

Manalapan Parks and Recreation presents:

Track & Field Camp



July 9 through July 12, 2018

5:00 – 7:00 p.m.

USA Track & Field Coach Bob Andrews
Sam Moran, Manalapan HS Head Indoor T&F Coach

Camp open to boys and girls entering grades 5 through 12 in the Fall 2018.

Participants will learn:

- Dynamic flexibility warm up
- Proper technique: LJ, TJ, HJ, SP, Discus, Javelin and Hurdles
- Plyometrics, Core and Circuit Training
- Helpful nutrition tips
- How to prepare mentally for competition

Program will end with an in-camp competition.

Fee is \$125 per person. (Includes camp shirt.)



Special training program for athletes who will be preparing for college, high school and middle school track and field teams.

(Beginner through advanced training groups.)

Registrants should bring sports shoes, towel and water.

All sessions will meet at the Manalapan High School outdoor track & field complex.

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!