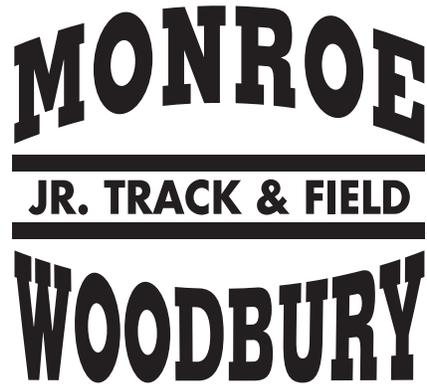


2026 TEAM MANUAL



Team Sign ups: : WEDNESDAY, FEBRUARY 25, 2026 @ 7:00 PM
(SNOW DATE: THURSDAY, FEBRUARY 26, 2026 @ 7:00 PM
AT CENTRAL VALLEY ELEMENTARY SCHOOL CAFETERIA

INDIVIDUAL MEMBERSHIP DUES: \$270 plus USATF online membership fee OF \$38.88.
PLUS \$40 optional sweatshirts

This fee covers: entry fees to all developmental meets, & uniforms, practice insurance,
team picnic, team equipment and awards.

Checks Payable to: Monroe Woodbury Junior Track.

DO NOT write out check before hand. Wait until you are given a total. (ie: buying a sweatshirt)

MONROE-WOODBURY JUNIOR TRACK & FIELD CLUB, INC. 2026 SEASON

Dear Parents and Athletes,

Welcome to the 2026 Monroe Woodbury Jr. Track and Field Program. We ask that families read this informational book.

First and foremost, all athletes need a USATF number by the 1st day of practice. We cannot allow athletes to practice without one. Please bring this number with you on the 1st day.

ALL ATHLETES - NEW AND RETURNING - WILL USE THE FOLLOWING MAILING/HOME ADDRESS:

PO BOX 254 Haworth, NJ 07641

Your club is NJ Striders (NOT Monroe Woodbury) Your association # is 07, Club # is 109

This is because we compete in NJ and need a NJ issued USATF card. You will still use your own cell number and email address for correspondence.

RETURNING MEMBERS: Google USATF membership and renew. When you see your athlete's name, hit select, scroll to the bottom of the next page, hit "ADD & CHECKOUT".

Sign into your athlete's USATF membership.

Click on "View Profile" --> Click on "Profile" --> In the drop down menu Click "Athlete Verification"

Click "+ Add Athlete Verification" --> Follow instructions for adding birth certificate

THIS MUST BE DONE BEFORE THEY CAN BE REGISTERED FOR THE STATE MEET

After that, go to: Athletic.net and create a free account for your athlete. Remember all of your log in info.

This website is how we sign up for post season meets. In fact, if they continue in high school Track and Field, you will continue to use this account for their statistics.

NEW MEMBERS: Google USATF membership and register for an individual youth membership.

This season, we are changing some guidelines to our program. Please understand that we are NOT a drop off program. We have had instances where an athlete is ill, weather gets nasty and we need to leave the track and field areas immediately or an athlete has gotten hurt. For insurance purposes, we want to make sure parents/guardians are aware that a licensed driver must be accompanying your athlete to practice and stay either in the stands or around the fence duration of practice. We are no longer allowing the guardian to sit in their cars.

If there is a situation where you need to leave, you MUST have someone else at the track to accompany your athlete.

We are here to make sure every child gets the most out of our program as well as have fun training.

We have decided that this year, we are putting in place a penalty system if we have to stop practice or stay late to look for parents.

1st offense - Athlete will not be allowed to participate at next practice

2nd offense - Athlete will not be allowed to participate at the next meet

3rd offense - Athlete will be released from the team and no refund will be issued

Things to remember - Coaches are not allowed to have athletes sit in their cars while waiting for parents or if they are cold.

- Important team information is given out at practices regarding practices and meets.

PLEASE DO NOT LEAVE YOUR CHILDREN AT PRACTICE ALONE!!

Our Facebook page is: Monroe Woodbury Junior Track & Field.

Our Mission is to nurture and develop track, running, race-walking, jumping & throwing skills in a competitive environment and to promote team spirit and respect of others on the track and off. We will be competing within the New Jersey Striders Track & Field Club (NJS), which consists of 16 Teams. Our meets are contested in April, May & June, and are developmental in nature. We compete in New Jersey because of easy accessibility, and it offers a program that is second to none.

We are also members of USA Track & Field (USATF), and we will be participating in their National Junior Olympic Track & Field Program, which is contested in June & July. The mission of USATF is to foster sustained competitive excellence, interest, and participation in the sports of track & field, long distance running and race walking. The USATF has 61 associations around the country.

Goals

The number one goal of this program is to make the sport of track & field enjoyable for the athletes and their parents. We will encourage the athletes to learn to appreciate their individual effort, and their measure of success. Our secondary goal is to teach them the fundamentals of the sport, to develop specific skills, and give them a chance to learn to compete in all events or specialize in one or more. We hope to encourage each athlete to adopt a fitness regimen, and to enjoy a sport they can compete in throughout their lives.

Coaches will teach the athletes the basics in whichever event(s) they decide to participate in. Each coach participating in our program has been selected according to their skill, or prior experience, in the events they will be coaching. We will also have several assistant coaches on hand to assist our coaching staff. This will help provide each athlete with as much individual attention as possible. To further support our efforts, the High School track coaches, or athletes, will provide technical advice or demonstrations when needed.

Benefits

- Cardiovascular conditioning, muscle strengthening and development.
- Helps condition the athlete for other competitive sports.
- Teaches discipline, good sportsmanship, and personal achievement.

ATHLETES GET TO PARTICIPATE, LEARN AND IMPROVE!!!!

DID YOU KNOW?

Track & field is one of the only sports where EVERYONE competes in every meet. Unlike other sports, where only a certain number of players can participate at one time (usually the most talented athletes). There are no such restrictions in track & field.

How will I succeed at Track & Field (and many other things I do?)

