

**Enroll Early!**

Manalapan Parks and Recreation presents:

# 2022 Spring Youth Track Programs:



Instructed by Gone Running, LLC.

USA Track and Field Coaches Bob Andrews, Will Cicoria and Liz Spector

## Youth Recreational Running Program

**For children Grades K-12:**

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

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

**For children Grades 3-12**

Saturdays 12:00 p.m. – 1:00 p.m.

**Program dates: Tuesday, April 5 – Saturday, June 11**

**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 4:45 - 5:45 p.m.

Thursdays 4:45 - 5:45 p.m.

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

**Program dates: Tuesday, April 5 – Saturday, June 11**

**Fee:** \$315.00

**Includes:** 10-week program includes up to 3 training sessions/week

Training program in both track and field events

Entry to Shore AC All Comers Meet, June 9

Entry to NJ Association Junior Olympic Meet (June 11 & 12 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.



**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!*

**Covid-19 restrictions will be implemented as per current NJDOH guidelines**

**Recreation keeps you fit for life!**

