

Attention Muscatine 5th & 6th Graders

Register for Youth Sports Foundation Spring 2017 Co-ed Track & Field!



REGISTRATION INFORMATION

DATE: Register at the YSF office anytime from Monday March 6th-Monday, March 20th deadline

TIME: 9:00 A.M. – 4:30 P.M.

LOCATION: YSF Office in Muscatine (2923 Cedar Street, Suite 3)

TOTAL COST: \$40.00 and includes your team t-shirt (if there are still openings, a \$10.00 late fee after March 20th)

Program Information

SEASON: YSF Co-ed Track & Field is a 5 week program beginning the week of April 10th. Teams practice on Mondays/Thursdays from 5:30-6:45 P.M. at the MHS track. There are 4 scheduled Sunday afternoon meets beginning at 1:00 P.M.

April 23rd @ Muscatine

April 30th @ Wilton

May 7th @ Tipton

May 14th @ 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.

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

MARK YOUR CALENDARS AND REGISTER AT THE YSF OFFICE BY MARCH 20TH

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: 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

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