Use the 3 – D Philosophy: DESIRE DEDICATION DETERMINATION

Desire asks: “How badly do you want something?”

Dedication asks: “What price are you willing to pay?”

Determination asks: “If at first you don’t succeed, will you keep on trying until you do?”

JUNIOR OLYMPIC TRACK & FIELD PROGRAM

With roots tracing back to ancient Greece, track & field is the centerpiece of the Olympic games. From the 100 meter dash to the discus throw, athletes set new standards for excellence in sport. USATF's Junior Olympic Track & field program is a wellspring of this excellence.

America's next generation of track & field stars compete throughout the summer – and over 6,000 of these athletes will qualify for the USATF National Junior Olympic Track & Field Championships held during the last week of July. Entry for the National Championship is based on athlete performances at preliminary, association, and regional levels.

To understand more about the National organization, or the Junior Olympic program visit USATF online at www.usatf.org. You can also call the National office at 317-261-0500, or the New Jersey Association office at 973-334-8900.

THE NEW JERSEY STRIDERS TRACK CLUB, INC.

The New Jersey Striders Track Club, Inc. has been in existence since 1978. It is considered to be one of the largest clubs in New Jersey. They have organized many regional & state events over the years, and have been organizing the youth spring track program since 1980. When athletes sign up for their National membership card, which is included in their Monroe-Woodbury Junior Track (MWJT) membership dues, they will be signing up as a member of the New Jersey Striders Track Club, Inc., but will run in developmental meets in the MWJT uniform. NJStriders.com has results on Monday after the meet.

NJ Striders team members:

Dumont	East Rutherford	Englewood	Fair Lawn
Hackensack	Hasbrouck Heights	Mahwah	Monroe-Woodbury
Paramus	Rutherford	Saddle Brook	Emerson
Wayne Valley	Westwood	Wood-Ridge	

UNDERSTANDING OUR MISSION:

The commitment can be very demanding for the athletes. Practice requires hard work, and a desire to improve; NJS meets are team events.

Here are some ways to help the athletes achieve those goals:

1. Get to know the coaches. Feel free to discuss any problems, or bring up any suggestions.
2. Understand that competition can be thrilling and enjoyable. It does not always mean winning. Improving on skills, times and attitudes are equally important goals.
3. Understand the courage required when an athlete competes. When they are competing they are taking a risk. Competition and risk taking require courage and develops strength and character.
4. It helps to remember the competition is for the athlete, not the parent.

Tentative Track Practice: begins on Wednesday March 18, 2026.

Practice is held at the Monroe-Woodbury high school track on Monday, Wednesday & Friday, 5:15 pm until 6:45 pm. We suggest that your child attend at least two of the three practices per week.

It can be windy and cold at the track, so have your athlete dress in layers. Running shorts and a t-shirt with sweats on top. Bring gloves/mittens, knit hat & jacket in the beginning of the season. Bring water or Gatorade for your child at practice, and label it with his or her name. Please be sure they take them back home at the end of practice! Wear white socks only!

Team Hooded sweatshirts are available for purchase at sign-ups only. The cost is \$40. This can be added to your check for membership dues.

Do not purchase running shoes until your child has started running in practice. They can use their gym shoes. Some children may not like running, so this will save you some money. **As for membership refunds, if your child decides after two weeks he/she does not like the program, we will refund you half of your MW membership. This MUST be decided by April 1ST. IN WRITING THAT IS FINAL.**

About Running Shoes: They are different than gym shoes, basketball, or tennis shoes and hiking sneakers. The best and safest models for your children are the ones that have a strong plastic heel cup. It is very easy to tell if the shoe contains that opposed to a cardboard one. Squeeze the back of the heel cup from both sides, and also from the back. It should be very firm and not collapse easily. This is the most important part of the running shoe. Also, bend the front of the shoe upward – the shoe should bend to the second shoelace. This is the second most important item. Third are laces -- no Velcro. Brands for children: New Balance is most recommended, then Adidas, Asics, Nike, Saucony, etc. You should be able to purchase a pair for \$50 to \$100. **DON'T LISTEN TO YOUR CHILD ABOUT STYLE & COLORS, THAT IS WHAT CAUSES INJURIES!**

When athletes compete in the first 6 meets the membership dues covers their entry fee.

The coaches will help decide on what events an athlete will compete in. If you cannot attend a meet, please tell the coaches the Monday before the scheduled event. The coaches will be planning workouts for your athlete based on which events they will be competing in that week, and possibly recruiting them as a relay member.

Meets are held on Sundays In Northern NJ. Awards from these meets are given out on Monday at the end of practice. If your athlete does not attend practice on the Monday after the meet, the awards will be available at the end of practice on Wednesday. See Coach Frank. We will notify everyone via e-mail of any changes and other information. If you have changed your e-mail address, please provide coach Frank with the new one on a piece of paper at the end of a practice.

Every member will receive a USATF membership card by email before practice begins. **Do not lose it.** When attending a meet, it is vital that the athlete's membership card be carried by their parent or guardian. If your athlete gets injured, this is their secondary insurance card. MWJT will provide the necessary forms needed to be filled out either at the meet where the injury occurred, or at practice the following day.

Uniforms will be handed out at practice on or before Wednesday, March 25 at 6:00 pm to parents only, and parents must sign for them. If for some reason the wrong size uniform was ordered we will try to exchange it for the proper size. This can only be done after all the other members of the team have picked up their uniforms. Exchanges will be made, if possible, on Friday, March 27.

Your athlete will be given one bib with a number on it, along with four pins to wear on the front of his/her uniform at the meets. This bib will be worn for the first six meets we are contesting in. **Do not throw it away and do not wash it.** If you lose it you can get another bib at the meet press box for \$10 at your expense. This must be done 1/2 an hour before start of meet. There is a color-coded dot on the bib that tells the officials on the field what age group your athlete is competing in. Please check the color-coded dot on your athlete's bib to be sure it is correct. If not, bring it to a coaches' attention so it can be fixed before the start of the meet.

