



NTF High School Groups

Who Athletes who have completed one or more seasons of high school level competition.

- Younger athletes may be admitted to the senior group with consultation of age group and senior level coaches.

Why Older athletes have unique requirements in terms of training and their availability due to high school practice

When Approximate schedule

- **May 8 – June 2:** Organized practices with designated age group or event coach
- **Mid- June – July 26:** Small group (5-12 athletes) practices with designated senior coach at schedule determined by coach. Different time than regular NTF practice.

Senior Practice Groups

- Small groups are formed based upon interest and available coaches.
- Group size is limited and athletes must be approved by coach so as to ensure that the training group provides appropriate training.

Benefits

- Additional training opportunity with qualified coaches
- Opportunity for additional competition (NTF pays entries):
 - Central PA Youth Meet (June 3) and USATF Mid-Atlantic (June 17)
 - National Meets such as New Balance and Hershey USATF Nationals
- Opportunity for community service hours by acting as “associate coach” for age group athletes.

Requirements

- All seniors must pay a **reduced** NTF registration fee of \$35 to cover coaching clearances, facility rental, and meet entries, etc.
 - Membership is good for the whole year (not just summer season)
- All seniors must obtain a USATF membership (\$20) for practice insurance reasons.
- Additional fees for small group practices based upon coaching requirements and number of practices. Information will be provided as groups form in June.
- Scholarships available for athletes with financial need but all athletes **MUST** be registered members of NTF and have a valid USATF membership to practice.

Go to www.ntfxc.com and sign up now!

Email Mark Fedkin at ntfxc.club@gmail.com with questions