

MARK YOUR CALENDARS

USR Clean Up Day

Saturday, May 2, 2020

Fishing Derby

Saturday, May 16, 2020

Memorial Day

CELEBRATION

Monday, May 25, 2020

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. 30th through Dec. 4th, 2020

UPPER SADDLE RIVER RECREATION COMMISSION

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

Rob Paglieri 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 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

Americans Soccer Club

Brian Deane 201-264-5520

Soccer (Recreation)

Frank DePiero 845-664-0905

Highlands Hockey Association

Philip Cindrich 201-785-0405

Women's Softball

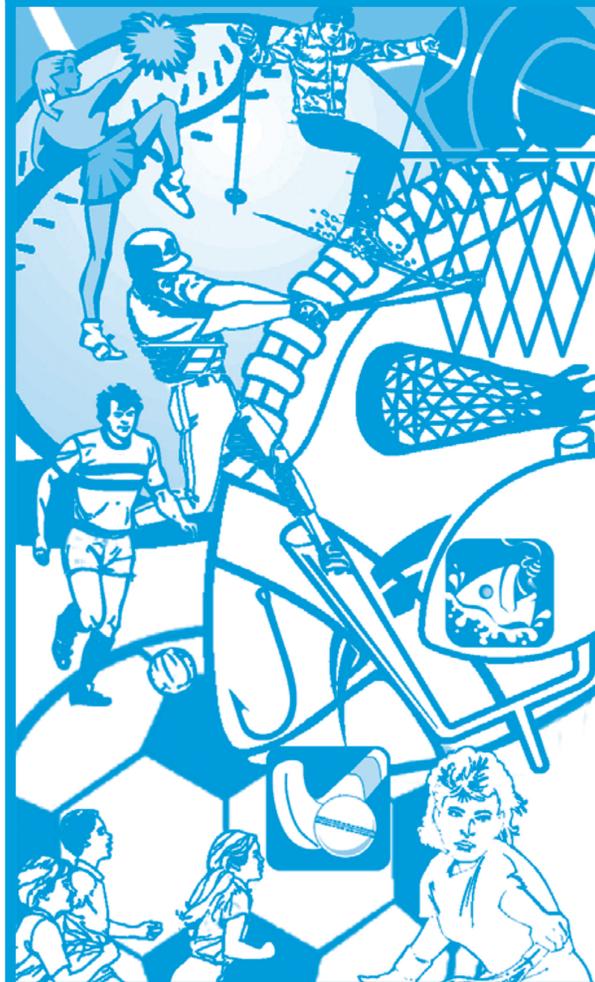
Jo Griffith 201-825-7155

Lisa Taylor 201-788-5426

Highlands Junior Wrestling

Mike Gray 201-410-2778

UPPER SADDLE RIVER RECREATION COMMISSION



ACTIVITY PROGRAM

2020

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
Frankbarkeriv@gmail.com

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



BASEBALL (Travel Leagues)

Highlands Baseball

www.HighlandsTravelBaseball.com
highlandstravelbaseball@gmail.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: Chris Clasen

chrisclase@yahoo.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

www.usrbasketball.com

email - usrbasketball@gmail.com

President: Scott Vandernow 201-615-0895

Mike Blake Tip Off Classic - Nov. 30th - Dec. 4th, 2020

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 16, 2020

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



Americans Soccer Club

Americans Soccer Club

www.AmericansSoccerClub.org

Ages: 5 through 18

When: Fall and Spring

Where: Varies with League

Tryouts: Various dates during May

Contact: Brian Deane 201-264-5520

E-mail: americansoccerclub@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/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 2, 2020

Contact: Jon Silverman 201-236-0442 or

E-mail: jdsilverman@optonline.net



WRESTLING

No. Highlands Junior Wrestling

www.nhjuniorwrestling.com

Mike Gray 201-410-2778

nhjwcoachgray@gmail.com

