

Little Falls Recreation Fall Sports

Champions League: 6 Week Program:

The Fundamentals Clinic, facilitated by The Sports Factory, is a welcoming and inclusive program that caters to individuals of all abilities, including children with intellectual and developmental challenges. Each participant is encouraged to have a Rutgers YSRC carded parent/guardian accompany them on the field throughout the weekly one-hour sessions held on Monday evenings.

Monday Evenings: 5:45pm to 6:45pm | Sept. 9, 16, 23 & 30 | Oct. 7 & 21

Location: Railroad Field

PRE-K: 6 Week Soccer Clinic:

Practices Saturday Mornings TIME TBD (9am, 10am, 11am)
Sept. 7, 14, 21 & 28 | Oct. 5 & 19

****Cleats + Shin Guards Mandatory**

Location: Little Falls Sports & Recreation Complex Turf Field

Kindergarten Soccer:

(Saturday Clinic & Wednesday Scrimmages)

Practices Saturday Mornings: TIME TBD (9am, 10am, 11am)
Sept. Sept. 7, 14, 21 & 28 | Oct. 5 & 19

Games: 5:30pm or 6:30pm | Sept. 18 & 25 | Oct. 2, 9, 16 & 23

****Cleats + Shin Guards Mandatory**

Location: Little Falls Sports & Recreation Complex Turf Field

1st - 8th Grade Boys/Girls Soccer

Competes against other towns in the West Essex Youth Soccer League. Practices start late August (1-2 Times Per Week) – Games Start Early September. ****Cleats + Shin Guards Mandatory**

Heroes In Training (Pre-K-3rd Grade)

A low-intensity, fun, and engaging Sunday Morning Fitness Class, this program is led by certified trainers and schoolteachers, promising an enjoyable fitness experience for young participants.

9:30am: Sept 8, 15, 22 & 29 | Oct. 6 & 20

Location: Little Falls Sports & Recreation Complex Turf Field

Speed & Agility: 4 Day Camp (3rd-8th Grade)

A dynamic four-day speed and agility camp, where participants will undergo speed & agility training, learn cutting-edge techniques, and personalized coaching to enhance their athletic performance this upcoming fall! **OPEN TO ALL RESIDENTS / ATHLETES`**

4:00pm to 5:00pm: August 26, 27, 28 & 29

Location: Little Falls Sports & Recreation Complex Turf Field

4th - 8th Grade Cross Country

Practice 1-2 Per Week – Compete in Weekly Meets in the West Essex Youth Cross Country League.

Meets Start Mid-September (Weekdays/Saturdays)

K-8th Grade Tennis (Tuesdays)

Register at: <https://usasportgroup.com/orgs/?oid=128>
(Hosted by US Sports Institute)

DEADLINE FOR ALL FALL SPORTS REGISTRATION IS MONDAY AUG 5

If you wish to be a HEAD or ASSISTANT Coach for any sport, please email tpassero@lfnj.com



Scan Code or visit
register.communitypass.net



All start dates are tentative and dependent on weather.



The Township of Little Falls

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Mayor James Damiano

Council Members: Christopher Vancheri,
Anthony Sgobba, Michael Murphy,
Jayna Patel, Christine Hablitz