During the first two weeks of practice we have color coded name tags we would like your athlete to wear at practice to help the coaches learn your child's name. See the coaches when you arrive and get your nametag. Please note: We will have practice during the spring break at regular times.

TERMINOLOGY YOU MAY NEED TO KNOW:

AGE GROUPS / TRACK & FIELD EVENTS

Age 7 – 8	Age 9 – 10	Age 11 – 12	Age 13 – 14 (15)
100 Meter Dash	100 Meter Dash	80 Meter Hurdles	100 Meter Hurdles
200 Meter Dash	200 Meter Dash	100 Meter Dash	100 Meter Dash
400 Meter Dash	400 Meter Dash	200 Meter Dash	200 Meter Dash
800 Meter Run	800 Meter Run	400 Meter Dash	400 Meter Dash
1500 Meter Run	1500 Meter Run	800 Meter Run	800 Meter Run
800 Meter Racewalk	1500 Meter Racewalk	1500 Meter Run	1500 Meter Run
Long Jump	Long Jump	1500 Meter Racewalk	3000 Meter Racewalk
Finn Flier Javelin 250g	High Jump	3000 Meter Run	3000 Meter Run
Shot Put 2 kg.	Shot Put 6 lb	Long Jump	Long Jump
		High Jump	High Jump
		Shot Put 6 lb	Triple Jump
		Discus	Shot Put 4 kg. boys / 6 lb girls
		Finn Flier Javelin 450g	Discus
			Finn Flier Javelin 450g

Track: a surface made of rubber and is usually 400 meters long.

Track lanes: boundaries marked with white lines that range from 36" wide, to 48" wide, depending on the facility.

The following races are run in lanes for our developmental series, and the athlete must stay in their lane at all times. If they take three steps in a row outside of their lane, they can be disqualified.

100M (meters): a sprint down a straightaway of the track

200M: ½ of a lap

400M: one lap

The following races do not have a lane assignment. The athletes line up on the starting line, and are then allowed to cut over to the inside lanes designated by the official, and when they have achieved a one-stride lead.

800M: two laps

1500M: 3.75 laps, and is known as the metric mile. A mile is actually 1609 meters, or four full laps.

3000M: 7 ½ laps

Shot put: a round steel ball that weighs 2 kg. for 7-8 yr olds, 6 lbs for 9-12 yr olds & 13-14 yr old girls

The 13-14 yr old boys use a 4kg (8.8lbs)

Discus: like a weighted Frisbee

Flinn Flier Javelin: a developmental level spear training tool, plastic modified (for safety) that is made especially for our young competitors.

High jump: a parallel crossbar that is jumped over from one foot, landing on three foam mats placed behind the stance.

Long Jump: a sprint down a straightaway jumping off a white board into a sandpit.

Racewalk: a fast walking race where the athlete must keep one foot on the ground at all times and also straighten their leg upon impact to the ground each time. (This race is judged.)

Relays: four athletes run a percentage of the race and hand a 1-foot long aluminum tube (baton) to each other.

Starting blocks: metal foot pedals used by sprinters at the start of a race to assist in the push off.

Who wins a race: torso first! Arms or feet do not count.

Starting commands in races of 400M or less: On your marks, set, slight pause, then gun sound

Starting commands in races of 800M or longer: On your marks, slight pause, then gun sound

The age group your athlete competes in is based on his/her year of birth. If he/she is 8 years old today, but turns nine prior to December 31, 2026, he/she would compete as a 9-10 yr old age group.

SPLIT COMPETITIONS: For development meets only.

1st SESSION – Begins at 12 noon and is for (7-8) and (9-10)

2nd SESSION – Begins about 2:45pm and is for (11-12) and (13-14)

Competition sites: Parents be aware some of the sites parking lots will fill up by 11:30 am.

Plan to arrive early. The team will warm-up as a group on the field with the coaches. Please, no parents on the field. The team has a tent that will be set up near the finish area and stands. You are welcome to bring your own seat. (The stands are all metal.) The meets run from 12 to 5 pm. When your child is done competing, he/ she may leave after checking in at the tent.

Please keep your children from playing under the stands. Bring a book or game boy, etc. for them to keep busy. In order to remain safe for all spectators and athletes we ask everyone to refrain from kicking or throwing balls in the stadium.

Be sure your child's shoelaces are tight & double knotted. They cannot be touching the ground. Don't forget your sunscreen!

Eating: before, during & after events

Each child should have plenty of water or Gatorade with them.

Try not to let them eat anything too fatty or heavy before their race. Low-fat, low-sugar snacks like whole-grain food bars and nuts are recommended. They provide a good source of energy. Fruit, or raw vegetables, are also a good alternative to sugary snacks, and can help replace lost minerals and help balance electrolytes. Better nutrition, better performance! Limit or eliminate the junk!

Weather: Practice is never cancelled because of weather until we arrive at the track. It may be raining in Highland Mills, or Monroe, but at the track it could be clear. If it rains the day of a meet you will be notified by 11:30 am race day if it is cancelled. (Meets are only cancelled under severe conditions.)

Facility: Is the property of Monroe Woodbury School district.

Please take home everything you came in with, including garbage. We do not have a lost and found. Please try to keep your athlete off the pole vault mats. They are very entertaining for the children, but should not be jumped on risking injury or damage to the mats. Remind your children that the sand in the long jump pits is not for playing in. There should be no kicking or throwing sand at others. The coaches will appreciate any help keeping your children focused on practice.

Our team has a medical kit at practice to cover the basics that may occur.

The school has first rights to use their facilities without notice to us, so sometimes our practice may be retrofitted. We will notify you by e-mail of the dates the Modified 8th grade, high school track meets, and lacrosse games will conflict with our practice. On those days we will run on the soccer fields, or practice in the field event areas.

TEAM SWIM PARTY: our team awards picnic will be held on Saturday, June 13, at 12:00 noon - 4:30 pm at Earl Reservoir in Highland Mills, NY. This is open to all athletes & families. Team members & parents are free, \$10 per guest after that is payable that day to Coach Frank.

