

**Enroll Early!**

Manalapan Parks and Recreation presents:

# 2021 Spring Youth Track Programs:



Instructed by Gone Running, LLC.

USA Track and Field Coaches Bob Andrews, Kristin Andrews, Will Cicoria and Shore AC coach - Liz Spector

## Youth Recreational Running Program

**For children Grades K-12:**

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

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

**For children Grades 3-12**

Saturdays 12:00 p.m. – 1:00 p.m.

**Program dates: Saturday, April 10 – Tuesday, June 12**

**Fee:** 1 time/week = \$ 115.00 per person  
2 times/week = \$ 195.00 per person

Participants will learn:

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

**OR**

## Junior Olympic Track & Field Competition Program

**For children entering Grades 3-12:**

Tuesdays 4:50 - 5:50 p.m.

Thursdays 4:50 - 5:50 p.m.

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

**Program dates: Saturday, April 10 – Tuesday, June 22**

**Fee:** \$300.00

**Includes:** 11-week program includes up to 3 training sessions/week  
Training program in both track and field events  
Entry to NJ Association Junior Olympic Meet (June 12 & 13 Tentative.)  
Shore AC Competition Jersey

**USATF + Shore AC club memberships required. Not included in fee.**

Registrants should bring running shoes and water.

All sessions will meet at Manalapan High School.

No session on May 29



**Credit Card registration is accepted on-line only!**

**All programs are non-refundable**

**<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!**