



OFFICE OF THE DIRECTOR

- Department of Parks and Public Property
- Department of Recreation

COMMISSIONER  
JOHN J. MONTILLO, JR.

SUPERVISOR  
THOMAS CAFARO

OFFICE ADMINISTRATOR  
THERESA CICERO

SECRETARY  
JUDY BENJAMIN

## RUTGERS YOUTH SAFETY CLINIC



The Lyndhurst Recreation Department, under the direction of Commissioner John Montillo, will be hosting an online Rutgers Youth SAFETY Clinic (*Sports Awareness for Educating Today's Youth*) for volunteer coaches.

You will learn the legal, medical and psychological aspects of coaching as well as general coaching concepts to help with training and conditioning athletes.

This course is valid for life, so it only needs to be taken once. The Lyndhurst Recreation Department will cover the charges for the first forty (40) coaches or volunteers to register.

This **online Zoom** meeting will be held on **Saturday, March 8<sup>th</sup>** from **11:30AM until 2:30PM.**

Please email [judyb@lyndhurstnj.org](mailto:judyb@lyndhurstnj.org) at the Parks & Recreation Department to register and we will send you the Zoom link for the meeting.