

MARK YOUR CALENDARS

USR Clean Up Day
Saturday, May 5, 2018

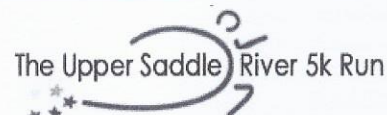
Fishing Derby

Saturday, May 19, 2018

Memorial Day

CELEBRATION

Monday, May 28, 2018
Parade at 11 a.m.
Hot Dogs at the Fire Department



Thanksgiving Morning Cavallini School

Registration: 7:30 a.m. (also by mail or online)
Run Begins: 9:00 a.m.
www.usr5k.org

Mike Blake Tip Off Classic

Nov. 26th through Dec. 2nd, 2018

UPPER SADDLE RIVER RECREATION COMMISSION

Ed Gartner, RA, CPRP 201-327-3634
e-mail: USRrecreation@aol.com

Joe Abbatiello 917-744-4415

Esau Ali 201-934-9075

Michelle Bradbury 201-248-1226

Debby Davidowitz 201-934-4495

Charlie Hill 201-785-1166

Larry DeLuise 917-913-4234

Greg Smiechowski 201-315-7934

John Ditkoff, Council Representative

Organizations related to the USR Recreation Commission

Baseball Association

Frank Barker 201-788-2061

Basketball Association

Joe Abbatiello 917-744-4415

Softball - Recreation

Rob Paglieri 201-314-7628

Softball - Travel

George Mamunes 201-248-8239

Highlands Jr. Football

Michael Betsy 201-370-6321

Cheerleading

Suzanne Tencellent 201-785-0808

Highlands Lacrosse Association

Lance Hulack 201-396-0141

Soccer (Travel)

Justin Hirsch 973-204-7930

Soccer (Recreation)

Scott Vandersnow 201-615-0895

Highlands Hockey Association

Philip Cindrich 201-785-0405

Women's Softball

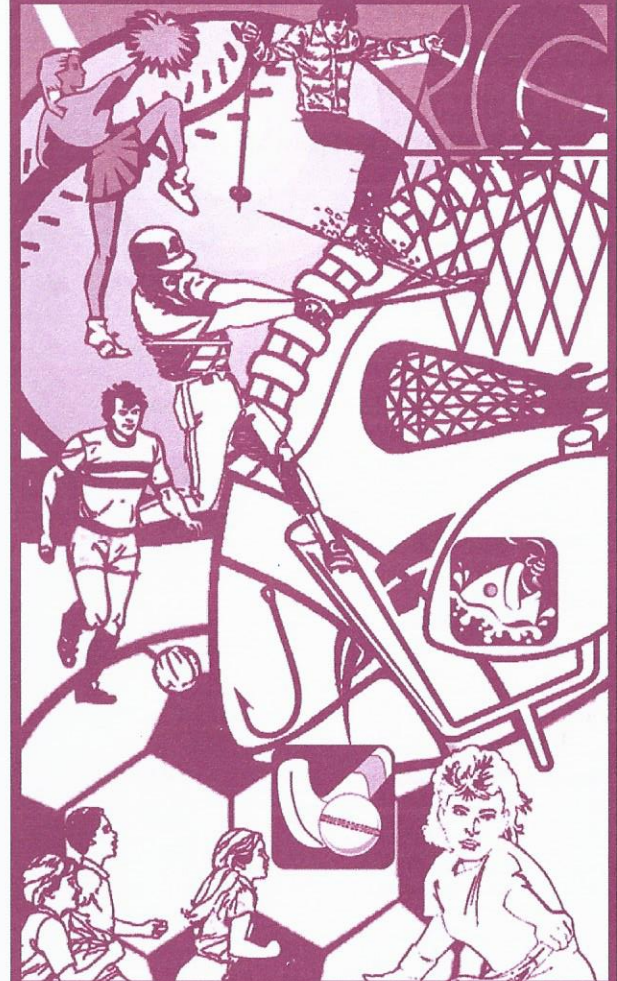
Jo Griffith 201-825-7155

Lisa Taylor 201-788-5426

Highlands Junior Wrestling

Mike Gray 201-410-2778

UPPER SADDLE RIVER RECREATION COMMISSION



ACTIVITY PROGRAM

2018

Get Updated Information @

www.USRToday.org

or e-mail us at

USRrecreation@aol.com

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

President: Frank Barker 201-788-2061

Frank.I.Barker@aexp.com

Rec. Commission Liaison: Larry DeLuise 917-913-4234



BASEBALL (Travel Leagues)

www.USRbaseball.com

Grades: 1-6 & (6th grade Cooperstown team)

Tryouts - TBD

Grades: 7-8 Saddle River Valley High School Feeder Program

Tryouts - TBD

Grades: 1-6 Winter indoor training sessions February-April

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:

Larry DeLuise 917-913-4234



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: Joe Abbatiello 917-744-4415

E-mail: jabbatiello@verizon.net

Mike Blake Tip Off Classic - Nov. 26th - Dec. 2nd, 2018

Rec. Commission Liaison: Larry DeLuise 917-913-4234



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: Michael Betsy 201-370-6321

Rec. Commission Liaison:

Greg Smiechowski 201-315-7934



FISHING DERBY

Ages: 6-12

Date: Saturday, May 19, 2018

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: Lance Hulack 201-396-0141

Michelle Bradbury 201-248-1226

Email - bradbury2@optonline.net

Rec. Commission Liaison: Charlie Hill 201-785-1166



SOCCER (Travel Leagues)

Americans Soccer Club

www.AmericansSoccerClub.org

Ages: 5 through 18

When: Fall and Spring

Where: Varies with League

Tryouts: Various dates during May

Contact: Justin Hirsch 973-204-7930

E-mail: justinhirsch@gmail.com

Rec. Commission Liaison: Michele Bradbury - 201-248-1226



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: Scott Vandersnow 201-615-0895

Email: scottvandersnow@gmail.com

Rec. Commission Liaison: Michele Bradbury - 201-248-1226



SOFTBALL (Recreation)

www.usrsoftball.com

When: Spring Season

Where: Varies with League

Registration: January

Contact - Rob Paglieri

Email: USRSOFTBALL@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

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 5th

Contact: Jon Silverman 201-236-0442 or

E-mail: jdsilverman@optonline.net



WRESTLING

Highlands Junior Wrestling

www.nhjuniorwrestling.com

Mike Gray 201-410-2778

mgwaves@aol.com

