

Spring Lake Recreation Presents:

Crash Running Camp for Kids

At Marucci Park



Crash Running Camps is super excited to partner with Spring Lake Recreation for Summer 2019! Let's go young runner- start your engine! Despite our "tons of fun" reputation, we have substance! BIG TIME! Runners will progress each day through individual attention, group runs, and talk sessions. Topics will include stretching, nutrition, efficient form, **attitude**, and proper pacing. We don't care how fast or slow you are, **it doesn't matter** at CRASH. We have the staff to help every kid break through barriers- both physically and mentally. Crash Kids Run Happy! Crash running camp is under the direction of Sean Woodrow (732) 642-1105 and Kerry Patterson (917) 576-2191

The **Pee Wee Camp** is about having fun through running. In fact, that's all it's about! We'll send them home tired, promise!

Prep for Fall Cross Country **JR/SR Camps**

Session 1: July 15th-19th 5:00-6:00 pm **Pee Wee Camp** (K-3rd Grade)

Session 2: July 22nd-26th 6:00-7:30 pm **JR/SR Camp** (4th-8th Grade)

Session 3: August 19th-23rd 6:00-7:30 pm **JR/SR Camp** (4th-8th Grade)

Session 4: August 26th-30th 6:00-7:30 pm **JR/SR Camp** (4th-8th Grade)

Pee Wee Camp \$100.00 per runner

JR/SR Camp \$150.00 per week (dry fit shirt included)

All registrations are conducted online at:

www.springlakeboro.org/recreation