

**Attention Durant 5<sup>th</sup> & 6<sup>th</sup> Graders**  
**Register for Youth Sports Foundation Spring 2023 Co-ed Track & Field!**



**REGISTRATION & PARENT INFORMATIONAL MEETING**

**DATE:** Thursday, March 2<sup>nd</sup>

**TIME:** 5:00 - 6:00 p.m.

**LOCATION:** Jr. High Commons

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

You can also sign up online by going to the YSF website ([www.youthsportsfoundation.org](http://www.youthsportsfoundation.org)) and click on Track

\*\*If you are registering online a \$5.00 processing fee will be added

**Deadline to register is Friday, March 17<sup>th</sup>!**

**Program Information**

**SEASON:** YSF Co-ed Track & Field is a 5- week program beginning the week of April 10<sup>th</sup>. There are 3 scheduled Sunday afternoon meets beginning at 1:00 P.M.

April 30<sup>th</sup> @ Wilton

May 7<sup>th</sup> @ Durant

May 14<sup>th</sup> @ Muscatine

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

**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.

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

**For questions, contact your town coordinator: Ross DeLong (563) 340-3991 or Mary Huesmann (563) 343-5334 or Joni Kerr at the YSF Office (563-288-2541). You may also check out the YSF website at [www.youthsportsfoundation.org](http://www.youthsportsfoundation.org) and click on TRACK**