



Township of Cedar Grove  
Recreation Department  
525 Pompton Ave. Cedar Grove, NJ 07009  
(973) 239-1410 x220

## **Cedar Grove Spring Track**

FOR CANCELLATIONS DUE TO INCLEMENT WEATHER;  
“LIKE” US ON FACEBOOK, [www.facebook.com/cedargroverec](http://www.facebook.com/cedargroverec) or  
Call the Weather Hotline #973-230-9944

### **DEADLINE IS MARCH 7<sup>TH</sup>**

- **Who:** Boys & Girls 1<sup>th</sup>-8<sup>th</sup> grades (Gr. 1-3 Clinic; Gr 4-8 Team)
- **Where:** Panther Park – Bradford Ave., Cedar Grove
- **When:** **1<sup>st</sup>-3<sup>rd</sup> grade CLINIC; LIMITED SPACE IN CLINIC!**  
Tuesdays: April 15, (skip 4/22), 29, May 6, 13 & 20  
**4<sup>th</sup>-8<sup>th</sup> grade TEAM;**  
Tuesdays & Thursdays (March 18-end of May)  
*\* Athletes that qualify from the 4<sup>th</sup> = 8<sup>th</sup> grade team will compete in the Suburban Essex Rec Meet of Champions Meet scheduled on a Saturday in June.*  
*\*No practice during Spring Break (week of April 21)*
- **Time:** 5:00-6:00pm
- **Fee:** **1<sup>st</sup>-3<sup>rd</sup> grade:** \$50.00 - - **4<sup>th</sup>-8<sup>th</sup> grade:** \$95.00  
**DEADLINE MARCH 7<sup>th</sup>** – if added at Rec Dept discretion after March 7<sup>th</sup>, there will be a \$10 late fee  
NO REFUNDS AFTER PROGRAM START  
**REGISTRATION WILL BE ACCEPTED ONLINE ONLY**  
<https://register.communitypass.net/TownshipofCedarGrove>

**Description:** Program will be coached by Cedar Grove Resident, John Borgese, who attended Villanova on a Track Scholarship, alongside his returning assistants, Eddie Bates & Michael Doster. Coach Borgese was a three time All-American, two-time national champion, and a member of a U.S. National Junior Track and Field team where he won a bronze medal in the 1982 Jr. Pan-American Games, a Penn Relay and a high school All-American. Participants of this program will train for various field events including; running, long jump and turbo javelin. The 4<sup>th</sup>-8<sup>th</sup> grade team will compete in meets with surrounding townships and parents are responsible for transportation of their child(ren) to all meets.