

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



REGISTRATION INFORMATION

Fill out the attached registration form and return with payment to the Columbus Junction Elementary School office no later than Friday, March 1st.

TOTAL COST: \$40.00 and includes your team t-shirt! Checks made payable to Columbus Youth Sports

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 @ WACO

May 5th @ Mt. Pleasant

May 12th @ Danville

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. Columbus Junction kids will compete with teams from the following areas: Danville, WACO and Mt. Pleasant!

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: Shannon Salazar (cjyouthsports@yahoo.com) or (563) 506-1617 or Joni Kerr at the YSF Office (563-288-2541). You may also check out the YSF website at www.youthsportsfoundation.org find Columbus Junction community and click on track registration.