

Manalapan Recreation Department Presents:

2024 Polar Bear Youth Track Programs

Instructed by Gone Running, LLC

USA Track and Field Coaches Bob Andrews, Will Cicoria & Jerry Romano

Youth Running Program	January 16 - March 16
For children entering grades 3-10 Tuesdays 4:30 - 5:30 pm Thursdays 4:30 - 5:30 pm Saturdays 11:00 - 12:00 pm Sessions will be held outdoors at the Manalapan High School track	Participants will learn: <ul style="list-style-type: none">❖ Proper running form❖ Dynamic flexible warm-up❖ Nutrition❖ Race start techniques❖ Plyometrics❖ Racing strategies
Includes 8 weeks of training, a “cold weather gear” bundle and race day award. Program concludes with a competition on Saturday, March 16.	
Fee: 1 time/week = \$170 (must come same day each week) 2 times/week = 50	

OR

Junior Olympic Running Competition Program 9 Weeks: January 16 - March 16	
For children entering grades 3 - 10 Tuesdays 4:45 - 5:45 pm Thursdays 4:45 - 5:45 pm Saturdays 10:00 - 11:00 am Sessions will be held outdoors at the Manalapan High School track.	This program is for athletes who wish to advance their running skills with the goal of competing in a seasonal indoor track meet. Both sprint and distance events will be included.
Includes up to three training sessions per week for 9 weeks, regional competition entry fee, “cold weather gear” training bundle and a Shore AC Competition jersey (USATF & Shore AC Club memberships required. Not included in the program fee.)	
Fee: \$360 per participant	

PROGRAMS MEET IN ALL WEATHER CONDITIONS

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