Wood River Community YMCA
PO Box 6801
Ketchum, ID 83340

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

KEEPING CHARACTER DEVELOPMENT ON TRACK

YMCA TEAM IDAHO
Summer Track Club
Wood River Community YMCA

www.woodriverymca.org
727.9622

About YMCA Team Idaho

Team Idaho was started in 1978 to provide a grass-roots opportunity for youth to participate in Track & Field. The first year the club had 15 kids. Today the club has over 600 participants. The goal of Team Idaho is to help participants at all levels improve their specific Track & Field skills, make new friends, and have fun. The intent of Y-Track & Field is to teach and demonstrate character values through sports and give participants a safe place to participate and provide them with access to caring adult mentors.

Who Can Join Team Idaho?

If you love track, then you're perfect for Team Idaho! Team Idaho is designed to benefit kids of all abilities and experiences. Our coaching staff can help you achieve your goals whether you are an exceptional Track & Field athlete looking to earn a college scholarship or have never set foot on a track before. Team Idaho is intended for boys and girls age 6 and up.

Team Idaho Coaches

The head coach for Team Idaho is Tim Severa, a 30 year YMCA Employee and co-founder of the Team Idaho Track Club. Melanie Schrader is the head coach for the Wood River Valley's team and is currently the girls' assistant track coach at Wood River High School. She has coached track and field for 7 seasons and coached Girls On the Run for two seasons. She's the only USA Track and Field certified coach in the area, with a level 1 endorsement. Melanie competed for Boise State in the sprints, 400m hurdles, and heptathlon. While at Boise State she was awarded an all-American for strength and fitness by the National Strength and Conditioning Association.

Specialty Coaches

Our team has some outstanding coaches who are experts in their Track and Field areas. Every Summer we arrange special practices for those kids who seek coaching in specific areas. You won't find a more dedicated, caring coaching staff anywhere in the state of Idaho!

USA Track & Field Meets

Snake River State Association Meet for Youth & Adults: June 17-18 *(online registration only)*
Boise, ID: Timberline High School

Regional Junior Olympics: June 23-25 *(top 3 qualify to Nationals)*
Nampa, ID: NNU

USATF Youth Nationals: June 28-July 3
Myrtle Beach, SC

USATF National Junior Olympics: July 26-31
Wichita, KS

Team Idaho Practice Schedule

The practices will start prior to school being out, only in the evenings. These practices give us a chance to get to know the participants and allows our club to make sure we have the proper amount of coaches. If you can't make to all of these it is OK! This is a club, so the more you come the more you get out of it. We also encourage our members to participate in the All-Comers meets! These are free to all Y Track Club members.

Practice starts June 6!

Monday & Wednesday
6:00pm-7:30pm
Atkinson's Park - Ketchum

Monday, Tuesday and Wednesday
6:00pm-7:30pm
Wood River Middle School - Hailey

Friday
9:00am-10:30am
Wood River Middle School - Hailey

All-Comers Track Meets

All-comer's meets allow kids to compete within their own age group in an effort to meet the personal goals they have set for themselves. With the exception of the Championship Meet, **there is no extra cost to participate in the All-comer's Meets for YMCA Team Idaho Participants.** People not registered for Team Idaho may also participate for $2.00 per event.

MEET SCHEDULES

All meets are held at Wood River Middle School and start at 5:30 pm.
Thursday, June 30th and Thursday, July 14th

FIELD EVENTS
start at 5:30 pm

Long Jump
High Jump
Discus
Triple Jump
Shot Put

RUNNING EVENTS
start at 6:00 pm

1500 meter
80 meter Hurdles
100 meter Hurdles
110 meter Hurdles
4x100 Relay
50 meter
100 meter
800 meter
400 meter
400 Hurdles
200 Hurdles
3000//5000 meter run
200 meter
4x400 Relay

AGE GROUPS:
Ages as of December 31, 2011

8 and under
9-10
11-12
13-14
15-16
17-18

Cost

Youth Track & Field

Youth Team Idaho members may attend up to 2 times per week. They may also participate in the All-Comers meets at no additional charge.

Ages: 6-12
YMCA Member: $48
Non-Member: $68

Teen Track & Field

Teen Team Idaho members may attend as many practices as they like and may practice at any location. They may also participate in the All-Comers meets at no additional charge.

Ages: 13-18
YMCA Member: $68
Non-Member: $88

Initial Team Meeting

Parents/Guardians and participants are encouraged to attend the orientation meeting scheduled for their primary practice location.

May 31 - Hailey
Hailey Middle School
6:00 p.m.

June 1 - Ketchum
YMCA 6:00 p.m.

For more information:
Laurie Fitzpatrick mlfitzpat@cableone.net
Melanie Schrader melanieschrader@hotmail.com
or call the YMCA 727-9622

TEAM IDAHO SUMMER TRACK

First_____ Last_____ Birthdate___/___/___
School_____
Street_____ City_____ State___ Zip_____
Phone_____ Gender: ❑ Female ❑ Male Birthdate___/___/___
Parent(s) Name_____ Email_____
Parent Work/Cell #_____
Address (if different than above)_____

I approve this registration and certify that my child is capable of such an experience. The Wood River Community YMCA provides many recreational activities to the public. YMCA participants understand that recreational activities do involve inherent risks which are beyond the control of the Treasure Valley Family YMCA, their staff, volunteers and members. We do understand that upon using the facility and/or services that we hereby assume all risks for the behavior, actions, and safety of myself, my minor child or children while involved in the activities. Therefore, I assume full responsibility for personal injury to myself and/or to members of my family, or for loss or damages to my personal property and expenses thereof as a result of my negligence or the negligence of my family participating in said activities. In case of accident or illness, the YMCA is authorized to secure emergency medical treatment. Prudent attempts will be made to contact the parents immediately. I have read and understand this agreement and release of liability, and do voluntarily agree. I give the YMCA permission to utilize pictures of me and/or my family in YMCA marketing, promotions, and print media.
Parent Signature_____ Date_____

I will attend: *(12 & under - pick up to 2)*

Atkinson's Park
6-7:30p.m.
❑Mondays ❑Wednesdays
Hailey Middle School
6-7:30 p.m.
❑Mondays ❑Tuesdays
❑Wednesdays
Hailey Middle School
9-10:30 a.m.
❑Fridays

13-18yr: $68 /$88
6-12 yr: $48/$68

Fee Paid:_____
Date:_____
Initials:_____
Member ST____