

# Nittany Track and Field - Cross Country Season - Fall 2021

Welcome to the NTF Cross Country team!! Listed below is important information for the Fall 2021 season. More details and updates will be communicated to all participants via the email or through the NTF website: [www.ntfxc.com](http://www.ntfxc.com)

## Coaches for 2021 Season:

Mark Fedkin (Head Coach)  
Mary Morningstar  
Elizabeth Pringle  
Andrew Maguire  
Stuart Selber  
Jayson Jackson  
Marisa Deichert

## Nittany Track and Field Club Board:

Mark Fedkin – President  
Erin Connolly – Vice President  
Tony Kwasnica – Treasurer  
Steve Savitski – Secretary  
Stuart Selber – Board Member

**Apparel coordinator:** Katherine Petersen

## Registration:

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

Club registration fee: \$90 per athlete (for the whole season); \$50 per sibling

Additionally, 2021 USATF membership (\$30 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-1> Note: Athletes who attended the summer program and already have USATF membership do not need this step.

*Please register by September 5<sup>th</sup> to guarantee a T-shirt!*

Registration help: email to [ntfxc.secretary@gmail.com](mailto:ntfxc.secretary@gmail.com)

## COVID Safety Plan:

NTF will follow guidance from local schools, government, and park ordinances to adopt safety measures for group practices and cross county meets. You will be prompted to review the measures outlined in our [Safety Plan](#) during registering and sign the waiver. Note that this plan may be adjusted depending on how the epidemiological situation changes in our state and our county.

## Practice schedule and attendance:

Regular season: August 24<sup>th</sup> – November 7<sup>th</sup> 2021

Practice location: Tudek Park (first field near tennis courts):

Practice times: Monday through Thursday 5:45 - 7:15 pm (after 10/24: 4:45 – 6:15 pm)

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

Championship training: November 8<sup>th</sup> – November 20<sup>th</sup> 2021 (for athletes competing at Nationals)

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.

**Age groups and race distances:**

Primary – born 2013 and younger – 2k (1.25 mile)

Bantam - born 2011 - 2012 - 3k (1.75 mile)

Midget - born 2000 - 2010 - 3k (1.75 mile)

Youth - born 2007 - 2008 - 4k (2.5 mile)

Intermediate - born 2005 - 2006 - 5k (3.1 mile)

Young men / women - born 2003 - 2004 - 5k (3.1 mile)

**Communications:**

1. Email: most of current information will be communicated to team members via email list. Normally you would get a weekly update at the end of practice week. Feel free to email any questions to [ntfxc.club@gmail.com](mailto:ntfxc.club@gmail.com)

2. Remind text alert system. Short messages, cancellations, urgent updates will be communicated via *Remind*. How to sign up:

For athletes 10 and under – join *NTFXC Fall 2021 Bantam* class – code **@7bdc29**

For athletes 11 and older – join *NTFXC Fall 2021 Junior High* class – code **@2ebh49**

Text either code to 81010 to join your class. No account or information sharing is needed.

3. Team website: [www.ntfxc.com](http://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 local youth cross country meets on our schedule that are suited to different ages and levels of experience (see Table below). Meets are mainly held on Saturday mornings.

Participation in meets is encouraged, but not mandatory. Club covers all the meet registration fees (if there are any) for NTF athletes. Registration for the meets is through the Club: we will provide google forms to indicate your interest in participation. Parents are responsible for transportation, accommodation, and supervisions of their runners. More information about specific meets, Championships, and meet entry requests will be send out during the season.

Date	Day	Meet	Location	Start time	~Driving time from SC
11-Sep	sat	NVRC-CRPR All-Comers Youth Cross Country Meet #1	Oak Hall Park - Boalsburg, PA	8:30	15 min
18-Sep	sat	NVRC-CRPR All-Comers Youth Cross Country Meet #2	Oak Hall Park - Boalsburg, PA	8:30	15 min
2-Oct	sat	Juniata Valley Striders All-Comers Meet #1	Indian Valley Elementary - Reedsville PA	9:00	30 min
2-Oct	sat	Bridge the Gap Invitational / Middle School Teams	Manheim Township MS - Lancaster PA	9:00	2 hrs. 15 min
2-Oct	sat	Carlisle Invitational / Middle School Teams	Carlisle, PA	9:00	1 hr. 50 min
9-Oct	sat	Juniata Valley Striders All-Comers Meet #2	Indian Valley Elementary - Reedsville PA	9:00	30 min
11-Oct	mon	Portage Mustang Stampede	Portage, PA	16:00	1 hr. 10 min
16-Oct	sat	NVRC-CRPR All-Comers Youth Cross Country Meet #3	Oak Hall Park - Boalsburg, PA	8:30	15 min
23-Oct	sat	Juniata Valley Striders All-Comers Meet #3	Indian Valley Elementary - Reedsville PA	9:00	30 min
23-Oct	sat	Lock Haven Invitational / Middle School Teams	West Branch XC Course, Lock Haven PA	9:00	55 min
24-Oct	sun	NTF Intersquad Meet	Tudek Park - State College, PA	3:00	10 min
7-Nov	sun	Cross Country Coaches East Regional Championship	Sandhill Fields - Georgetown, DE	11:00	4 hrs. 30 min
20-Nov	sat	Cross Country Coaches National Championship	Bourbon County Park - Paris, KY	10:00	8 hrs.

Note that different meets may have different safety protocols, so be sure to become familiar with those before attending.

### National Championship

The Cross Country Coaches Association National Championship will take place in Paris, KY on November 20<sup>th</sup>, 2021. NTF will be building squads for entering in team competition at Nationals. Each squad would consist of 5 to 7 runners in the same age group to run for a team score. Racing as a team creates a special opportunity 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 regional and national championships meets.

### Middle School Invitationals

NTF runners who are in 7<sup>th</sup> and 8<sup>th</sup> grade are eligible to race at Middle School invitational meets as individuals or teams (up to 7 runners). Teams would score in team competitions. These competitive opportunities allow our athletes to get racing experience at the interscholastic level. Currently there are two middle school invitationals on our calendar:

- Carlisle Invitational – October 2, 2021
- Lock Haven Invitational – October 23, 2021

More information will be provided by the coaches, and requests for participation will be collected at the start of the season.

### Sunday Park Runs

In addition to regular weekday practices at Tudek Park, we will organize group long runs (typically in the 3-5 mile range) on Sundays at 3 pm at various parks and trails. Check NTF [Calendar](#) for specific

locations and times. A Coach will be present to lead the run. We also ask parents who can run to join and help chaperone the group (especially if you have younger athletes who'd like to join).

### **NTF Intersquad Meet and Season Celebration**

NTF Intersquad is our traditional milestone in the NTF cross country program. It brings excitement of inter-team competition and will serve as end-of-season celebration of our achievements. It is for our team only: we draft three equal teams that compete with one another in the mock competition. After the race, we have refreshments, season awards, and raffle prizes. This is one of a kind event you don't want to miss! All NTF Families are invited to come, help, and cheer on runners. Date: 10/24/21

### **Practice checklist:**

- 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)
- 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 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 7<sup>th</sup> or 8<sup>th</sup> grade who attend SCASD will receive State College team uniform for participation in Middle School Invitational meets. Athletes have the option to purchase (\$20 for singlet; \$15 for shorts) or borrow the uniform. Athletes attending other schools may need to check with their school's athletics about using their school uniforms for the meets.

With any questions, please contact Mark Fedkin at [ntfxc.club@gmail.com](mailto:ntfxc.club@gmail.com) or 814-876-0461

**We are looking forward to a great running season!**