**YES Summer Track & Field**

June 12, 2014

The YES Summer Track & Field started off with a bang on Monday, June 9th with more than 130 youth coming for the first practice of the season. The free YES track and field program is now in its fifth year! The YES Track and Field program began at the grassroots level in South Boston in 2009 and local families helped grow the program the "old fashioned" way through word-of-mouth. Over the past five years, the number of youth served has doubled.  In the YES Track & Field program, children (ages 4 to 14) get the opportunity to be outdoors and learn basics of running and stretching.

During weekly running practices, youth work on conditioning and receive small-group instruction from volunteers.  They also get the opportunity to learn and deepen skill-building in specific track & field events, including the hurdles, turbo javelin, long jump, throwing, sprinting and distance running.  Last summer, over 80% of children in the Track & Field Program reported making healthier life decisions after joining the program.  And, over 90% reported gaining self-confidence after participating. The YES Summer Track & Field program will continue to meet at Saunders Field in South Boston every Monday and Thursday at 6 pm this summer.

If you are interested in signing up a youth between the ages of 4 and 14, please visit the YES Track & Field website at [yeskids.org/track](http://www.yeskids.org/wp-admin/yeskids.org/track)  and fill out a registration form. Registration is currently on-going! If you would like to help support this great program, please consider fundraising through the YES Track and Field Sharingcounts website [here](https://www.sharingcounts.com/campaigns/332-support-yes-s-track-field-program).

[](http://www.yeskids.org/wp-content/uploads/2014/06/IMG_2560.jpg)