

Nittany Track and Field - Virtual Season

This program has a goal to provide resources and guidance for youth athletes of all levels to enable them to stay active and train for their future athletic goals. With many team sports unavailable during the period of pandemic response, athletes can spend this time to learn and develop fundamental athletic skills, such as speed, endurance, coordination, strength and power, which are useful in any sport. We invite you to become a part of youth track community via 2020 NTF Virtual Season!

When: Spring session: May 1st – May 31st, 2020

Summer session: TBA - *depending on the situation, we will consider offering either face-to-face or virtual training over the summer months*

Where: Training at outdoor venues of your choice / Coaching via web tools (Zoom and Google Docs)

Training groups:

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| • Primary (born 2012-2013) – age 7-8 as of this year | Coach Mark Fedkin |
| • Bantam (born 2010-2011) – age 9-10 as of this year | Coach Andrew Maguire |
| • Junior Sprints and Jumps (born 2009 or older) with focus on sprint events | Coach Artie Gilkes |
| • Junior Distance (born 2009 or older) with focus on distance events | Coach Jayson Jackson |

Registration: Free / sign up via [Sports Connect](#) / parents are required to sign a waiver.

Coaching: All coaching will be done remotely. Coaches will communicate to their groups on weekly basis and provide training plans for a week. Resources will be provided via email and web platforms based on coach preference.

Parents role: Virtual coaching assumes a great deal of parent involvement in the process. With coaches being unable to have face-to-face contact with their groups, most athletes (especially younger ages) will need to rely on parents' guidance and help in accessing online information and implementing workouts in practice. This program will only work with parents' commitment.

How it works:

- Registered athletes will be assigned to one of the training groups listed above.
- Each group will have a Lead Coach, who will communicate to athletes / parents on the weekly basis.
- The Coach will post a training plan for each week on Google Docs and provide any additional resources – recommendations, videos, etc., which will help athletes to complete their training activities. The training plans and materials will be geared towards a specific age or event group.
- Athletes will complete training (with parents' assistance as needed) at the location/venue available to them. Possible options include: parks, natural areas, backyard, bike paths.
- Athletes will be given an option to report their results and progress by checking off the assigned activities and reporting results in online forms, emailing to their coach, or posting pictures or videos of them in training.

IMPORTANT: when engaged in training activities, athletes and parents are asked to follow local, state, and federal guidance on social distancing measures and ensure that public safety remains a priority.

Contacts and additional information:

With any questions, please contact Mark Fedkin at
ntfxc.club@gmail.com / 814-876-0461

More information about the NTF club and upcoming programs can be found at www.ntfxc.com