We need everyone to send an e-mail confirmation to **Karen@wprintingplus.com** by Monday, June 1, telling us how many from each family will attend.

If you are unable to attend, please e-mail us if you want your child to receive a trophy.

In the past, people have not picked them up after the party, so we only want to purchase what we need.

Party schedule: Lunch under the gazebo starting at 12:00 noon followed by swimming in the Reservoir, playground, beach, dessert and awards ceremony. Earl Reservoir in Highland Mills, NY is available until 5 pm for everyone after the party.

Directions will be sent via e-mail as we get closer to the event.

EARN MONEY BACK ON YOUR MEMBERSHIP!

Be a Coach: Preferably someone who has competed in the sport at some time in their life.

Will need to be at most practices and meets: Your 1st child's membership is free (\$270 value), refunded after fulfilling the commitment at end of the season. We have 3 coaches returning but need up to 10 coaches. This will be determined by how many athletes sign up.

Be a Volunteer: Team Manager handles collecting all awards at the meets & results & filling out them at practice on Monday. You must stay until the end of meet to get awards and results from press box. \$125 off first child's membership fee refunded after fulfilling the commitment at end of the season.

TENT MANAGEMENT: The family who can make at least 4 of the 5 meets and have the tent set up from 11 am to 5 pm. This includes storing the tent in their garage for the season. This is a 10 ft square popup tent that weighs 40 lbs.

You will earn \$100 off first child's membership fee, refunded after fulfilling the commitment at end of the season.

TEAM SWIM PARTY ORGANIZERS:

2-3 families will organize the party with coaches, purchase all products and assist with set up at Earl reservoir in Highland Mills, NY on Saturday June 13th.

\$75 refund per family refunded at end of season.

Track & Field Code of Conduct

Players

1. Listen to your Coaches – they will help you to learn and have fun !
2. Attend all practices – Work hard to improve your skills
3. Be a Team Player – get along and support your teammates.
4. No cursing – No FIGHTING - No taunting.
5. Learn teamwork, sportsmanship and discipline.
6. Be on time for all Team events – practices as well as Track Meets.
7. Learn the rules and follow them. Win or lose, always be a “good sport”
8. Respect your coach, your teammates, your parents, competitors and Meet Officials.
9. NEVER ARGUE WITH A MEET OFFICIAL'S DECISIONS

Parents / Spectators

Display, at all times, good sportsmanship.

ALWAYS respect competitors, coaches and Meet Officials.

Act appropriately – DO NOT taunt, boo or in anyway disturb other spectators

Cheer in a positive manner and encourage fair play

NO PROFANITY OR OBJECTIONABLE GESTURES !

At Track Meets, STAY – AT ALL TIMES IN THE GRANDSTAND

Parents: Encourage your child to play by the rules. Remember, the children learn best by example, so applaud the performances of ALL athletes. Applaud good performances and reinforce the positive points at all times.

Never yell or berate your child after a game or practice session – it is very destructive.

Be a “good neighbor” at Track Meets – don't leave a mess behind in the grandstands.

Recognize the importance of volunteer coaches.

They are very important to the development of your child and the support.

Communicate with them and support their efforts.

ARE YOU A WINNING TRACK & FIELD PARENT?

If You Learn And Practice The Following Seven Keys To Becoming A Successful Track & Field Parent, Your Child Should Have A Successful And Rewarding Relationship With Track & Field.

Do You really want your children to have a rewarding and enjoyable experience with their athletics (track & field) ? Would you like your son or daughter to feel good about himself/herself and perform like champion? Do you know what it takes to be a winning athletics (track & field) parent?

Whether you know it or not, much of your child's success at the track rest squarely in your lap. That's Right! You are the most influential and important member of the coach-athlete-parent team.

You have the power and ability to shape your child's relationship with this sport so that it brings him/her lasting joy, enduring self- confidence and self esteem-building success.

In fact if you play your role on the team the right way, then you can help ensure that your child will go into the world feeling well adjusted, confident and happy long after he/she has hung up his/her competitive running shoes. It's an unfortunate fact of this sport that well-meaning parents all too often say and do the wrong things with their child-athlete under the guise of trying to be "helpful."

Attempting to motivate their children to go faster these parents instead inadvertently set them up for failure and unhappiness. They do this by unknowingly breaking all the rules of peak performance and, as a result, stresses their child, distract him/her from the task at hand and ensure that there son or daughter Always runs far slower than his/her abilities.

If you truly want your child to have a successful and rewarding relationship with Athletics (Track & Field), then it's up to you to do your part. Learn and practice the following seven keys to becoming a winning Athletics (track & Field), parent.

1. DON'T COACH

Trying to "coach" your children behind the scenes when the team already has a professional staff will ultimately hurt your kids far more than it will help. As parent, it is not your job to coach either at practice or meets.

This means that you don't want to push your children to train harder or do extra workouts so that they can be better, quicker. You don't want to discuss form technique or race strategy with them before or after practice, on the way to the meet or right before the races. You don't want to subject them to last minute motivational talks. You should never offer helpful hints and criticism after their races even if you think you know exactly what went wrong. This is the coach's job, not yours!

Your "helpful" hints in these are never helpful and will ultimately backfire! Coaching is the very last thing your children need from you when it comes to their Athletics (Track & Field).

Winning Athletics (Track & Field) parents don't coach. Instead, they leave the coaching to the coaches.

2. BE UNCONDITIONALLY LOVING AND SUPPORTIVE

Your primary role on the "team" is to be your children's "best fan."

You want to support their efforts and love them unconditionally regardless of how fast they run or in what place they finish. Whether they win or lose, run slow or fast, your love and respect for your children should never change.

What you can do in your support role is to arrange for extra lessons for them if they ask, endlessly drive them to practices, cheer for them at their meets, make sure that they have nourishing, healthy food to eat and do everything else that loving, supportive parents are suppose to do.

