



Nittany Track and Field - Cross Country 2025



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 2025 season.

Coaches for the 2025 XC Season:

Mark Fedkin
Torrie Raish
Andrew Maguire
Angela Sanchez
Andy Cunningham
Marisa Deichert

Jayson Jackson
Kim Gasper
Stuart Selber
Susie Walker
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 (2nd child registered)

Annual [USATF Youth Membership](#) is required for all athletes

Registration deadline: September 15th

Practice schedule and attendance:

Regular season: August 26th – November 2nd, 2025

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

Practice times: Monday through Thursday, 5:45 - 7:15 pm (after 10/20: 5:00 – 6:30 pm)

Sundays: Long runs 3:00 - 4:15 pm for ages 11+ at various locations TBA (see [Calendar](#))

National Championship training: November 3th – November 22rd 2025 (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 2017 – 2018 – 2k (1.25 mile)

Bantam (9-10) - born 2015 – 2016 – 3k (1.75 mile)

Midget (11-12) - born 2013 - 2014 - 3k (1.75 mile)

Youth (13-14) - born 2011 - 2012 - 4k (2.5 mile)

Intermediate (15-16) - born 2009 - 2010 - 5k (3.1 mile)

Young men / women (17-18) - born 2007 – 2008 - 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 ntfxclub@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.ntfx.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.ntfx.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 at the meets.

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 Victor Ashe Park, Knoxville, TN, on November 22th, 2025. 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 7th and 8th 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 27, 2025
- **Lock Haven Middle School Championship** – October 18, 2025

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) for athletes of ages 11+ 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. For any younger athletes who are willing to join a long run, parent participation is required.

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: 10-26-2025.

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

For help with registration / membership: Steve Savitski ntfxsecretary@gmail.com

We are looking forward to a great running season!