

Join US

RINGWOOD RECREATION 2022 DYNAMIC SPEED & AGILITY CLINIC

Grade as of the 2022-2023 School Year

Grades: 4th - 9th Boys & Girls

Date: July 12th - 15th

Time: 6:30 pm - 8:30 pm

Cost: \$60

Lakeland Regional
High School
Track



Camp Director: John Yost, former Head Track Coach of Lakeland's 3 consecutive state championship teams and current Director of Athletics at Lakeland Regional High School.

Instructors include Division 1 and 2 college athletes, track record holders and County and Conference Coaches of the Year.

Register online through [CommunityPass.net](https://www.CommunityPass.net) under Summer Clinics 2022

Questions? Email recdept@ringwoodnj.net or (973) 475-7171