

Attention Durant 5th & 6th Graders
Register for Youth Sports Foundation Spring 2024 Co-ed Track & Field!



REGISTRATION INFORMATION

Register online anytime until 10:00 a.m. Tuesday, March 19th (deadline) by going to the Youth Sports Foundation website and click on 'Track & Field' and click on Durant

www.youthsportsfoundation.org

TOTAL COST: \$40.00 and includes your team t-shirt an additional \$5.00 will be added for the online processing fee (for a total of \$45.00)

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 @ Tipton

May 5th @ West Liberty

May 12th @ West Branch

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: LM, Muscatine, West Branch, West Liberty, Wilton, 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 Ross DeLong (563) 340-3991 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 & Field