

Nittany Track and Field - Cross Country Season - Fall 2020

Welcome to the Club!! Listed below is important information for the Fall 2020 cross country season. More details and updates will be communicated to all participants via the email or through the NTF website: www.ntfxc.com

In-person and virtual:

In the view of risks associated with COVID-19 pandemic, our Coaches and Board worked diligently to bring cross country practice back in a safe manner, so it is important that all participating athletes and parents review our [Health and Safety Plan](#) and understand the practice rules before joining the in-person practice.

We understand that some families may feel uncomfortable to come to group practices at this time. For that matter, all participants will have access to virtual plans and may communicate to coaches remotely. The virtual component of the program will also be helpful to any athletes that have to miss regular practice for any reason (e.g. homework, other activity, or sickness).

Registration:

Online (through Sports Connect): follow steps at <http://www.ntfxc.com/registration.html>

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

Additionally, 2020 USATF membership (\$25 per year) is required for all athletes attending club practice. It is needed for our practice insurance. USATF membership can be purchased online at <https://www.usatf.org/home/top-utility-nav-content/membership>

Please register by September 1st to guarantee a T-shirt!

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

Practice schedule and attendance:

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

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

Attendance is flexible – generally you pick any days that fit your schedule. We recommend athletes to have at least 3 practices a week if they want to improve and build for competitive goals.

This year, due to safety limitations related to Covid19 pandemic, we may need to limit attendance per practice if enrollment exceeds 15:1 athletes-to-coach ratio. In that case, we will ask athletes to alternate and sign up for two practices per week instead of four. We will inform you if that becomes a necessity.

Practice check-in procedure (new for Fall 2020!)

As an additional safety measure, we require parents to fill out the online check-in symptom-checker form for every athlete coming to in-person practice. This is in line with the school team practice protocol adopted at SCASD. This form needs to be submitted online prior to every practice athlete attends. We understand that it is an additional item on your to-do list, but it is important for the implementation of our plan, and it will only take a minute to complete it on your phone. We appreciate your cooperation on this matter!

Practice Check-IN Form

When dropping off your athlete for practice, please check-in with the Coach in charge before leaving to make sure everything is in order.

Age groups and race distances:

Bantam - born 2010 - 2011 - 3k (1.75 mile)

Midget - born 2008 - 2009 - 3k (1.75 mile)

Youth - born 2006 - 2007 - 4k (2.5 mile)

Intermediate - born 2004 - 2005 - 5k (3.1 mile)

Young men / women - born 2002 - 2003 - 5k (3.1 mile)

We apologize for not being able to provide in-person practice for sub-bantam (7-8) group this year.

Coaches for 2019 Season:

Mark Fedkin - 814-876-0461
Andrew Maguire - 610-316-1443
Mary Morningstar - 814-861-8713
Elizabeth Pringle
Stuart Selber
Jayson Jackson
Natasha Fedkina

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: Katherine Petersen

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: **@ntfcross** 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

While many sport events and competition get cancelled due to concerns related to Covid19 pandemic, we hope to provide our athletes with several competitive opportunities throughout the season. The meet schedule below is tentative and subject to change. Note that meets may have additional limitations and requirements to mitigate risks. You are encouraged to check the meet information and safety plan prior to registration. Participation in meets is encouraged, but not mandatory, and we understand if your athletes decide to refrain from the meets this season. For everyone who cannot make it to the in-person meets, time-trial style events will be offered a few times during the season. For any meets, parents are responsible for transportation, accommodation, and supervision of their runners. NTF will cover any meet registration fees. Information on the Cross Country Championship will be provided at a later time.

Date	Day	Meet	Location	Start time	~Driving time from SC
12-Sep	sat	NVRC-CRPR All-Comers Youth Cross Country Meet #1	Oak Hall Park, Boalsburg, PA	8:30	15 min
19-Sep	sat	Altoona Mountain Lion Invitational / Middle School Teams	Logan Elementary School, Altoona, PA	10:00	45 min
3-Oct	sat	NVRC-CRPR All-Comers Youth Cross Country Meet #2	Oak Hall Park, Boalsburg, PA	8:30	15 min
10-Oct	sat	NVRC-CRPR All-Comers Youth Cross Country Meet #3	Oak Hall Park, Boalsburg, PA	8:30	15 min
TBA	sun	NTF Intersquad Meet	Tudek Park, State College, PA	TBA	10 min
8-Nov	sun	Cross Country Coaches East Regional Championship	TBA	11:15	TBA
21-Nov	sat	Cross Country Coaches National Championship	Lexington, KY	10:00	8 hrs.

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 looking for competitive opportunities and collecting requests from athletes who want to join NTF squads and travel to invitational and championships meets.

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. The same safety measures are applied to Sunday runs as to weekday practices.

Practice checklist:

- Fill out [Check-IN](#) online form
- Water bottle (put your name on it!)
- Running shoes (best source: Rapid Transit Sports, 115 S. Allen St.)
- Weather appropriate clothes (have warmup layers you can take on and off if chilly)
- Face clothing (mask)

- 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