

Attention West Liberty 5th & 6th Graders
Register for Youth Sports Foundation Spring 2025 Co-ed Track & Field!



PROGRAM INFORMATION & REGISTRATION

SEASON: YSF Co-ed Track & Field is a 5- week program beginning the week of April 7th. There are 3 scheduled Sunday afternoon meets beginning at 1:00 P.M.

April 27th @ TBD

May 4th @ TBD

May 11th @ TBD

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. West Liberty kids will compete with teams from the following areas: Durant, Muscatine, Tipton, West Branch and Wilton.

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.

TOTAL COST/REGISTRATION: \$40.00 and includes your team t-shirt (add \$5.00 online processing fee) Sign up online by going to the YSF website (www.youthsportsfoundation.org) Go to: Find Your Community and click on Track & Field. **Registration is open from February 3rd until 10:00 a.m. March 18th deadline.**

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 your town coordinator: Cobain Polman (319) 259-9167 or email: cpolman@cityofwestlibertyia.org or Joni Kerr at the YSF Office

(563-288-2541). To register- check out the YSF website at www.youthsportsfoundation.org , find your community and click on track & Field.