

YOUTH SPORTS FOUNDATION
2010
West Liberty 5TH and 6TH Grade Co-Ed Track & Field



WOW! It's that time again! Time to think **SPRING!** Time to think about getting back into shape or getting into shape! Whether you want to break YSF records, break your own personal record or just learn about track & field, we need **YOU** on our team! Come and have fun while you learn the fundamentals of track & field! Teams will be made up of both 5th and 6th grade boys and girls!

Youth Sports Foundation 5th & 6th grade Co-ed Track & Field is available to any West Liberty area 5th or 6th grade youth. We are gearing up and in the starting blocks of our 10th season. We will join kids from Durant, LM, West Branch and Muscatine!

SEASON: YSF Track & Field is a 5-week program beginning the week of April 12th – May 16th (extended one week if we need to make up a meet on May 23rd due to weather cancellation)

PRACTICES/MEETS: Practices will be held twice a week with days and times TBA. **Track Meets are scheduled for Sunday, April 25th, May 2nd, and May 16th (May 23rd rain-date- makeup meet if needed).**

PURPOSE: The purpose of this program is to introduce kids to the fundamentals of track & field and to encourage individual and team goals. Emphasis will be placed on proper warm-ups and conditioning, followed by training techniques in running and field events. Teams will work on baton exchanges and will be introduced to the use of starting blocks.

GOAL: The goal of this program is to encourage personal growth through experiences in individual and team leadership skills and track fundamentals. Everyone comes out a winner whether they cross the finish line first or last!

EQUIPMENT: Comfortable and well fitting running/gym shoe. No spikes allowed.

REGISTRATION INFORMATION

DATE: Saturday, March 13th

TIME: 9:00 – 10:00 A.M.

LOCATION: West Liberty Elementary Cafeteria

COST: \$25.00 and includes your team t-shirt

Don't get put on a waiting list! We want YOU on our team!

Mission Statement: The *Youth Sports Foundation* was created to provide the opportunity and the means by which any child at the 3rd – 6th grade to actively participate in an organized sport that values personal integrity, team and leadership skills in a fun and healthy learning environment.

For further program information contact area coordinator Andy or Jana Feldman (627-3088) or the YSF office (563-288-2541)
Visit the YSF website at www.youthsportsfoundation.org