



Nittany Track and Field - Cross Country Season - Fall 2022



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 that would allow them improve their running fitness and pursue competitive goals. Listed below is important information for the Fall 2022 season.

Coaches for the 2022 XC Season

Mark Fedkin (Head Coach)

Mary Morningstar

Elizabeth Pringle

Baylee Robey

Meira Minard

Andrew Maguire

Kim Gasper

Stuart Selber

Jayson Jackson

Marisa Deichert

Registration:

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

Early Bird (until August 15 th)	Regular rates (after August 15 th)
\$90 per athlete (for the whole season) -\$30 sibling discount (2 nd child registered)	\$100 per athlete (for the whole season) -\$30 sibling discount (2 nd child registered)

[USATF athlete membership](#) (+\$25 per year) is required for all participants per insurance policy.

Note: if you obtained USATF# for the 2022 summer track program, you do not need this step.

Registration deadline: September 10th

Need help? Email to: ntfxc.secretary@gmail.com

Practice schedule and attendance:

Regular season: August 23rd – November 6th 2022

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

Practice times: Monday through Thursday 5:45 - 7:15 pm (after 10/23: 4:45 – 6:15 pm)

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

Championship training: November 7th – November 19th 2022 (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 – born 2014 and younger – 2k (1.25 mile)

Bantam - born 2012 - 2013 - 3k (1.75 mile)

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

Youth - born 2008 - 2009 - 4k (2.5 mile)

Intermediate - born 2006 - 2007 - 5k (3.1 mile)

Young men / women - born 2004 – 2005 - 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 ntfxclub@gmail.com
2. Remind text alert system. Short messages, cancellations, urgent updates will be communicated via *Remind*. Instructions how to sign up are sent upon registration.
3. Team website: www.ntfx.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
10-Sep	sat	Juniata Valley Striders All-Comers Meet #1	Indian Valley Elementary - Reedsville PA	9:00	30 min
17-Sep	sat	NVRC-CRPR All-Comers Youth Cross Country Meet #1	Oak Hall Park - Boalsburg, PA	8:30	15 min
1-Oct	sat	Juniata Valley Striders All-Comers Meet #2	Indian Valley Elementary - Reedsville PA	9:00	30 min
8-Oct	sat	NVRC-CRPR All-Comers Youth Cross Country Meet #2	Oak Hall Park - Boalsburg, PA	9:00	15 min
15-Oct	sat	NVRC-CRPR All-Comers Youth Cross Country Meet #3	Oak Hall Park - Boalsburg, PA	8:30	15 min
22-Oct	sat	Juniata Valley Striders All-Comers Meet #3	Indian Valley Elementary - Reedsville PA	9:00	30 min
22-Oct	sat	Lock Haven Invitational / Middle School Teams	West Branch XC Course, Lock Haven PA	9:00	55 min
TBA	sun	NTF Intersquad Meet	Tudek Park - State College, PA	3:00	10 min
19-Nov	sat	Cross Country Coaches National Championship	Shelbyville, IN	10:00	8 hrs.

This list is subject to change. We may add more meets to the schedule as information becomes available.

National Championship

The Cross Country Coaches Association National Championship will take place in Shelbyville, IN, on November 19th, 2022. 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 athletes 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 7th and 8th 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 – TBA
- Lock Haven Invitational – October 22, 2022

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: **TBA**

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.
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 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 on clothing and uniforms, please contact NTF apparel coordinator Katie Petersen at ntfxc.uniforms@gmail.com

We are looking forward to a great running season!