

**YOUTH SPORTS FOUNDATION**  
**2010**  
**Muscatine 5<sup>TH</sup> and 6<sup>TH</sup> Grade Co-Ed Track & Field**



WOW! It's that time again! Time to think SPRING! Time to think about getting back into shape or getting into shape! Whether you want to break YSF records, break your own personal record or just learn about track & field, we need **YOU** on our team! Come and have fun while you learn the fundamentals of track & field! Teams will be made up of both 5<sup>th</sup> and 6<sup>th</sup> grade boys and girls!

*Youth Sports Foundation* 5<sup>th</sup> & 6<sup>th</sup> grade Co-ed Track & Field is available to any Muscatine area 5<sup>th</sup> or 6<sup>th</sup> grade youth. We are gearing up and in the starting blocks of our 10<sup>th</sup> season. We will join kids from Durant, LM, West Liberty and West Branch!

**SEASON:** YSF Track & Field is a 5-week program beginning the week of April 12<sup>th</sup> – May 16<sup>th</sup> (extended one week if we need to make up a meet on May 23<sup>rd</sup> due to weather cancellation)

**PRACTICES/MEETS:** Practices will be held Mondays and Fridays from 5:15-6:30 at the MHS track (unless there is a conflict then check with the coach or YSF office to find out the alternate site). **Track Meets are scheduled for Sunday, April 25<sup>th</sup>, May 2<sup>nd</sup>, and May 16<sup>th</sup> (May 23<sup>rd</sup> rain-date- makeup meet if needed).**

**PURPOSE:** The purpose of this program is to introduce kids to the fundamentals of track & field and to encourage individual and team goals. 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 will be introduced to the use of starting blocks.

**GOAL:** The goal of this program is to encourage personal growth through experiences in individual and team leadership skills and track fundamentals. Everyone comes out a winner whether they cross the finish line first or last!

**EQUIPMENT:** Comfortable and well fitting running/gym shoe. No spikes allowed.

## **REGISTRATION INFORMATION**

**DATE:** Spring Break Week: March 15<sup>th</sup> – March 19<sup>th</sup> (all registrations must be completed by March 24<sup>th</sup>)

**LOCATION:** Youth Sports Foundation Office (2923 Cedar Street Suite 3, across the street from West Side Store)

**TIME:** Anytime during YSF business hours 9:00 A.M. – 5:00 P.M.

**COST:** \$25.00 and includes your team t-shirt

**Don't get put on a waiting list! We want YOU on our team!**  
**DEADLINE TO REGISTER IS Wednesday, MARCH 24<sup>th</sup>**

**Mission Statement:** The *Youth Sports Foundation* was created to provide the opportunity and the means by which any child at the 3<sup>rd</sup> – 6<sup>th</sup> grade to actively participate in an organized sport that values personal integrity, team and leadership skills in a fun and healthy learning environment.

**For further program information contact program coordinator Joni Kerr or the YSF office (563-288-2541)**

**Visit the YSF website at [www.youthsportsfoundation.org](http://www.youthsportsfoundation.org)**