

Join US

# RINGWOOD RECREATION 2023 DYNAMIC SPEED & AGILITY CLINIC

Grade as of the 2023-2024 School Year

Register by 7/7/2023

Grades: 4th - 9th Boys & Girls

Date: July 10th - 13th

Rain Date 7/14

Time: 6:30 pm - 8:30 pm

Cost: \$60

Addice Park



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://CommunityPass.net) under Summer Clinics 2023

Questions? Email [recdept@ringwoodnj.net](mailto:recdept@ringwoodnj.net) or (973) 475-7171