Andrews, Kristin Andrews and Will Cicoria
with Mike Kennedy, Liz Spector and Diane Wilmot

Camp open to boys and girls entering grades 3 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](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 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!