And you should do every bit of this without ever expecting or demanding any "return," performance-wise, on your "investment" of all this time, money and energy.

3. DON'T PRESSURE YOUR CHILD TO FOCUS ON OUTCOME

Perhaps one of the more destructive things that you can do as a parent is to get your children worrying about how fast they run or the times that they need to achieve. When you do this, you will guarantee that they feel to pressured and distracted before their races to run to their potential.

Going fast, achieving cuts and winning are always a paradox in running – that is, these goals can only happen if the runner focuses more on himself/herself and the process of the race, one stride at a time, and less on the races outcome or their times. Pressuring your kids to go fast is a great way to get them consistently to go slower!

4. HELP YOUR CHILDREN FOCUS ON THEMSELVES

Parents who continually emphasize to their children the importance of beating certain teammates or opponents inadvertently add to their children's stress and actually contribute to their children underachieving. Runners can only go fast when they focus on what they are doing and not on what everyone else is doing.

Comparing your children with others on the team or in the league is a great strategy if you'd like them to fail. Instead encourage you runner to stay in their own lane focusing on their stride, form and race strategy and what they are doing.

5. KEEP THE SPORT IN PERSPECTIVE

Help your children understand that running is just a sport and is not larger than life. Teach them that the main purposes of their sport are to master new skills, feel good about themselves and *have fun*.

Help them understand that if they have a bad race or meet, this does not mean that they are a bad person or a failure. Help them view their losses and setbacks as a normal and healthy part of the learning process and a necessary prerequisite to ultimate success.

Remember, your children can only learn these lessons if you, as the adult, keep their running in the proper perspective.

6. DON'T BRIBE YOUR CHILDREN TO RUN, JUMP, THROW

Running should be something your children do because *they* want to do it.

It's not your job to try and motivate them to go harder and reach for certain goals. The goals and dreams that your children have at the track should be *their* goals and dreams *not yours!*

Bribing your children to run with money and incentive gifts gives them the wrong message about the purpose of their sport, and ultimately serves as a de-motivator for them.

Instead, encourage your children to take ownership of the sport and to run, jump, throw for themselves- because they like it, because it makes them feel good and because they have goals that they'd like to achieve.

7. BE A GOOD ROLE MODEL FOR YOUR CHILD

Keep in mind that how you conduct yourself in relation to your children's running provides them with very compelling and powerful on-going life lessons.

This education starts with the comments that you make to them about their coach. It includes your treatment of their teammates and opponents before and after the races. It's strongly shaped by how you behave at meets, how you handle their setbacks and failures, and whether you're a good sport or not.

Remember, your actions always speak louder than your words, and your children are constantly listening to every "word" that you say. Do you know exactly what life lessons you are modeling for your children?

Remember, winning track & field Parents understand what's really at stake whenever their children get up to the starting line to race. It's not the race's outcome, trophy or medal or ribbon or track records that are important. It's not the qualifying times or a chance for a college scholarship that matters.

What's really at stake here is your sons or daughter's long-term happiness and psychological well being, not to mention the health of your parent-child relationship. A winning track & field parent always keeps this in mind.

THIS ARTICLE WAS WRITTEN BY DR. ALAN GOLDBERG, A SPORTS PSYCHOLOGY CONSULTANT

2026 NEW JERSEY STRIDERS TENTATIVE PROGRAM SCHEDULE

HOSTED BY THE NEW JERSEY STRIDERS, INC.

- SPRING AGE GROUPS:** Boys and Girls ages (7-8) (9-10) (11-12) (13-14) (15 yr. old in 8th grade can compete as non-scorer)
- AGE DETERMINING DATE:** The age that you become on your 2026 Birthday.
- MAXIMUM # OF EVENTS:** 12yrs. and Under = 3 Events, Except 13 & 14 year olds can do 4 events
- ENTRY FEES:** For events marked (*):
 \$9.00 per event for (NJ Strider Town Teams)
 \$11.00 per event each for non-members (Cash payment only)
\$16 per relay team for members & \$20 for non-members, only one team per age group/sex per team allowed.
- AWARDS:** 1st thru 6th Place ribbons to the top six in each event.
 Honorable Mention ribbons to all other finishers.
 The May 31st Invitational has medals for the top three in each event but relay teams receives ribbons.
 Place ribbons for 4th, 5th and 6th places. Honorable Mention ribbons to all other finishers.
Awards & result labels will be supplied to team coaches to distribute at the end of meet.
- WEATHER:** If you have any questions regarding weather and track conditions, please call the meet director for that day between 9:00 am & 10:00 am. Also check the NJStriders.com website.
- NON MEMBER TEAM REGISTRATION:** Must be emailed by the Tuesday, prior to the meet to: njstriders@yahoo.com
(Include athlete's Name / Date of Birth / Sex) Entry Fees will be paid at conclusion of the meet at the press box prior to receiving the results and awards.
- MEMBER REGISTRATION:** Member Teams registration and rosters must be in prior to March 30, 2026. Any addition to team roster during this season must be emailed by the Tuesday prior to the meet to: njstriders@yahoo.com
- SANCTIONED:** All of the meets on this schedule of events are sanctioned by USA Track & Field/New Jersey Association.
- 2026 NATIONAL MEMBER CARDS:** These are required to compete in the Junior Olympic Association program and other meets throughout the summer schedule. Athletes who purchase a card before the summer may have insurance at practices and have insurance traveling and at Strider meets. Cards may be purchased at USATF NJ.org.
- COACHES & PARENTS:** Do not go on the track unless an athlete is injured, or your assistance is requested. Otherwise you must stay in the stands or outside the track.
- FIELD COACHES:** Our first 4 meets are developmental teaching meets. 2 Coaches from each team with ID lanyard are allowed to assist their athletes and officials.
- VOLUNTEERS:** If interested in officiating or assisting in these meets, see the Meet Director in the white tent on the infield.
- RACE NUMBERS:** Your number is the same for all meets from April 12 to May 31.
 There will be a \$20 charge for all replacement race numbers.
- ANIMALS:** NO Pets allowed in school/stadiums during track events.
- COACHES RELAY RULES:** 3 Divisions; (1 Men), (2 Women), (3 Co-ed 2 each) 1 Coach under 24 years old per relay team Max.
- WEBSITE:** www.njstriders.com

