

Nittany - PV Track and Field - Cross Country Season - Fall 2018

Welcome to the Club!! Listed below is important information for the Fall 2018 cross country season. More details and updates will be communicated via email or through the NTF website: www.ntfxc.com

Practice schedule:

Monday through Thursday 6:00-7:30 pm at **PV Environmental Center**/ Sundays 3:00 - 4:15 pm at various locations TBA

Attendance is flexible - pick any days that work for your schedule.

Registration:

1. Online (preferred) at <http://www.ntfxc.com/registration.html>
or
2. Paper form (fill one per athlete and bring it to practice)

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

Age groups and race distances:

Sub-bantam - born 2010-2011 - 2k (1.25 mile)
Bantam - born 2008 - 2009 - 3k (1.75 mile)
Midget - born 2006 - 2007 - 3k (1.75 mile)
Youth - born 2004 - 2005 - 4k (2.5 mile)
Intermediate - born 2002 - 2003 - 5k (3.1 mile)
Young men / women - born 2000 - 2001 - 5k (3.1 mile)

Coaches for 2018 Season:

Kalena Smith: ksmith@pennsvalley.org; (814) 360-7008

** we are very fortunate to have several volunteers who will be helping this season! There will be at least two adults at every practice.

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 ksmith@pennsvalley.org
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: **@ntfxc** to this number **81010**

Cross Country Meet schedule for Fall 2018

Date	Meet	Location	Who is eligible
9/8/2018	NVRC-CRPR All-Comers Meet #1	Oak Hall Park, Boalsburg PA	Ages up to 14
9/15/2018	Juniata Valley Striders - All-Comers #1	Indian Valley Middle School	Ages up to 14
9/15/2018	Mountain Lion invitational (Middle School only)	Altoona, PA	Grades 7-8
9/22/2018	NVRC-CRPR All-Comers Meet #2	Oak Hall Park, Boalsburg PA	Ages up to 14
10/6/2018	NVRC-CRPR All-Comers Meet #3	Oak Hall Park, Boalsburg PA	Ages up to 14
10/13/2018	Juniata Valley Striders - All-Comers #2	Indian Valley Middle School	Ages up to 14
10/20/2018	Carlisle Meet of Champions (Middle School only)	Carlisle High School	Grades 7-8
10/20/2018	Juniata Valley Striders - All-Comers #3	Indian Valley Middle School	Ages up to 14
10/28/2018	NTF Intersquad Meet	Tudek Memorial Park	NTF Athletes only
11/3/2018	USATF Mid-Atlantic	Belmont Plateau, Philadelphia	USATF / Age verified
11/18/2018	USATF Region 2	Hershey High School	Qualifiers from MA
11/24/2018	Foot Locker Northeast	Van Cortlandt Park, Bronx, NY	10 and under, 11-12 (3000), 13-14 (5000)
12/8/2018	USATF Junior Olympic Nationals	Reno, NV	Qualified from Region 2

Note: attendance of the meets is voluntary. NTF covers entry fees for all club athletes. Transportation to meets is responsibility of parents. More information and meet entry requests will be sent out during the season.

Team competition

Middle school invitationals and USATF 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 USATF championships in the end of the season.

NTF Intersquad Meet (October 28th)

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 10/28/18 3:00 pm on your calendar!

Apparel Information

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

1. **Free t-shirt:** All registered, fully paid, 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, and athletes may choose to have their name printed on the back of the shirt. T-shirts will be ordered in early September.
2. **Racing uniforms:**
 1. All athletes that plan to participate in any NTF meets are encouraged to pick up a team uniform. 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.
 2. Athletes in 7th or 8th grade who attend PVSD might have the opportunity to compete this year in two middle school invitationals. For these meets, athletes are required to wear the Penns Valley 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 1 if he/she plans to join our middle school team.
3. **Spirit Wear:** Warm-ups and other items for athletes and parents can be purchased at any time through the online store at teamlocker.squadlocker.com/#!/lockers/ntf. Note that it takes approximately 3 weeks for orders to be printed and shipped.
4. **Old club t-shirts:** We have a supply of club t-shirts in various youth and adult sizes from previous years that we are working on clearing out of inventory. These shirts will be sold

on a first come/first served basis for \$5 each. The shirts will be available at some of the local all-comers meets, or by contacting Julie Kwasnica.

Contact Julie Kwasnica (julie@kwasnica.com) if you have any questions about NTF apparel.