

The Montvale Athletic League Presents...

Recreation **TRACK & FIELD**

For the Youth of Montvale & Woodcliff Lake, Kinder thru 8th Grade

Spring Registration Now Open!

Register Online...

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

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

Cost includes high-performance athletic shirt.

-- Registration Closes March 21 -- Late-Fee Registration Closes April 4

On Your Mark, Get Set, Go!

Now in its 12th 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

- Tues, Fieldstone, 6:00-7:30pm
- Wed, PHHS, 6:30-8:00pm
- March 31 to June 6
- K/1st practices Wed & Sat only

No need to make all practices; pick and choose what works best for you.



MAL

Montvale Athletic League

Youth Sports -- The Ultimate Social Network

Meet Schedule

- Saturdays, April 18 to June 6, PHHS, noon-2pm; MAL intra-squad meets
- Sunday, April 26 (Hackensack) & May 3 (Fairlawn), noon; league meets, as coordinated by "NJ Striders" (see njstriders.com)

Questions?...

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