COMPETITION: (*) NJ Strider Youth Development Meet

DATE: April 12, 2026

SITE: FAIRLAWN HIGH SCHOOL

MEET DIRECTOR: FRANK COLLINS (845) 325-6553

SESSION #1 BEGINS 12 NOON • SESSION#2 BEGINS AT COMPLETION OF SESSION #1 ABOUT 2:45 PM

SESSION #1				SESSION #2			
1	1500 Meter Racewalk	(9-10)		1	1500 Meter Racewalk	(11-12)	(13-14)
2	200 Meter Dash	(7-8)	(9-10)	2	200 Meter Hurdles		(13-14)
3	800 Meter Run	(7-8)	(9-10)	3	3000 Meter Run	(11-12)	(13-14)
4	4x400 Meter Relay	(7-8)	(9-10)	4	200 Meter Dash	(11-12)	(13-14)
	Long Jump (2 Pits)	(7-8)	(9-10)	5	800 Meter Run	(11-12)	(13-14)
(B)	Shot Put 2 kg.	(7-8)		6	4x400 Meter Relay	(11-12)	(13-14)
	Shot Put 6 lb.		(9-10)		Long Jump (2 Pits)	(13-14)	(11-12)
(G)	Finn Flier Javelin 250 gram	(9-10)	(7-8)??		Triple Jump (conducted after LJ is complete)		(13-14)
					Shot Put 6 lb.	(13-14G)	
				(B)	Shot Put 4 kg.		(13-14B)
				(G)	Discus 1 kg.	(13-14)	(11-12)
				(G)	Finn Flier Javelin 450 gram	(11-12)	(13-14)

COMPETITION: (*) NJ Strider Youth Development Meet
SITE: MAHWAH HIGH SCHOOL

DATE: APRIL 19, 2026
MEET DIRECTOR: FRANK COLLINS (845) 325-6553

SESSION #1 BEGINS 12 NOON • SESSION#2 BEGINS AT COMPLETION OF SESSION #1 ABOUT 2:45 PM

SESSION #1

- 1 1500 Meter Racewalk (9-10)
- 2 400 Meter Run (7-8) (9-10)
- 3 100 Meter Dash (7-8) (9-10)
- 4 1500 Meter Run (7-8) (9-10)
- 5 4x 100 Meter Relay (7-8) (9-10)
- (B) Shot Put 2 kg. (7-8)
- Long Jump (2 Pits) (7-8) (9-10)
- (G) Finn Flier Javelin 250 gram (9-10) (7-8)

SESSION #2

- 1 1500 Meter Racewalk (11-12) (13-14)
- 2 80 Meter Hurdles (11-12) (13-14)
- 3 100 Meter Hurdles (13-14) (13-14)
- 4 400 Meter Run (11-12) (13-14)
- 5 100 Meter Dash (11-12) (13-14)
- 6 1500 Meter Run (11-12) (13-14)
- 7 4x 100 Meter Relay (11-12) (13-14)
- (B) Shot Put 6 lb. (11-12) (13-14G)
- Shot Put 4 kg. (13-14) (13-14B)
- Long Jump (2 Pits) (13-14) (11-12)
- (G) Finn Flier Javelin 450 gram (11-12)

COMPETITION: (*) NJ Strider Youth Development Meet
SITE: EAST RUTHERFORD @ RIGGIN FIELD

DATE: APRIL 26, 2026
MEET DIRECTOR: FRANK COLLINS (845) 325-6553

SESSION #1 BEGINS 12 NOON • SESSION#2 BEGINS AT COMPLETION OF SESSION #1 ABOUT 2:45 PM

SESSION #1

- 1 1500 Meter Racewalk (9-10)
- 2 200 Meter Dash (7-8) (9-10)
- 3 800 Meter Run (7-8) (9-10)
- 4 4x400 Meter Relay (7-8) (9-10)
- Long Jump (2 Pits) (7-8) (9-10)
- (B) Shot Put 2 kg. (7-8)
- Shot Put 6 lb. (9-10)
- (B,G) High Jump (9-10)
- (G) Finn Flier Javelin 250 gram (9-10)

SESSION #2

- 1 1500 Meter Racewalk (11-12) (13-14)
- 2 200 Meter Hurdles (13-14) (13-14)
- 3 3000 Meter Run (11-12) (13-14)
- 4 200 Meter Dash (11-12) (13-14)
- 5 800 Meter Run (11-12) (13-14)
- 6 4x400 Meter Relay (11-12) (13-14)
- Long Jump (2 Pits) (13-14) (11-12)
- Triple Jump (conducted after LJ is complete) (13-14)
- Shot Put 6 lb. (13-14G)
- (B) Shot Put 4 kg. (13-14) (13-14B)
- (G) Discus 1 kg. (13-14) (11-12)
- (B,G) High Jump (11-12) (13-14)
- (G) Finn Flier Javelin 450 gram (11-12) (13-14)

COMPETITION: (*) NJ Strider Youth Development Meet
SITE: HACKENSACK HIGH SCHOOL

DATE: MAY 3, 2026
MEET DIRECTOR: FRANK COLLINS (845) 325-6553

SESSION #1 BEGINS 12 NOON • SESSION#2 BEGINS AT COMPLETION OF SESSION #1 ABOUT 2:45 PM

SESSION #1

- 1 1500 Meter Racewalk (9-10)
- 2 200 Meter Dash (7-8) (9-10)
- 3 800 Meter Run (7-8) (9-10)
- 4 4x400 Meter Relay (7-8) (9-10)
- Long Jump (2 Pits) (7-8) (9-10)
- (B) Shot Put 2 kg. (7-8)
- Shot Put 6 lb. (9-10)
- (B,G) High Jump (9-10)
- (G) Finn Flier Javelin 250 gram (9-10)

