**Attention West Branch 5th & 6th Graders
Register for Youth Sports Foundation Spring 2022 Co-ed Track & Field!**

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**REGISTRATION INFORMATION**

**Register online anytime from March 1st – March 21st (deadline) by going to the Youth Sports Foundation website and click on ‘Track Registration’. You can also stop by the West Branch Park & Rec office and fill out a paper registration.**

**www.youthsportsfoundation.**

**TOTAL COST:** $50.00 and includes your team t-shirt (West Branch is charging an extra $10 fee to cover the cost of track rental) and additional $5.00 will be added for the online processing fee.

**Program Information**

**SEASON:** YSF Co-ed Track & Field is a 6 week program beginning the week of April 4th. There are 3 scheduled Sunday afternoon meets beginning at 1:00 P.M. Practice days & times TBD.
April 24th @ West Branch
May 1st @ LM
May 15th @ Tipton

**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. West Branch kids will compete with teams from the following areas: Durant, Wilton, Muscatine, LM, West Liberty and Tipton!

**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 Russel 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**