

Nittany Track and Field - Cross Country Season - Fall 2019

Welcome to the Club!! Listed below is important information for the Fall 2019 cross country season. More details and updates will be communicated via the email or through the NTF website: www.ntfx.com

Practice schedule:

Monday through Thursday: 5:45 - 7:15 pm at **Tudek Park** (meet at the first pavilion near tennis courts)

Sundays: 3:00 - 4:15 pm at various locations TBA (see [Calendar](#))

Attendance is flexible - pick any days that fit your schedule. We recommend attendance at least 3 times a week for athletes who want to improve and build for competitive goals.

Registration:

Online (through Blue Sombrero): follow steps at <http://www.ntfx.com/registration.html>

Club registration fee: \$70 per athlete (for the whole season); \$50 per sibling

Additionally, 2019 USATF membership (\$20 per year) is required for all athletes attending club practice. It is needed for our practice insurance. USATF membership can be purchased online at <http://www.usatf.org/Products---Services/Individual-Memberships.aspx>

(Note: if you attended Summer track, you probably already have USATF membership – that will work for the fall too!) *Please register by September 5th to guarantee a T-shirt!*

Registration help: email to ntfx.secretary@gmail.com

Age groups and race distances:

Sub-bantam - born 2011-2012 - 2k (1.25 mile)

Bantam - born 2009 - 2010 - 3k (1.75 mile)

Midget - born 2007 - 2008 - 3k (1.75 mile)

Youth - born 2005 - 2006 - 4k (2.5 mile)

Intermediate - born 2003 - 2004 - 5k (3.1 mile)

Young men / women - born 2001 - 2002 - 5k (3.1 mile)

Coaches for 2019 Season:

Mark Fedkin - 814-876-0461

Andrew Maguire - 610-316-1443

Mary Morningstar - 814-861-8713

Jayson Jackson - 814-441-0791

Elizabeth Pringle

Kelly Conron

Stuart Selber

Nittany Track and Field Club Board:

Mark Fedkin – President

Nick Kello – Vice President

Tony Kwasnica – Treasurer

Steve Savitski – Secretary

Stuart Selber – Board Member

Apparel coordinator: currently searching for a parent volunteer to help with T-shirt order and uniforms

Communications:

1. Email: most of current information will be communicated to club members via email list. Normally you would get a weekly update in the end of practice week. Feel free to email any questions to ntfxc.club@gmail.com
2. Remind text alert system. Short messages, cancellations, urgent updates will be communicated via *Remind*. To sign up to receive NTF alerts, text this message: **@ntfcros** to this number **81010**
3. Team website: www.ntfxc.com – check it for updates, schedule, race results, calendar, photos, and all other information
4. Facebook page: <https://www.facebook.com/NittanyTrackAndField>

Cross Country Meets

There is a number of youth cross country meets on our schedule that are suited to different ages and levels of experience (see Table below). Participation in meets is encouraged, but not mandatory. Club covers all the meet registration fees for NTF athletes. Parents are responsible for transportation. More information and meet entry requests will be send out during the season.

Date	Day	Meet	Location	Start time	~Driving time from SC
14-Sep	sat	NVRC-CRPR All-Comers Youth Cross Country Meet #1	Oak Hall Park, Boalsburg, PA	8:30	15 min
21-Sep	sat	Juniata Valley Striders All-Comers Meet #1	Indian Valley Elementary, Reedsville PA	9:00	30 min
21-Sep	sat	Altoona Mountain Lion Invitational / Middle School Teams	Logan Elementary School, Altoona, PA	10:00	45 min
28-Sep	sat	NVRC-CRPR All-Comers Youth Cross Country Meet #2	Oak Hall Park, Boalsburg, PA	8:30	15 min
5-Oct	sat	Juniata Valley Striders All-Comers Meet #2	Indian Valley Elementary, Reedsville PA	9:00	30 min
12-Oct	sat	NVRC-CRPR All-Comers Youth Cross Country Meet #3	Oak Hall Park, Boalsburg, PA	8:30	15 min
19-Oct	sat	Juniata Valley Striders All-Comers Meet #3	Indian Valley Elementary, Reedsville PA	9:00	30 min
19-Oct	sat	Carlisle Meet of Champions / Middle School Teams	Carlisle High School, Carlisle, PA	9:30	1 hr. 50 min
27-Oct	sun	NTF Intersquad Meet	Tudek Park, State College, PA	3:00 PM	10 min
3-Nov	sun	Cross Country Coaches East Regional Championship	Newtown, PA	11:15	3 hr. 45 min
23-Nov	sat	Cross Country Coaches National Championship	Hebron, OH	10:00	4 hr. 50 min
30-Nov	sat	Foot Locker Northeast Regional	Van Cortlandt Park, Bronx, NY	10:00	3 hr. 50 min

Team competition

Middle school invitationals and Youth Championships allow clubs to enter age group teams (up to 7 athletes per age group) that would score in team competition. Racing as a team creates great opportunities for all athletes (regardless training level or speed) to participate in championships and compete for a common goal. It is also a lot of fun! As season progresses, coaches will be collecting requests from athletes who want to join NTF squads and travel to invitational and championships meets in the second half of the season.

NTF Intersquad Meet (October 27th)

The Intersquad meet is our traditional club gathering featuring mock inter-team competition combined with potluck, raffle, and celebration of season achievements. This is a fun event in which all club members are invited to attend. Volunteers needed! We ask parents to help with the organization of this meet.

Please put the date 10/27/19 3:00 pm on your calendar!

Sunday Park Runs

In addition to regular weekday practices in Tudek Park, we will organize group long runs on Sundays 3 pm at various locations and parks. Check NTF [Calendar](#) for specific locations and times. We ask parents who can run to join and help chaperone the group.

Practice checklist:

- Registration and waiver (through [Blue Sombrero](#) site)
- Water bottle
- Running shoes (best source: Rapid Transit Sports, 115 S. Allen St.)
- Weather appropriate clothes (come ready to run)
- Personal care items (e.g. inhaler, allergy medicine if you take any)

Apparel Information

There are a few opportunities for cross country athletes to obtain NTF clothing:

1. **Free t-shirt:** All fully registered and USATF-licensed athletes will receive a long-sleeve NTF cotton t-shirt. Each athlete will receive a shirt in the size indicated on his/her registration form. T-shirts will be ordered in early September.
2. **Racing uniforms:**
 - a. All athletes that plan to participate in any NTF meets are encouraged to pick up a team uniform (singlet, shorts). Cross country uniforms are not for sale, but are loaned out by the club for the duration of the XC season. We will distribute uniforms before and/or after practice the first week in September.
 - b. Athletes in 7th or 8th grade who attend SCASD will have the opportunity to compete this year in two middle school invitationals. For these meets, athletes are required to wear the State College team uniform. Athletes have the option to purchase a uniform (\$20 for singlet; \$15 for shorts) or borrow a uniform. We need to order these uniforms at the beginning of September, so we must have your athlete's size by September 5 if he/she plans to join our middle school team.

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