

**YOUTH SPORTS FOUNDATION**  
**2010**  
**West Branch 5<sup>TH</sup> and 6<sup>TH</sup> 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 5<sup>th</sup> and 6<sup>th</sup> grade boys and girls!

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

**SEASON:** YSF Track & Field is a 5-week program beginning the week of April 12<sup>th</sup> – May 16<sup>th</sup> (extended one week if we need to make up a meet on May 23<sup>rd</sup> 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 25<sup>th</sup>, May 2<sup>nd</sup>, and May 16<sup>th</sup> (May 23<sup>rd</sup> 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:** Sunday, March 21<sup>st</sup>

**TIME:** 6:00 – 8:00 P.M..

**LOCATION:** Cookson Community Center

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

**Don't get put on a waiting list! We want YOU on our team!**  
**DEADLINE TO REGISTER IS MONDAY, MARCH 22<sup>ND</sup>!**

**Mission Statement:** The *Youth Sports Foundation* was created to provide the opportunity and the means by which any child at the 3<sup>rd</sup> – 6<sup>th</sup> 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 Melissa Russel (319-930-0393) or the YSF office (563-288-2541)**

**Visit the YSF website at [www.youthsportsfoundation.org](http://www.youthsportsfoundation.org)**