

Nittany Track and Field Summer 2019

Practices: Monday-Thursday 6:15-7:45 pm

Sub-bantam (7-8) group practice on Tuesday & Thursday only

Location: State College Area High School Track, 653 Westerly Parkway

Website: www.ntfxc.com

Remind System: Text @nittanynt to 81010

Email: Mark Fedkin ntfxc.club@gmail.com

Phone: Mark Fedkin 814-876-0461

Practice & Competition Groups:

| USATF Age Groups 2018 | Years of birth |
|-----------------------|------------------|
| Sub-bantam | 2011 and younger |
| Bantam | 2009-2010 |
| Midget | 2007-2008 |
| Youth | 2005-2006 |
| Intermediate | 2003-2004 |
| Young M/W | 2001-2002 |

Registration: online via <https://clubs.bluesombrero.com/nittanytrackandfield>

- \$70 per athlete per season
- \$50 sub-bantam
- \$50 sibling (second, third, etc. child in the same family)

Additionally USATF Membership (\$20 per year) is required for all participating athletes

Meet Schedule (other events may be added – see updated schedule on NTF website)

Registration for the meets is through the Club (do not sign up yourself). Entry fees will be covered for of all registered NTF athletes.

| Date | Meet | Location |
|--------------------|--|---------------------|
| May 30 - June 1 | Central PA Youth Track and Field Meet | State College, PA |
| June 8 | Mountain Top Invitational | Cresson, PA |
| June 8-9 | USATF Mid-Atlantic Junior Olympics* | Chester, PA |
| June 25 - 30 | USATF Youth National Outdoor Championships** | Durham, NC |
| July 11-14 | USATF Region 2 Junior Olympics* | Slippery Rock Univ. |
| July 19-21 | UAGTCA Youth Invitational*** | Chester, PA |
| July 22-28 | USATF National Junior Olympics* | Sacramento, CA |

* USATF age verification required for these meets. Top 6 in Mid-Atlantic advance to Region 2. Top 5 in Region 2 advance to Nationals.

** USATF age verification required. Qualification is by entry 'standards'.

***Separate age verification required. No qualification required.

Practice Information

Coming to practice

We meet for practice at the State College High School Track (in the concession stand area). Coaches will be present there by 6:15 pm to meet the athletes and to start the warmup. We ask parents to drop off their children at the track, not at the parking lot. Please check if the coach is there before you leave (especially if you come early). Please do not leave your children unattended.

For practice athletes are divided into the age groups (by year of birth, see table on the first page). For example, if you athlete is turning 9 any time this year, she or he will be practicing with the bantam group. There will be a lead coach for each group, who will be coordinating workouts and activities.

At the beginning of each practice athletes will join their age-group lead coach, who will provide further guidance. Try to be on time - the warm-up starts promptly at 6:15. The athletes who arrive late may get confused about which group to join and in that case parents may need to help them.

Athletes need to wear comfortable running clothes and good quality running shoes. We will be doing plenty of running-related exercise, so properly fit shoes are important to avoid injuries. Recommended source: *Rapid Transit Sports* on S. Allen Street. They will help to choose the right shoes for you and will give you 10% discount if you mention NTF.

In case of cold/rainy weather, make sure to put on warmup clothes: pants, jackets, gloves, hats, as necessary, to stay warm during stretches and breaks. Athletes may take off layers when they actively exercise. On hot sunny days, wear sunscreen, any coverage to be properly protected during a workout.

Bring your own water bottle! This is especially important on hot days. There is a water fountain on the South Track, but it may be an insufficient source for a large group. Try to plan the latest meal at least one hour (better two hours) before practice. Intense exercise with full stomach can result in discomfort and cramps. If you have to eat, choose some light energy snack (banana, half-bagel, granola bar); avoid milk, fatty foods, or meat (those may feel too heavy on the run).

During practice

A typical practice consists of a warm-up (couple of jogging laps, stretches, agility drills, striders), main workout, some fun activities (including running games, relays, etc.), and cool-down with stretches in the end.

Workouts are tuned to specific age groups and will progress gradually over the season. During the first couple of weeks, the main goal is to learn the routine and get everyone in shape. Later in the season, athletes will have an opportunity to choose between several events to focus on, such as distance, sprint, hurdles, jumps, or throwing. These groups are flexible, and on different days athletes are allowed to join different groups and try different events.

During practice, athletes should follow directions given by the coaches. The coaches will use best possible judgment about the level of attending athletes and will adjust the workouts accordingly. If a workout assignment appears too hard, athletes may be allowed to do less or take a longer rest. We will not force anybody over the limit.

If an athlete is not feeling well or something hurts at any time during practice, they need to tell their coaches. Coaches may advise you to take a break, provide some aid, or call parents if necessary. Athletes who use an inhaler should have it at each practice. We will have a first-aid kit available at each practice and also list of contacts for all participants in case we need to call parents.

If athletes experience some aches or pains after the practice or on the next day, you may ask some of the coaches about their concerns. Some muscle soreness and minor pains are quite typical at the beginning and will pass as body adjusts to the exercise.

If there anyone needs to go to the bathroom during practice, they can go any time, but please let the coaches know. Younger kids may ask one of the volunteers or older kids to accompany them. Port-a-potties are located just outside the track.

Leaving practice

Practice typically ends at 7:45 pm. Parents are asked to come to the track by that time to pick up their athletes. Carpools are fine, but please inform coaches who you are picking up.

Athletes whose parents are late should stay with coaches at the track. Athletes are not allowed to leave the track on their own without informing the coach. At least one of the coaches will stay with the group until everybody gets a ride home.

Athletes over 12 years old who want to walk or ride bikes home on their own will be allowed to do so with parents' signed permission.

If there is a need to leave practice early, make sure you inform the coach before you go.

Inclement weather

In case of inclement weather (thunderstorm or pouring rain) practice may be cancelled. Light rain or drizzle is not normally considered a reason to cancel practice. We will do our best to make a decision and to inform all participants and coaches about cancellation by e-mail or Remind system at least an hour before practice.

If practice is not cancelled, but the weather turns bad during the practice, parents will be informed via the Remind system, and the group will temporarily seek shelter under the roof at the concession facility waiting for pickup.

With any questions and other feedback, please email to ntfxc.club@gmail.com