

***The Montvale Athletic League Presents...***

# **Recreation *TRACK & FIELD***

For the Youth of Montvale & Woodcliff Lake, Kinder thru 8<sup>th</sup> Grade

## **Spring Registration Now Open!**

**Register Online...**

<https://www.montvaleathleticleague.org/track-and-field/>

-- Kinder/1<sup>st</sup> Grade: \$80      -- 2<sup>nd</sup> thru 8<sup>th</sup> Grades: \$115

*Cost includes high-performance athletic shirt.*

-- Registration Closes March 18      -- Late-Fee Registration Closes April 1

## **On Your Mark, Get Set, Go!**

Now in its 13th year, the MAL Track program provides a fun and instructional introduction to track and field, while helping participants build their endurance, self-esteem, strength, and confidence.

Running is an ideal way for kids to be active outdoors, socialize with teammates, and improve their focus, as they develop physical and mental skills that carry over to other sports and school.

### **Practice Schedule**

- K-4<sup>th</sup>: Tues, Fieldstone, 6:00-7:00pm
- 5<sup>th</sup>-8<sup>th</sup>: Wed, PHHS, 6:30-8:00pm
- April 13 to June 9



### **Meet Schedule**

MAL Intra-Squad Meets:

- Saturdays, April 17 to June 5, PHHS
- K-4<sup>th</sup>: 12:00-1:00pm
- 5<sup>th</sup>-8<sup>th</sup>: 1:00-2:00pm

*We will fully comply with all Covid-19 CDC safety guidelines.*



Youth Sports -- The Ultimate Social Network

### **Questions?**

Christine Luff, Track & Field Commissioner: christine\_luff@yahoo.com; 917-992-4635

John Ryan, Track & Field Coordinator: jr6762penn@yahoo.com; 201-749-6711