



TRACK & FIELD  
PERFORMANCE CLINICS

# Looking to Get Faster? Trying to Enhance Your Athleticism?

## Join the Fall Performance, Speed & Agility Clinic!

- ◆ 6 Sessions Once-a Week Program
- ◆ Run by Experienced Coaches,  
Coach Joe Coach Joe Berardi- Head Coach Westfield Girls XC/TF And  
Coach Brock Silvestri- Head Coach Middletown North Boys and Girls XC/TF, 3x STCA Coach of the Year
- ◆ For Athletes of All Sport Backgrounds Looking to Stay in Shape and Prepare the Upcoming Season
  - ◆ Focusing on Sprinting, Speed, Starts, Relays, Plyometrics, Injury Prevention and Rehab
  - ◆ Registration includes T-shirt

Directors: Track & Field Performance Clinics

Who: Grades 1<sup>st</sup> – 9<sup>th</sup> ~ Boys & Girls

Dates: Thursdays September 21- October 26 (Rain date Thursday 11/2)

Time: 6:30 – 7:30 pm

Location: Sycamore Recreation Park Complex

Cost: \$130 per child

**For Additional Information Contact Coach Joe Berardi or the Recreation Department- [jberardi@westfieldnj12.org](mailto:jberardi@westfieldnj12.org) or [recreation@tintonfalls.com](mailto:recreation@tintonfalls.com).**

### Registration Information:

Register through Tinton Falls Recreation Community Pass.

<https://register.communitypass.net/TintonFalls>.

Limited registration, August 26-September 15 or until the Program is Sold Out

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