SESSION #2

- 1 1500 Meter Racewalk (11-12) (13-14)
- 2 80/100 Meter Hurdles (11-12) (13-14)
- 3 1500 Meter Run (11-12) (13-14)
- 4 100 Meter Dash (11-12) (13-14)
- 5 400 Meter Run (11-12) (13-14)
- 6 4x100 Meter Relay (11-12) (13-14)
- Long Jump (2 Pits) (13-14) (11-12)
- Triple Jump (conducted after LJ is complete) (13-14)
- Shot Put 6 lb. (11-12G)
- (B) Shot Put 6 lb. (11-12B)
- (G) Discus 1 kg. (13-14) (11-12)
- (B,G) High Jump (11-12) (13-14)
- (G) Finn Flier Javelin 450 gram (11-12) (13-14)

COMPETITION: (*) NJ Strider Junior Olympic Warm-up DATE: MAY 17, 2026 12 Noon Start
SITE: **RUTHERFORD MEMORIAL FIELD** MEET DIRECTOR: FRANK COLLINS (845) 325-6553

EVENTS:

1	80 Meter Hurdles	(11-12)			
2	100 Meter Hurdles	(13-14)			
3	100 Meter Dash	(7-8)	(9-10)	(11-12)	(13-14)
4	1500 Meter Run	(7-8)	(9-10)	(11-12)	(13-14)
5	1500 Meter Racewalk	(9-10)			
6	400 Meter Dash	(7-8)	(9-10)	(11-12)	(13-14)
7	1500 Meter Racewalk	(11-12)	(13-14)		
8	200 Meter Hurdles	(13-14)			
9	800 Meter Run	(7-8)	(9-10)	(11-12)	(13-14)
10	200 Meter Dash	(7-8)	(9-10)	(11-12)	(13-14)
11	3000 Meter Run	(11-12)	(13-14)		
	Long Jump (2 Pits) (G)	(11-12)	(13-14)	(7-8)	(9-10)
	followed by Triple Jump (B)(G)			(13-14)	
	Shot Put (B) 4 kg. =	(13-14B)	2 kg. = (7-8)	6 lb. = (9-10)	(13-14G) (11-12)
	Discus 1 kg. (G)	(11-12)	(13-14)		
	High Jump (G)	(9-10)	(11-12)	(13-14)	
	Finn Flier Javelin 250 gram (B)	(9-10)	(7-8)		
	Finn Flier Javelin 450 gram (B)	(11-12)	(13-14)		

COMPETITION: (*) NJ Strider Youth Invitational DATE: MAY 31ST, 2026 12 Noon Start
SITE: **ENGLEWOOD WINTON WHITE STADIUM** MEET DIRECTOR: FRANK COLLINS (845) 325-6553

EVENTS:

	Toddler Dash	6 years & under			
1	80 Meter Hurdles	(11-12)			
2	100 Meter Hurdles	(13-14)			
3	100 Meter Dash	(7-8)	(9-10)	(11-12)	(13-14)
4	1500 Meter Run	(7-8)	(9-10)	(11-12)	(13-14)
5	Coaches 4x100 Relay	(Adults Only)			
6	1500 Meter Racewalk	(9-10)			
7	400 Meter Dash	(7-8)	(9-10)	(11-12)	(13-14)
8	1500 Meter Racewalk	(11-12)	(13-14)		
9	200 Meter Hurdles	(13-14)			
10	800 Meter Run	(7-8)	(9-10)	(11-12)	(13-14)
11	200 Meter Dash	(7-8)	(9-10)	(11-12)	(13-14)
12	3000 Meter Run	(11-12)	(13-14)		
	Long Jump (1 Pit) (G)	(11-12)	(13-14)	(7-8)	(9-10)
	followed by Triple Jump (B)(G)			(13-14)	
	Shot Put (B) 4 kg. =	(13-14B)	2 kg. = (7-8)	6 lb. = (9-10)	(13-14G) (11-12)
	Discus 1 kg. (G)	(11-12)	(13-14)		
	High Jump (G)	(9-10)	(11-12)	(13-14)	
	Finn Flier Javelin 250 gram (B)	(9-10)	(7-8)		
	Finn Flier Javelin 450 gram (B)	(11-12)	(13-14)		

COMPETITION: USATF-NJ Junior Olympic Championships DATE: June 6 & 7
Plainfield (HUB-Stine Field) See USATF web site: USATFNJ.org

COMPETITION: USATF National Outdoor Youth Athletics: DATE: June 30 - JULY 3
Huntsville, Alabama

COMPETITION: USATF REGION 2 Junior Olympic Championships DATE: July 9, 10, 11
Mid Atlantic Association @ Moravian University, Bethlehem, PA

COMPETITION: USATF National Junior Olympics: **Cerritos College California** DATE: JULY 27 - AUG 2

NJ STRIDER SUMMER SERIES (All Ages) DATE: JUNE 26, JULY 10, 17, 24
Emerson High School - Fridays 6pm

FOR FIELD EVENTS: Listed on schedule above (B) = Boys First (G) = Girls First For Each Age Group
(B,G) = Competing together but separate awards

DIRECTIONS TO MAHWAH HIGH SCHOOL - 50 Ridge Rd, Mahwah, NJ 07430

From Route 17 North: Exit at West Ramapo Ave./ Pomptom Lakes / Mahwah. Proceed over bridge, left at stop sign. High School is at the top of the hill.

From Route 287 North: Take to Rt. 17 South. Exit West Ramapo Ave. High School is at the top of the hill.

DIRECTIONS TO RUTHERFORD MEMORIAL PARK - Darwin and Washington Avenues

From Route 3 East: Park Avenue Exit. At Stop sign, make a right turn. Go 1 block to next Stop sign and turn right onto Riverside Ave. Follow to traffic light, make a left turn onto Union Avenue. Go 3 blocks to Darwin Avenue. Make a right turn onto Darwin; 3 blocks to Memorial Park and Fields.

