

BASEBALL (Recreation)
www.USRbaseball.com

Grades: K-9
When: April-June
Time: Evenings and Weekends
Where: Varies with League
Registration: Online starting in Jan. at www.usrbaseball.com and
Contact: Jim Canariato 201-788-4850
President: Frank Barker 201-788-2061
Frank.I.Barker@aexp.com
Rec. Commission Liaison:



BASEBALL (Travel Leagues)
www.USRbaseball.com

Grades: 1-6 & (6th grade Cooperstown team)
Tryouts - November 2015
Grades: 7-8 Saddle River Valley High School Feeder Program
Tryouts - October 2015
Grades: 1-8 Winter indoor training sessions January-March
When: January 1 to July 31 Fall League
September 1-October 31
(Spring, Summer and Fall Leagues)
Where: Varies with league
President: Frank Barker 201-788-2061
Frank.I.Barker@aexp.com
Rec. Commission Liaison:



BASKETBALL (Recreation & Travel Leagues)

www.usrbasketball.com
Grades: 2-8 Boys and Girls; 9-12 Boys
When: December-March
Time: Evenings and Saturdays
Where: Varies with League
Registration: October
Contact: Greg Barkan 201-741-9693
E-mail: greg.barkan@cbre.com
Mike Blake Tip Off Classic - Nov. 30th - Dec. 6th, 2015
Rec. Commission Liaison:
Jon Silverman 201-236-0442



BRIDGE (Experienced)

When: Fridays at 12:30 p.m.
Where: USR Library



CHEERLEADING

(USR and Allendale Jr. Football)
Grades: 3-8
When: August-November
Time: Afternoons and Weekends
Contact: Suzanne Tencellent 201-785-0808
Registration: March for Fall Season
Rec. Commission Liaison: Greg Smiechowski 201-315-7934



FOOTBALL

Northern Highlands Junior Football
www.NHJFA.com
Grades: K-8 (K thru 2 Flag Football 2 thru 8 Tackle Football)
When: August-November
Where: Hess Park and Crestwood Lake
Registration: March for Fall Season
Contact: Greg Smiechowski 201-315-7934
Rec. Commission Liaison:
Greg Smiechowski 201-315-7934



FISHING DERBY

Ages: 6-12
Date: Saturday, May 30, 2015
Where: Liberty Park
Time: 9 a.m.
Contact: Bucky Rehan 201-825-3767



HOCKEY

Highlands Hockey Association
www.highlandshockey.com
Contact: Philip Cindrich 201-785-0405
pcindrich@myat.com
Ages: 4-16 (Boys and Girls)



LACROSSE (Recreation)

Highlands Lacrosse Association
www.hla.uslaxteams.com
Grades: K-8th (Boys and Girls)
When: March-June
Where: Varies with League
Registration: December
Contacts: Jim Mulvey 201-934-0992
Michelle Bradbury 201-248-1226
Email - bradbury2@optonline.net
Rec. Commission Liaison: Charlie Hill 201-785-1166



MAH JONG

When: Wednesdays, 7-9 p.m.
Where: USR Library

SOCCER (Travel Leagues)

Americans Soccer Club
www.AmericansSoccerClub.org
Ages: 6 through 18
When: Fall and Spring
Where: Varies with League
Tryouts: Various dates during May
Contact: Tom Padilla 201-697-9969
E-mail: tjpadilla17@gmail.com
Rec. Commission Liaison: Joe Abbatiello 917-744-4415



SOCCER (Recreation)
www.USRsoccer.org

Grades: K-High School
When: September-November
Time: Afternoons and Weekends
Where: Varies with League
Registration: March for Fall Season
President: Jay Perez 201-970-2575
Email: Jayperezusrsoccer@gmail.com
Rec. Commission Liaison: Joe Abbatiello 917-744-4415



SOFTBALL (Recreation)
www.usrsoftball.com

When: Spring Season
Where: Varies with League
Registration: January
Contact - Sean Bookstaven scbjdb@gmail.com
Email: USRS softball@gmail.com
Rec. Commission Liaison: Joe Abbatiello 917-744-4415



SOFTBALL (Girls Travel Leagues)

Allendale Fire Travel Softball
www.LeagueLineup.com/AllendaleFire
Ages: 3rd/4th Grade, 10U, 12U, 14U, HS
When: Summer League, Spring and Fall Scrimmages
Where: Bergen County Registration: January
Tryouts: Indoor dates during March
Contact - George Mamunes 201-248-8239
Email: AllendaleTravelSoftball@gmail.com

SKI AND SNOW BOARD TRIPS

Grades: 6-12
When: Three Saturdays - January-February
When: 6 a.m. - 6:00 p.m.
Where: Four various locations
Contact: Esau Ali 201-934-9075



SPORTS FOR SPECIAL NEEDS

Contact: Joe Abbatiello 917-744-4415
Email - jabbatiello@verizon.net

TOWN TENNIS

When: Year-round Open Play
Where: Wickersham Courts
Fee: \$40 Family \$25 Individual



TENNIS CLINICS

Children ages 6 years old and up/Adults
When: Spring and Fall
5 Week Sessions
Where: Wickersham Tennis Courts
Contact: Ed Gartner 201-327-3634

USR SPRING CLEAN UP DAY

Town-wide
When: Saturday, May 9th
Contact: Jon Silverman 201-236-0442 or
E-mail: jdsilverman@optonline.net



WRESTLING

Highlands Junior Wrestling
www.nhjuniorwrestling.com
Al DeMaria 201-819-3724

