



### **Welcome to the NTF Cross Country team!!**

The main objective of the NTF Cross Country program is to introduce kids to the fundamentals of distance running and to provide systematic training to athletes of various ages and ability levels, which would allow them to build their running fitness and pursue competitive goals. Below is important information for the Fall 2024 season.

### **Coaches for the 2024 XC Season:**

Mark Fedkin (Head Coach)  
Torrie Raish  
Sierra Yost  
Andrew Maguire  
Angela Sanchez  
Andy Cunningham

Jayson Jackson  
Kim Gasper  
Stuart Selber  
Susie Walker  
Marisa Deichert  
Jaimie Wright

### **Registration:**

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

\$100 per athlete (for the whole season)

-\$30 sibling discount (2<sup>nd</sup> child registered)

Annual USATF Membership is required for all athletes

**Registration deadline: September 15<sup>th</sup>**

**Practice schedule and attendance:**

Regular season: August 27<sup>th</sup> – November 3<sup>rd</sup>, 2024

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

Practice times: Monday through Thursday, 5:45 - 7:15 pm (after 10/21: 5:00 – 6:30 pm)

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

National Championship training: November 4<sup>th</sup> – November 23<sup>rd</sup> 2024 (only 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 train for competitive goals.

**Age groups and race distances:**

Primary (7-8) – born 2016 and younger – 2k (1.25 mile)

Bantam (9-10) - born 2014 - 2015 - 3k (1.75 mile)

Midget (11-12) - born 2012 - 2013 - 3k (1.75 mile)

Youth (13-14) - born 2010 - 2011 - 4k (2.5 mile)

Intermediate (15-16) - born 2008 - 2009 - 5k (3.1 mile)

Young men / women (17-18) - born 2006 – 2007 - 5k (3.1 mile)

**Communications:**

1. Email: most of the 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*. Instructions on how to sign up are sent upon registration.
3. Team website: [www.ntfxc.com](http://www.ntfxc.com) – check it for updates, schedule, race results, calendar, photos, and all other information
4. Call Coach Mark with any questions / concerns: 814-876-0461

**Cross Country Meets**

There are a number of youth cross country meets on our schedule that are suited to different ages and levels of experience (see [www.ntfxc.com/meets](http://www.ntfxc.com/meets)). Meets are mainly held on Saturday mornings. Participation in meets is encouraged, but not mandatory. The 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 supervision of their runners.

More information about specific meets, Championships, and meet entry requests will be sent out to participants during the season.

### **National Championship**

The Cross Country Coaches Association National Championship will take place at Masterton Station Park, Lexington, KY, on November 23<sup>th</sup>, 2024. NTF will be building teams for entering in team competition at Nationals. Each squad may 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 athletes to participate in championships and compete for a common goal. It is also a lot of fun! As the season progresses, coaches will be collecting requests from athletes who want to join NTF for 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 8 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:

- **NEPA Invitational** – September 28, 2024
- **Lock Haven Middle School Championship** – October 19, 2024

Sign-ups for the Middle School Racing Teams will be collected during the first week of practice.

### **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 the excitement of inter-team competition and will serve as end-of-season celebration of our achievements. It is for our team only: we put together four 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.

Intersquad Date: 10-27-2024

### Practice checklist:

- Water bottle (put your name on it!)
- Running shoes (best source: Rapid Transit Sports, 115 S. Allen St.)
- Warmup jacket and pants (have warmup layers you can take on and off if chilly)
- Hats and gloves for colder weather
- Personal care items (e.g. inhaler, allergy medicine if you take any)
- Spiked shoes for races on grass / muddy courses – optional! (consult your Coaches)

### 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. Parents can order additional T-shirts at an extra charge.
2. **Racing uniforms:** All athletes that plan to participate in cross country meets are encouraged to obtain a team uniform (singlet, shorts). The new uniforms are the same for track and cross country, so if you ordered one for track, it will also work for cross country. We also have a limited number of older uniforms to sell at a discounted price.
3. **Vintage items:** Limited number of T-shirts from previous NTF seasons are available for sale at NTF events.

Note: athletes competing in invitationals as members of middle school teams or those racing at national championships must wear official NTF uniforms.

### Questions

For general questions / team participation: Mark Fedkin [ntfxclub@gmail.com](mailto:ntfxclub@gmail.com)

For help with registration / membership: Steve Savitski [ntfxsecretary@gmail.com](mailto:ntfxsecretary@gmail.com)

For any questions on clothing and uniforms: Katie Petersen [ntfxuniforms@gmail.com](mailto:ntfxuniforms@gmail.com)

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