From Route 3 West: Riverside Avenue Exit. At Stop sign, make a right turn onto Riverside Avenue. Follow to traffic light; make a left turn onto Union Avenue. Go 3 blocks to Darwin Avenue. Make a right turn onto Darwin; 3 blocks to Memorial Park and Fields.

From Route 17 N & S: Take exit for Rt. 3 West. Follow above direction

DIRECTIONS TO HACKENSACK HIGH SCHOOL - 135 1st St, Hackensack, NJ 07601

Rt. 17 North exit at Essex Street / Maywood make a right on Essex Street. Rt. 17 South exit at Essex Street, make a left on Essex Street. Go 5 traffic lights and make a left on First Street (Arena Diner). Go 2 traffic lights and make a left on Beech Street. (You will see High School in front of you.) Make a right onto Comet Way. Park in the High School parking lot. The track is across the street.

DIRECTIONS TO FAIRLAWN HIGH SCHOOL - 14-00 Berdan Ave, Fair Lawn, NJ 07410

From Route 80 West: Exit 62 -Pehle Ave. Make a right onto New Pehle Ave. Make right onto Midland Ave. Then left onto Broadway. To first right, onto Banta Place. Make left onto Morlot Ave. Make right onto 12th Street. Make right onto Berdan Ave. Make right onto Cadmus Place.

From Route 80 East: To Route 20 North. Pass Burger King and Exxon. Make a right at light onto Morlot Ave. Take to end, make a right and quick left to continue on Morlot Ave. Make left onto 12th Street. Make right onto Berdan Ave. Make right onto Cadmus Place.

From Garden State Parkway North: Exit 160 (Fair Lawn/Hackensack/Route 208). Make a left at light. Proceed past Wendy's over the overpass to Route 208 North / Route 4 West. Proceed on Route 208 North to Fair Lawn Avenue West. At first light (Orchard Street) make left. Go to end (Berdan Avenue.) Make left then first right.

From Route 17 North / South: Exit at Route 4 West to Route 208 North.

Follow ABOVE direction from Route 208 North.

DIRECTIONS TO EAST RUTHERFORD TRACK - Riggin Memorial Field - Union Ave. and Railroad Ave.

From the North: Rt. 17 South to Union Ave/Rutherford exit. Make a right on Union Avenue and then a left on Hackensack Street. Make a left on Railroad Avenue. Limited parking. Street parking is available on Railroad Avenue.

From the South: Rt. 17 North to the Union Avenue West exit (right after the Union Avenue light.) Follow above directions from Union Avenue intersection.)

DIRECTIONS TO ENGLEWOOD WINTON WHITE STADIUM - 67 Durie Ave, Englewood, NJ 07631

From Route 17 North or South: NJ-4 E to Grand Avenue Exit. Make 2 rights onto Grand Avenue, which becomes Engle Street. Make left onto East Hamilton Avenue. Continue across Railroad track, make right onto Pindle Avenue, then left on Durie Avenue.

(Track is 2 miles from Grand Avenue Exit)

Check # _____ Cash: _____ Amount: _____



ATHLETE REGISTRATION, PAYMENT & MEDICAL RELEASE FORM

2026 AGE GROUPS

SUB-BANTAM	7-8 YEARS	BORN 2018-2019
BANTAM	9-10 YEARS	BORN 2016-2017
MIDGET	11-12 YEARS	BORN 2014-2015
YOUTH	13-14 YEARS	BORN 2012-2013
8th GRADERS ONLY	15 YEARS	BORN 2011

INDIVIDUAL MEMBERSHIP DUES: \$270 plus \$38.88 for USATF online membership fee (Insurance Card).
 This fee covers entry fees to all developmental meets, uniform, practice insurance, team equipment, team picnic and awards.
 *Hooded sweatshirts are available for \$40 extra.

* Clothing Sizes: Youth Small 6-8, Youth Medium 10-12, Youth Large 14-16 Adult Small, Adult Medium, Adult Large			
TANK TOP SIZE	SHORTS SIZE	TSHIRT SIZE	*HOODED SWEAT SIZE*
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

NAME	DATE OF BIRTH	M	F
1. _____	_____	<input type="checkbox"/>	<input type="checkbox"/>
2. _____	_____	<input type="checkbox"/>	<input type="checkbox"/>

This is NOT a drop off program. Parents or an Adult Guardian MUST remain either in the stands or around the fence for the duration of the practice.

Address: _____ City: _____ Home Tel: _____

Email: _____ Cell: _____

Father's Name: _____ Cellphone #: _____

Mother's Name: _____ Cellphone #: _____

Emergency Contact (Other than self)

Emergency Contact: _____ Telephone: _____

The undersigned (the member) has registered participant(s) in the track and field programs of Monroe Woodbury Junior Track and Field Club, Inc. I am the Parent or Legal Guardian for any minor(s) (person under the age of 18) listed above. I acknowledge notice that the Monroe Woodbury Junior Track and Field Club, Inc. is a not-for-profit organization that **DOES NOT HAVE MEDICAL COVERAGE**. I understand that any medical insurance expense arising from participation in the program will be mine or my individual medical insurance expense. I hereby release and waive any claims against Monroe Woodbury Junior Track and Field Club, Inc., its officers, members or volunteers working in its programs from any medical expense liability arising from participation in the programs by the above registrants. I further release and waive any claims against the Monroe Woodbury School District from any medical expense liability arising from the above registrants use of the track, surrounding athletic fields, weight rooms and bathrooms.

I certify that my child(ren) has no medical condition(s) that would prevent him/her/them from participating in competitive track and field athletics. Please note any special needs that the coaches should be aware of: Asthma, Medications, Seizures.

Date: _____ Parent Name (Please Print): _____

Initialed by: _____ Parent (Guardian) Signature: _____

Checks made payable to **Monroe Woodbury Junior Track & Field**