

Closter Recreation Commission

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2019 Closter Rec Youth Cross Country Club (Grades 3-5)

Closter Rec's Youth Cross Country Club will introduce our young Closter athletes to the wonderful sport of running! The program will combine technical development and fundamental techniques with a focus on having fun. Our exercises and drills will prepare athletes for a future in Tenakill Middle School and beyond, while inspiring a love for running, being healthy and active.

The fundamentals of warming-up, body positioning, stride, proper stretching, hydration and cool-down techniques are all covered in the program.

Please note, this is a Cross Country program and the kids will be running miles, not yards like in our track program. Running shoes are required, and basketball and other sport sneakers are **strongly discouraged**.

The program will be held at Schauble Park located on Bergenline Ave in Closter, unless otherwise noted.

Dates (7 weeks):

- Saturday, Sept 14
- Saturday, Sept 21
- Saturday, Sept 28
- Saturday, Oct 5
- Saturday, Oct 12
- Saturday, Oct 19
- Saturday, Oct 26

Mandatory requirements for the program:

- Proper pair of running shoes (no tennis shoes, no cross trainers, no basketball shoes)
- Water bottle
- Wear sunscreen
- Appropriate running clothing

Registration Fee: \$30 per child

Time: 2:30 - 3:30pm

Register in CommunityPass via the Closter Rec website www.closterrec.com Home page.

About the coaches: Brian and Alison Kenny, Hillside School parents, are both avid and passionate runners. They train year-round and have competed in marathons, half marathons, 10K and 5K races. They love the energy and spirit that the sport of running offers, but most importantly, they love that there is only one tool you need to run -- and that is YOURSELF (and a great pair of running shoes)! They're very excited to continue to offer Closter's first-ever elementary school- aged track program, and look forward to developing Closter's next generation of runners!