**MARK YOUR CALENDARS**

**USR Clean Up Day**
Saturday, May 2, 2020

**Fishing Derby**
Saturday, May 16, 2020

**Memorial Day**
Monday, May 25, 2020
Parade at 11 a.m.
Hot Dogs at the Fire Department

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

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

Rob Pagliere  201-314-7628
Esau Ali  201-934-9075
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  
Scott Vandersnow  201-615-0895

Softball - Recreation  
Rob Pagliere  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

Americans Soccer Club  
Brian Deane  201-264-5520

Soccer (Recreation)  
Frank DePierro  845-664-0905

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

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**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

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**Mike Blake Tip Off Classic**

Nov. 30th through Dec. 4th, 2020

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**ACTIVITY PROGRAM 2020**

Get Updated Information @

www.USRToday.org
or e-mail us at
USRrecreation@aol.com
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 16, 2020
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
Ages: 4-18 (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

Americans Soccer Club
Americans Soccer Club
www.AmericansSoccerClub.org
Ages: 5 through 18
When: Fall and Spring
Tryouts: Various dates during May
Contact: Brian Deane 201-264-5520
E-mail: americanssoccercclub@gmail.com
Rec Commissioner Liaison: Rob Paglieri 201-314-7628

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: Frank DePierro 845-664-0905
Email: frank.depierro@yahoo.com

SOFTBALL (Recreation)
www.usrsoftball.com
When: Spring Season
Where: Varies with League
Registration: January
Contact - Rob Paglieri
Email: USRSoftball@gmail.com
Rec Commissioner Liaison: Rob Paglieri 201-314-7628

SOFTBALL (Girls Travel Leagues)
Allendale Fire Travel Softball
www.LeagueLineup.com/Allendale Fire
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 Abbatangelo 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 2, 2020
Contact: Jon Silverman 201-236-0442 or
E-mail: jsilverman@optonline.net

WRESTLING
No. Highlands Junior Wrestling
www.nhjuniorwrestling.com
Mike Gray 201-410-2778
nhwcoachgray@gmail.com