

MARK YOUR CALENDARS

USR Clean Up Day
Saturday, May 4, 2019

Fishing Derby

Saturday, May 18, 2019

Memorial Day
CELEBRATION

Monday, May 27, 2019
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. 25th through Dec. 1st, 2019

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
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
Michael Reisbaum 201-232-5420

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

UPPER SADDLE RIVER RECREATION COMMISSION



ACTIVITY PROGRAM

2019

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.L.Barker@amexgibt.com

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



BASEBALL (Travel Leagues)

Highlands Baseball

www.HighlandsTravelBaseball.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.L.Barker@amexgibt.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: Michael Reisbaum 201-232-5420

E-mail: mreisbaum@gmail.com

Mike Blake Tip Off Classic - Nov. 25th - Dec. 1st, 2019

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 18, 2019

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

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: americansoccerclub@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: Scott Vandersnow 201-615-0895

Email: scottvandersnow@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 - 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 4th, 2019

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

