

2019 SUMMER YOUTH TRACK & FIELD



REGISTRATION OPTIONS:

- GRADES 1-5 TRACK AND FIELD
- GRADES 6-12 RUNNING PRACTICES
- GRADES 6-12 TECHNIQUE PRACTICES
- GRADES 6-12 POLE VAULT PRACTICES

All participants receive quality coaching and a La Crosse Track Club T-shirt.

Registration also includes entry into three local mini-meets for participants ages 6-14.

See details on reverse.

- Additional AAU team option >>> Add +\$25

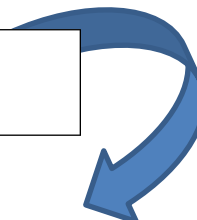
The AAU team is optional. It is for athletes of ANY age and includes uniform check-out and AAU meet entry fees to represent La Crosse Track Club at the AAU Wisconsin track & field meet at Wauwatosa West High School (Milwaukee area) on Saturday June 22, and also includes any subsequent meet fees for the Regional and National AAU Junior Olympics meets if the athlete qualifies and if the athlete and family choose to participate. Note: Each AAU athlete must also obtain an individual AAU youth membership online (\$14) via www.aauathletics.org. AAU athletes and families are responsible for their own travel to AAU meets; team hotel discounts will be available.

The La Crosse Track Club is open to youth from all school districts

Youth programming in 2019 is sponsored by:

GUNDERSEN
HEALTH SYSTEM®

Two practice locations in 2019...
see details on reverse.



GRADES 1-5 TRACK & FIELD

@ LA CROSSE CENTRAL HIGH SCHOOL

All sessions 6:00 – 7:15 pm. School grade refers to incoming grade in Fall 2019.

June 3 – July 19 (MON + WED)

Fee: \$35

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 for athletes 9+ in age, high jump. Youth of all ability levels are welcome.

GRADES 6-12 RUNNING PRACTICES

@ LA CROSSE CENTRAL HIGH SCHOOL

All sessions 6:00 – 7:15 pm

June 3 – July 19 (TUE + THUR)

Fee: \$40

This program includes separate sprints and distance training groups. Athletes may choose to participate exclusively in one training group or may alternate between both. The sprints group focuses on starting with blocks, acceleration, top speed, speed endurance, and sprint relay events. The distance group focuses on pacing/tempo, race strategies, and developing overall endurance and capacity.

GRADES 6-12 TECHNIQUE PRACTICES

@ LA CROSSE LOGAN HIGH SCHOOL

All sessions 6:00 – 7:15 pm

June 3 – 28 (MON + WED)

Fee: \$40

These eight practice sessions span four weeks in June and allow athletes to focus on either high jump, horizontal jumps (long/triple jump), throws (shot/discus), or hurdles. While an athlete may choose to participate in several events, athletes should focus on only one event on any given day. Additional practices might be added in July depending on athlete interest and coach availability.

GRADES 6-12 POLE VAULT PRACTICES

@ LA CROSSE LOGAN HIGH SCHOOL

All sessions 6:00 – 7:30 pm

June 3 – July 17 (MON + WED)

Fee: \$85

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

BEST VALUE GRADES 6-12 COMBO PACKAGE

Fee: \$70

This allows the athlete to do the Tue + Thur running practices *and* the Mon + Wed technique practices.

AAU option

Add the AAU team option (+\$25) in order to compete in the 2019 AAU Wisconsin Track & Field meet held on June 22nd in Wauwatosa.

REGISTER FOR ALL SESSIONS ONLINE:

www.lacrossetrackclub.org