



MAYOR DEREK ARMSTEAD, THE CITY OF
LINDEN, AND THE DEPARTMENT OF
PARKS AND RECREATION

SUMMER XC/TRACK CONDITIONING PROGRAM



DATES: WEDNESDAY, JULY 12TH - MONDAY, JULY 31ST
(MONDAY THROUGH THURSDAY - WEATHER PERMITTING)

TIME: 8:00 AM - 10:00 AM

LOCATION: LINDEN FIELD HOUSE AT TIGER STADIUM, 700 W.
CURTIS ST.

AGE: OPEN TO ALL INCOMING LINDEN HIGH SCHOOL FRESHMEN -
SENIORS

WHAT TO BRING: SNEAKERS, ATHLETIC CLOTHING, AND WATER!

THE FOCUS OF THIS
PROGRAM IS TO BEGIN
CONDITIONING FOR THE
UPCOMING ATHLETIC YEAR.
THERE WILL BE A FOCUS ON
DRILLS, STRETCHES,
STRENGTH TRAINING, AND
RUNNING.



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If you have any questions please call the
Parks and Recreation Department at
(908) 474-8600