



# RECREATION SPORTS

*For Riverdale & Pompton Lakes*

**Soccer:** [www.plrsa.org](http://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](http://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/Field Hockey:** [www.plryo.com](http://www.plryo.com)

## *Pompton Lakes Riverdale Youth Organization*

PLRYO offers Football, Cheerleading, and the new Lacrosse & Field Hockey 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](http://www.wrestlingcardinals.com)

Cardinal Wrestling offers wrestling programs for grades Kindergarten thru 8<sup>th</sup> 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](mailto: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.