



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 2023 season.

Coaches for the 2023 XC Season

Mark Fedkin (Head Coach)
Torrie Raish
Baylee Balogh
Sierra Yost
Angela Sanchez
Marisa Deichert

Jayson Jackson
Kim Gasper
Andrew Maguire
Andy Cunningham
Stuart Selber
Kira Garry

Registration:

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

\$100 per athlete (for the whole season)

-\$30 sibling discount (2nd child registered)

Registration deadline: September 10th

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

Practice schedule and attendance:

Regular season: August 22rd – November 5th 2022

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

Practice times: Monday through Thursday 5:45 - 7:15 pm (after 10/22: 5:00 – 6:30 pm)

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

National Championship training: November 6th – November 18th 2023 (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 – born 2015 and younger – 2k (1.25 mile)

Bantam - born 2013 - 2014 - 3k (1.75 mile)

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

Youth - born 2009 - 2010 - 4k (2.5 mile)

Intermediate - born 2007 - 2008 - 5k (3.1 mile)

Young men / women - born 2005 – 2006 - 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
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.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). 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 to participants during the season.

National Championship

The Cross Country Coaches Association National Championship will take place at Tom Sawyer Park in Louisville, KY, on November 18th, 2023. NTF will be building team 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 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:

- **NEPA Invitational** – September 30, 2023
- **Lock Haven Middle School Championship** – October 21, 2023

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 put together 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: 10-29-2023

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:** All athletes that plan to participate in cross country meets are encouraged to obtain a team uniform (singlet, shorts). There two options:
 - a. If you participated in the track program and purchased a uniform – you may use the track uniform for cross country as well (it is very similar)
 - b. Borrow a uniform for cross country season. We have a number of sets to loan for the duration of the XC season. We will distribute uniforms before and/or after practice the first week in September.

Note: athletes competing as part of scoring teams in invitationals or championships must have matching uniforms.

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!