

Freehold Township Parks & Recreation Commission

# 2026 Summer Youth Track and Field

Learn proper warm up techniques, warm up games, relay races including baton exchanges, on track runs of 100 to 400 meters, totaling 1 to 1.5 miles per session, timed runs for runners to improve their personal best times (which will be recorded), and cool down jogs and stretches.

**August 20th & 23th will be a competitive meet with medals awarded to participants.\*\***

FOR: Boys & Girls Ages 4—13  
DATES: July 2—August 23, 2026 Thursdays and Sundays  
FEE: \$ 80—1 time/week (Thursdays or Sundays) 8 sessions  
\$140—2 times/week (Thursdays and Sundays) 16 sessions  
TIME: Thursdays 6:00-7:00 p.m. Sundays 9:00-10:00 a.m.  
LOCATION: FTHS Track



Director: Todd Briggs

Head Coach of the Boys and Girls Track and Field Programs at FTHS. Coached FTHS Track and Field Teams to 6 Team State Championships Named 2009 and 2014 Star Ledger Coach of the Year. Named NJ State Girls Cross Country Coach of the Year in 2022. Inductee to the NJ Scholastic Coaches Association Hall of Fame. 2025 Inductee to the NJ Scholastic Coaches Hall of Fame.

For more information call the Recreation Office at 732-294-2190.

**Register online at [www.freeholdtownshiprec.com](http://www.freeholdtownshiprec.com).**

Mail Registration Form to: Freehold Twp. Recreation, 1 Municipal Plaza, Freehold, NJ 07728 (Track & Field)

Participant's Name \_\_\_\_\_ Phone # \_\_\_\_\_

Address \_\_\_\_\_ Parent's Cell # \_\_\_\_\_

Mandatory Email Address (Print Clearly) \_\_\_\_\_

Age \_\_\_\_\_ School \_\_\_\_\_ Grade \_\_\_\_\_ Birthdate \_\_\_\_/\_\_\_\_/\_\_\_\_ Sex: M / F  
(Sept. 2026) (Sept. 2026)

Medical Conditions: \_\_\_\_\_

Print Parent or Guardian's Name \_\_\_\_\_

Shirt Size (circle) CHILD M L ADULT S M L XL

Fee: \$80 1 Day Choose (Thursday or Sunday) \$140 Both Days Cash/Check/CC # \_\_\_\_\_  
(Visa/Mastercard accepted in person or online only)

**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.

\_\_\_\_\_  
PARTICIPANT'S SIGNATURE (PARENT OR GUARDIAN ID UNDER 18) \_\_\_\_\_ DATE \_\_\_\_\_

150/408

CODE OF CONDUCT

The participants, parents or legal guardians of minor participants, coaches and officials of every sports organization shall be required to follow the Code of Conduct, set forth as follows:

I hereby pledge to be responsible for my words and actions while attending, coaching or participating in a Township sports event and shall conform my behavior to the following code of conduct:

1. I will not engage in unsportsmanlike conduct with any coach, parent, player, participant, official or any other attendee.
2. I will not encourage my child, or any other person, to engage in unsportsmanlike conduct with any coach, parent, player, participant, official or any other attendee.
3. I will not engage in any behavior which would endanger the health, safety or well-being of any coach, parent, player, participant, official or any other attendee.
4. I will not encourage my child, or any other person, to engage in any behavior which would endanger the health, safety or well-being of any coach, parent, player, participant, official or any other attendee.
5. I will not use drugs or alcohol while at a youth sports event and will not attend, coach, officiate or participate in a youth sports event while under the influence of drugs or alcohol.
6. I will not permit my child, or encourage any other person, to use drugs or alcohol at a youth sports event and will not permit my child, or encourage any other person, to attend, coach, officiate or participate in a youth sports event while under the influence of drugs or alcohol.
7. I will not engage in the use of profanity.
8. I will not encourage my child, or any other person, to engage in the use of profanity.
9. I will treat any coach, parent, player, participant, official or any other attendee with respect regardless of race, creed, color, national origin, sex, sexual orientation or ability.
10. I will encourage my child to treat any coach, parent, player, participant, official or any other attendee with respect regardless of race, creed, color, national origin, sex, sexual orientation or ability.
11. I will not engage in verbal or physical threats or abuse aimed at any coach, parent, player, participant, official or any other attendee.
12. I will not encourage my child, or any other person, to engage in verbal or physical threats or abuse aimed at any coach, parent, player, participant, official or any other attendee.
13. I will not initiate a fight or scuffle with any coach, parent, player, participant, official of any other attendee.
14. I will not encourage my child, or any other person, to initiate a fight or scuffle with any coach, parent, player, participant, official or any other attendee.
15. *I will abide by any decision rendered by the Code of Conduct Committee or the Township Parks and Recreation Commission.*
16. I will be responsible for the behavior of all those attending a Township youth sports event on my child's behalf.

\_\_\_\_\_  
Participants Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent or Guardian Signature if participant is under 18

\_\_\_\_\_  
Date

**\*\* If participant is under 18 both signatures are required .**

**No registration will be processed without properly completed forms.**