

Closter Recreation Commission

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2018 Closter Rec Youth Track Club (Grades 3-5)

Closter Rec's Youth Track Club will introduce our young Closter athletes to the wonderful sport of track! 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 cross-country, track events, and/or distance running, 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. Participants will put it all together on the final day where we will have our own track meet and family and friends can cheer you on!

The program will be held at the Tenakill School (meet by the Hill at the side of the school).

Dates (7 weeks):

- Sunday, Sept 9
- Sunday, Sept 16
- Sunday, Sept 23
- Sunday, Sept 30
- Sunday, Oct 7
- Sunday, Oct 14
- Sunday, Oct 21

Time: 1:00 - 2:00pm

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: \$40 per child

Registration Deadline: Friday, Sept 7th

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!