



RECREATION SPORTS

For Riverdale & Pompton Lakes

Soccer: www.plrsa.org

Pompton Lakes Riverdale Soccer Association

The Pompton Lakes Riverdale Soccer Association sponsors a fall in-town recreation league, winter indoor league, as well as a summer camp program. It also provides fall and spring traveling leagues for more advanced players sponsored through Morris County and is sanctioned under New Jersey Youth Soccer rules and regulations.

Baseball: www.plrll.com

Pompton Lakes Riverdale Little League

Pompton Lakes-Riverdale Little League offers softball, baseball, or t-ball. Registration usually is in the month of January with tryouts starting in March and the season beginning in April. T-ball is for 5 and 6 year olds and baseball and softball is offered through the age of 16.

Football/Cheerleading/Lacrosse: www.plryo.com

Pompton Lakes Riverdale Youth Organization

PLRYO offers Football, Cheerleading, and the new Lacrosse Programs. The Football/Cheerleading programs begin with practices in July & August and regular season games in September & October. Flag Football for age groups 5-7 play on Sunday mornings during the months of September & October.

Wrestling: www.wrestlingcardinals.com

Cardinal Wrestling offers wrestling programs for grades Kindergarten thru 8th grade. Registration is typically offered in the month of October. They offer rec and travel level programs.

Basketball: *PAL:* Lloyd Kent, 973-865-3407 or LKent@kitagawa-america.com

PAL offers a winter program that includes in-town and travel teams for both boys and girls in grades 3 through 8 and a summer program, which includes boys and girls grade 3 though adult.