

**Attention West Liberty 5<sup>th</sup> & 6<sup>th</sup> Graders**  
**Register for Youth Sports Foundation Spring 2024 Co-ed Track & Field!**



**REGISTRATION INFORMATION**

Register online anytime from **February 9<sup>th</sup> – 10:00 a.m. Tuesday, March 19<sup>th</sup>** (deadline) by going to the Youth Sports Foundation website and locate West Liberty and click on track registration.

[www.youthsportsfoundation.org](http://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 8<sup>th</sup>. There are 3 scheduled Sunday afternoon meets beginning at 1:00 P.M. Practice days & times TBD.

April 28<sup>th</sup> @ Tipton

May 5<sup>th</sup> @ West Liberty

May 12<sup>th</sup> @ 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. Wilton kids will compete with teams from the following areas: Durant, LM, Muscatine, West Branch, 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 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 Nick Heath: [nheath@cityofwestlibertyia.org](mailto:nheath@cityofwestlibertyia.org) 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 & Field