

Attention West Liberty 5th & 6th Graders

Register for Youth Sports Foundation Spring 2023 Co-ed Track & Field!



REGISTRATION INFORMATION

Register online beginning Monday, February 20th – Friday, March 17th deadline!

TOTAL COST: \$45.00 (\$5.00 processing fee included) and includes your team t-shirt!

Go to the Youth Sports Foundation website to register: www.youthsportsfoundation.org

Program Information

SEASON: YSF Co-ed Track & Field is a 5- week program beginning the week of April 10th. Practice location subject to change based on availability of the track. There are 3 scheduled Sunday afternoon meets beginning at 1:00 P.M.

April 30th @ Wilton

May 7th @ Durant

May 14th @ 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. West Liberty kids will compete with kids from the surrounding areas: Durant, Wilton, Muscatine, LM, West Branch, Tipton 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.

MARK YOUR CALENDARS AND REGISTER ONLINE BY THE MARCH 17TH DEADLINE!

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: Nick Heath (319) 321-3179 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