

Manalapan Parks and Recreation presents:

2017 Winter Youth Track Programs.



Instructed by Gone Running, LLC

USA Track and Field Coaches Bob Andrews, Kristin Andrews & Willie Cicoria

With Alisa Hagenberg & Liz Spector

Youth Recreational Running Program

For children Grades 2-12:

Mondays 6:00-7:00 p.m. @ Manalapan Englishtown Middle School

Thursdays 6:00-7:00 p.m. @ Manalapan Englishtown Middle School

For children Grades K-12:

Saturdays 12:00 p.m. - 1:00 p.m. @ Manalapan HS,

All classes will be held Monday, January 9 - Thursday, March 16

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

Includes 8 weeks & concludes with a competition on Saturday, March 18.

Participants will learn:

- > Proper running form
- > Dynamic flexible warm-up
- > Race start techniques
- > Hill running
- > Racing strategies
- > Plyometrics

OR

Junior Olympic Track & Field Competition Program

For children entering Grades 3-12:

Mondays 6:00-7:00 p.m. @ Manalapan Englishtown Middle School

Thursdays 6:00-7:00 p.m. @ Manalapan Englishtown Middle School

Saturdays 1:00 p.m. - 2:00 p.m. @ Manalapan HS

Saturday, January 7 – Saturday, March 25

Fee: \$300.00

Includes: Training program for up to 3 training sessions per week
Entry to USATF Northeast Zonal Championship Track Meet
Shore AC Competition Jersey

**This is an 11 week program and includes entry in the
USATF Northeast Zonal Championship Meet on Sunday February 19th
at the SI Ocean Breeze Indoor Track**

(USATF + Shore AC memberships required. Not included in fee.)

Registrants should bring running shoes and water.

All Monday and Thursday sessions will meet at MEMS. Saturday sessions will meet at MHS. No session on 1/16, 2/18 and 2/20.



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!

