

2016 Tarpey Cross Country Camps

Get ready for the upcoming Cross Country Season!

Topics to cover: Drills and proper running form, training methods and goal setting.
Perfect for anyone looking to improve his or her fitness for the upcoming season!



Michael J. Tighe Park, Hayley Pavilion
(back of the park pavilion on the right side immediately over the bridge)
Grades 5—8
Tuesdays & Thursdays
August 9—August 25, 2016; 6:00 p.m.—7:30 p.m.
Program Fee: \$65.00 (6 sessions)

Director: Jack Tarpey

- Coaching runners for 4 years
- Assistant XC & Track Coach at Shore Regional High School
- 3 Central Jersey Group I State Championship Teams
- Runner for 15 years.



For more information call the Recreation Office at 732-294-2190. Office Hours are 8:30 a.m. to 4:00 p.m.
or Register online at www.freeholdtownshiprec.com.

Mail Registration Form to: Freehold Twp. Recreation, 1 Municipal Plaza, Freehold, NJ 07728

Participants Name _____ Mandatory Email _____

Address _____

Phone Number _____ Cell Phone _____ Sex: M / F

Age _____ Birthdate ____/____/____ School _____ Grade _____
(Sept. 2016) (Sept. 2016)

Medical Conditions _____

Parent/Guardian Name _____

Shirt Size: Child M L Adult S M L XL

Circle Session: \$65.00 per session Cash/Check/CC # _____
(Credit cards accepted in office or online)

Code of Conduct on back must be signed by parent and participant for registration to be accepted.

I understand that my child is participating at his/her own risk. I agree to hold harmless the Township of Freehold, Recreation Commission or authorized agents for any injury he/she may occur by participating. I also acknowledge that my child may be photographed during the program and that Freehold Township reserves the right to utilize all photos and videos taken during any recreation program.

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PARTICIPANT'S SIGNATURE (PARENT OR GUARDIAN IF UNDER 18) _____ DATE _____