



Tinton Falls Recreation Department Youth Track & Field + Cross Country



SUMMER 2022

Six Thursday Evening Sessions

Coaches:

Joe Berardi- Head Coach Westfield Girls XC/Track & Field
Travis Mahoney- 3x NCAA All American, 3x Olympic Trials Qualifier, 3x Team USA Member

Who:

Students in Current Grade 1st – 8th Grade (grade space maybe limited)

Program:

Cross Country/ Track & Field = Learn proper warm up techniques, warm up games, relay races & runs of 100 to 800 meters, timed runs for runners to improve their personal best times, (which will be recorded), field events such as javelin (with mini turbo javs) and cool down jogs & stretches.

Day/Dates:

Thursdays: July 14- August 18 (6 sessions) from 6-7PM. Makeups TBD

Location:

Sycamore Park

Price:

\$92.00

Register through Tinton Falls Recreation Community Pass

<https://register.communitypass.net/tintonfalls>

For more information contact:

Tinton Falls Recreation
recreation@tintonfalls.com

732-542-3400 ext 253

www.tintonfalls.com

Facebook TFRecreation

Or

Joe Berardi at jberardi@westfieldnj12.org

