



WAYNE STRIDERS TRACK TEAM

For Boys and Girls in Grades 2-8

Season begins Monday, March 27, 2023 and concludes on Monday, June 5, 2023

NO TRYOUTS NECESSARY!!

This program is designed for children who are interested in learning more about track and competing in events. Children should come prepared in comfortable attire and running shoes. There will be stretching, running drills, and running workouts to build endurance and speed. This program will prepare your athletes for meet/competitions. Children will compete in the five Sunday New Jersey Strider Meets.

Practice: Practices will be held at Wayne Valley High School Track on Mondays and Wednesdays.
Practice times by age:
7-10 year old, 5:30 p.m. – 6:45 p.m.
11-15 year old, 6:45 p.m. – 8:00 p.m.

Meets: There will be 5 meets this year between April and June.
Meets are scheduled at various sites – dates, times and sites to be determined.

Meet Coach John Mitchell: I am very excited to be back for my second year at the Township of Wayne's youth track field program. Over the past ten years, I have coached middle and high school level track/cross country programs in New York and New Jersey. I am a certified coach through the United States Track and Field and the National Federation of States High School Associations. I teach elementary Physical Education in Roseland, NJ and enjoy teaching my students the basic events/concepts of track and field. I look forward to working with you this season!

Registration: \$ 90.00 practice only (includes team T-shirt and professional instruction).
\$185.00 practice and meets (includes team T-shirt, 5 meets and professional instruction)
Five competitions are expected in this year's schedule. (7-12 year old can sign up for 3 events per meet and 13-15 year old can sign up for 4 events per meet).
To compete in Sunday competitions, child must be a member of USATF NJ.

Parent Meeting: More info will be provided by Coach John Mitchell at the meeting on Monday, March 20, 2023 at 7:00 pm in Health Room #2 at Wayne Town Hall, 475 Valley Rd., Wayne.

Register online at www.waynetownship.com/parks or in person at Parks and Recreation Office, 475 Valley Rd., Wayne. Any question please call 973-694-1800 x 3260 or email recreation@waynetownship.com.