**MARK YOUR CALENDARS**

**USR Clean Up Day**
Saturday, May 4, 2019

**Fishing Derby**
Saturday, May 18, 2019

**Memorial Day**
Monday, May 27, 2019
Parade at 11 a.m.
Hot Dogs at the Fire Department

**The Upper Saddle River 5k Run**
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

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**UPPER SADDLE RIVER**
**RECREATION COMMISSION**

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

Joe Abbatiello 917-744-4415
Esau Ali 201-334-9075
Debby Davidowitz 201-334-4495
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*
BASEBALL (Recreation)
www.USRbaseball.com
Grades: K-9
When: April-June
Time: Evenings and Weekends
Where: Varies with League
Registration: Online starting in January
Contact: Suzanne Tencelent 201-785-0808
E-mail: mreisbaum@gmail.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@amexgbt.com
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 Tencelent 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 Rehain 201-825-3767

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

LA CROSSE (Recreation)
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

LA CROSSE (Travel Leagues)
Highlands Lacrosse Association
www.hla.uslaxteams.com
Grades: K-6th (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

FC SOCCER (Travel Leagues)
Grades: K-12
When: August-November
Where: Various with league
Registration: March for Fall Season
Contact: Justin Hirsch 973-204-7930
E-mail: americanssoccerclub@gmail.com
Rec. Commission Liaison: Joe Abbatiello 917-744-4415

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

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
Grades: Grades 2-8 Boys and Girls; 9-12 Boys
When: April-June
registration: Online starting in 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/Allendale Fire
Grades: 3rd/4th Grade, 10U, 12 U, 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 Garnet 201-327-3834

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.njwrestlers.com
Mike Gray 201-410-2778
mgwaves@aol.com