

SUMMER YOUTH TRACK & FIELD 2018

June 4 – July 13



Open to youth from
ALL school districts

Participants receive:

Quality instruction from USA Track & Field® certified coach leadership and a team of enthusiastic knowledgeable coaches

T-shirt

Two local track meets also included for athletes 14 & under (see Club website)

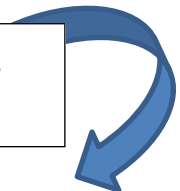
Additional optional out-of-town meets available for athletes of all ages for additional fees



Register online: www.lacrossetrackclub.org

sponsored by
GUNDERSEN
HEALTH SYSTEM®

Two practice locations in 2018...
See details on reverse.



TRACK & FIELD PROGRAMS >>> LOCATION: LA CROSSE CENTRAL HIGH SCHOOL

All sessions 6:00 – 7:15 pm. School grade refers to incoming grade in Fall 2018.

GRADES 1-5

MON / WED

JUNE 4 – JULY 13

FEE: \$35

YOUTH TRACK & FIELD (practices held at Central High School)

This program offers elementary school age children a broad exposure to many track & field events through fun high-energy practices. Age-appropriate technique and fundamentals are emphasized to help introduce running events including sprints and longer runs, as well as select field events including shot put, long jump, and high jump. Youth of all ability levels are welcome.

GRADES 6-12

TUE / THUR

JUNE 4 – JULY 12

FEE: \$45

SPRINTS / DISTANCE TRAINING (practices held at Central High School)

This program includes separate sprints and distance training groups. The Sprints group focuses on starting with blocks, acceleration, top speed, speed endurance, sprint mechanics, and the sprint relay events. The Distance group focuses on pacing/tempo, race strategies, and developing overall endurance and capacity. Athletes may choose to participate exclusively in one training group or may alternate among both. Participants in this program will have a \$15 discount available for any of the additional optional technique programs below.

TECHNIQUE PROGRAMS >>> LOCATION: LA CROSSE LOGAN HIGH SCHOOL

GRADES 6-12

MON / WED

JUNE 4 – JULY 11

FEE: \$55

All sessions 6:00 – 7:15 pm. School grade refers to incoming grade in Fall 2018.

Participants in the sprints or distance training groups will have a \$15 discount available for any of these technique programs. Athletes can choose to participate in one group exclusively or rotate day-by-day.

HURDLES (practices held at Logan High School)

This program will help middle school and high school hurdlers improve their 100m/110m/300m race performance. Training topics including the start from blocks to first hurdle, lead leg/trail leg mechanics, rhythm, and balance/core strength activities.

THROWS (practices held at Logan High School)

This program will develop the athletes' technique through starting the development in power position, approach, and release for the shot put and/or discus events. Intended for throwers of all ability levels.

STATUS UNCERTAIN - CHECK WEBSITE

JUMPS (practices held at Logan High School)

Includes separate programs for the horizontal jumps (long/triple) and high jump. These sessions will help develop technique in all aspects of the jump events including takeoff mechanics, and flight. Participants can focus exclusively on one jump event, or may freely rotate among several. Intended for jumpers of all ability levels.

STATUS UNCERTAIN - CHECK WEBSITE

And again, back by popular demand!

POLE VAULT TRAINING GROUP >>> LOCATION: LA CROSSE LOGAN HIGH SCHOOL

GRADES 6-12

MON / WED

JUNE 4 – JULY 11

FEE: \$75

All sessions 6:00 – 7:15 pm. School grade refers to incoming grade in Fall 2018.

Vaulters of all ability levels from beginner to advanced will gain experience and improve technique in the various aspects of the pole vault event.

REGISTER FOR ALL PROGRAMS ONLINE:

www.lacrossetrackclub.org