



SUMMER YOUTH TRACK & FIELD

**La Crosse Track Club
and
UW-La Crosse**

May 30 – July 14, 2017



All participants receive:

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

Annual membership in the La Crosse Track Club

Team support and hotel discounts at USATF Junior Olympics events

Club newsletters

T-shirt & Team Photo



2017 Youth Programming sponsored by



Online registration is open: www.lacrossetrackclub.org

Two practice locations in 2017...
See details on reverse.



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

All sessions 6:00 – 7:15 pm. School grade refers to incoming grade in Fall 2017.

GRADES 1-5

MON / WED

MAY 30 – JULY 14

FEE: \$35

YOUTH TRACK & FIELD

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

MAY 30 – JULY 14

FEE: \$45

SPRINTS / DISTANCE TRAINING

This program includes separate sprints and distance training groups. Athletes may choose to participate exclusively in one training group or may alternate among both. The Sprints group focuses on starting with blocks, acceleration, top speed, speed endurance, sprint mechanics, the sprint relay events, and also offers an option for beginner hurdles training for those interested. The Distance group focuses on pacing/tempo, race strategies, and developing overall endurance and capacity.

TECHNIQUE CLINICS >>> LOCATION: UW-L VETERANS MEMORIAL SPORTS COMPLEX

All sessions 6:00 – 7:15 pm. School grade refers to incoming grade in Fall 2017.

GRADES 6-12

MON / WED

JUNE 5 – JULY 12

FEE: \$65

THROWS CLINIC

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

GRADES 6-12

MON / WED

JUNE 5 – JULY 12

FEE: \$65

LONG/TRIPLE JUMP and HIGH JUMP CLINICS

Includes separate clinics for the horizontal jumps (long/triple) and high jump. These sessions will help develop technique in all aspects of the jump events including approach, 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.

GRADES 6-12

MON / WED

JUNE 5 – JULY 12

FEE: \$65

INTERMEDIATE/ADVANCED HURDLES CLINIC

This clinic will help intermediate/advanced 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, recovery, rhythm, and balance/core strength activities.

GRADES 6-12

MON / WED

JUNE 5 – JULY 12

FEE: \$65

POLE VAULT CLINIC

Vaulters of all levels of experience, from beginner to advanced, will gain experience and improve technique in the various aspects of the pole vault event. *Note: The pole vault clinic is a stand-alone clinic and is not included in the comprehensive package.

OR... CHOOSE THE COMPREHENSIVE PACKAGE OPTION:

GRADES 6-12

M / T / W / R

MAY 30 – JULY 14

FEE: \$90

SPRINTS / DISTANCE TRAINING **AND UW-L TECHNIQUE CLINICS**

This is the comprehensive track & field package. Athletes who choose this option may participate in the Sprint/Distance training sessions on Tue/Thur AND any of the UW-L technique clinics on Mon/Wed (except pole vault.) Locations, dates and times are as indicated above.

REGISTER FOR ALL SESSIONS ONLINE:

www.lacrossetrackclub.org