

Attention West Branch 5th & 6th Graders
Register for Youth Sports Foundation Spring 2019 Co-ed Track & Field!



REGISTRATION INFORMATION

Register online by going to the Youth Sports Foundation website and click on 'Track Registration'

www.youthsportsfoundation.org

TOTAL COST: \$40.00 and includes your team t-shirt

**After the March 15th deadline, late signups will be placed on a waiting list. Team sizes limited-so no guarantees of placement on a team. Sign up early!! \$10.00 late fee applicable after March 15th. Contact the YSF office (563) 288-2541.*

Program Information

SEASON: YSF Co-ed Track & Field is a 5 week program beginning the week of April 8th. There are 3 scheduled Sunday afternoon meets beginning at 1:00 P.M. Practice days & times TBD.

April 28th @ Muscatine High School Track

May 5th @ Wilton High School Track

May 12th @ West Liberty High School Track

PURPOSE: The purpose of this program is to introduce youth to the beginning fundamentals of track & field. Emphasis will be placed on proper warm-ups and conditioning, followed by training techniques in running and field events (shot put and long jump). Teams will work on baton exchanges and understand the concepts of the track area and composition of relays.

GOAL: The goal of this program is to encourage personal growth through experiences in individual goal setting and team leadership skills as well as track & field fundamentals. All youth and teams come out a winner whether they cross the finish line first or last!

EQUIPMENT: Comfortable and well- fitting running shoe or gym shoe. No spikes allowed.

TEAMS LIMITED TO COACHING AVAILABILITY

YSF AGE POLICY: Registered YSF youth must be in the 5th or 6th grade AND must turn at least 10 years of age during their 5th grade school year AND must not turn 13 before September 15th of their 6th grade year.

For questions, contact your town coordinator: Melissa Russell call or text (319) 930-0393 or Joni Kerr at the YSF Office (563-288-2541). You may also check out the YSF website at www.youthsportsfoundation.org and click on TRACK.