What ages can participate in the Etowah Youth Cross Country?

Etowah Youth Track Club is available to athletes from 1st grade to 12th grade.

What are the different age groups and what is the birth date cutoff?

The athlete will participate in the age group determined by the athlete’s age as of 12/31/2017. In the year 2016 the age groups are:

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Birth Date Cutoff</th>
<th>Distance</th>
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</thead>
<tbody>
<tr>
<td>8-Under</td>
<td>(Born in 2009 or after)</td>
<td>Runs 2k, 1.24 Miles</td>
</tr>
<tr>
<td>9 - 10</td>
<td>(Born in 2008 &amp; 2007)</td>
<td>Runs 3k, 1.86 Miles</td>
</tr>
<tr>
<td>11 - 12</td>
<td>(Born in 2006 &amp; 2005)</td>
<td>Runs 3k, 1.86 Miles</td>
</tr>
<tr>
<td>13 - 14</td>
<td>(Born in 2004 &amp; 2003)</td>
<td>Runs 4k, 2.49 Miles</td>
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<tr>
<td>15 - 16</td>
<td>(Born in 2002 &amp; 2001)</td>
<td>Runs 5k, 3.10 Miles</td>
</tr>
<tr>
<td>17 - 18</td>
<td>(Born in 2000 or 1999)</td>
<td>Runs 5k, 3.10 Miles</td>
</tr>
</tbody>
</table>

What does the registration fee include?

**Registration Fee** - The registration fee is $170 for new athletes and $135 for returning athletes. This fee covers the insurance, USATF Membership Fee, t-shirt, facility use fees, meet fees and end of season party. All new athletes will also get a team uniform.

Registration for returning athletes can be done online by clicking the Online Registration tab on the website: [www.eytclub.com](http://www.eytclub.com). New athletes are required to attend the in person registration either August 6th or 10th – you can print off the forms and fill them out in advance.

All fees must be paid prior to participating in practice. An electronic invoice will be sent out after the registration fee is compiled. It will be sent to the Primary Email address entered into the Registration form.

**IMPORTANT** - If your child is a NEW member, you will be required to present a copy of the Athletes birth certificate either via email or at in person registration. This will be required by the first practice.

Are there additional expenses required by the athlete?

A good pair of running shoes should be purchased for practices, usually $60 & up. The athletes/parents are responsible for transportation to all meets.

What running gear does my child need?

Your child will need to have a pair of athletic running shoes for practice and meets. Appropriate running attire should include warm ups/sweats (later in the season), running shorts, long and short sleeved shirts. Wear layers when it starts getting cooler.

Where can I buy running shoes?

You can buy running shoes at any of the sports stores. However, the following stores have a knowledgeable staff, and a wide selection: Some stores give 10% off as a member of EYTC and USATF.

- Big Peach Running Company in Kennesaw, Marietta and Atlanta
- Fleet Feet located at 224 Johnson Ferry Road, Sandy Springs
What are my volunteer opportunities/obligations? Parent Volunteers are needed!!!

Due to the fact that this is cross country and we will have a lot of children in different ranges of ability, we Will need parents who like to run (or not run) to help monitor the children along the roads and trails to keep them safe. If you can volunteer, please let us know. You will need to provide a background check (please see one of the coaches to discuss) as well as complete the SafeSport training class online, we will reimburse you for the fees. If you run with the children, you must be able to watch and run with other children rather than just your child. In addition, we will host a cross country meet September 30th at Boling Park and will need course monitors and volunteers.

What form of communication is used by the club to reach parents/athletes?

Email – Most communication is handled via e-mail eytclub@gmail.com.
Website - Updated information is on website including calendar with meets and practices. www.eytclub.com
Facebook - “Like” us on FB to see updates in your newsfeed – Etowah Youth Track Club
Remind 101 – receive important last minute texts in case of bad weather/immediate pick up required!
To join Remind 101… text @eytc to the number 81010 to sign up to receive urgent team texts.

What are the practice/race times and where?

The calendar on our website, www.eytclub.com, will have an updated schedule that will be posted online. The schedule is Mon/Tues/Thurs, 6-7:30 until it gets darker earlier, at that time it will be 5:30 until 7. Races are normally Saturday; we may have 1 or 2 on Sunday. The team will meet initially at the Outdoor YMCA on Bells Ferry and around when the time changes we will meet at Etowah High School’s track.

We understand that due to family schedules, you may not make it to every practice. Please try to make most of practices; the more you put into it, the more you get out. Importantly, do not let school suffer due to practices your child is a student athlete, student first. You can always run at home.

What can I expect at practices?

At each practice the kids will do a warm-up jog, strength and conditioning, run a workout, and end with stretches and core conditioning. They will also get information about running, nutrition, injury care, etc. The information may be verbal and/or written handouts. Practices will be designed and supervised by experienced coaches.

Please have your child use the bathroom before coming to practice. If you know your child will need to use the bathroom during practice, you must stay at practice to attend to them. Our goal is to train kids physically, motivate them mentally and emotionally, develop interest in running /fitness and most of all we make sure the kids HAVE FUN!

What can I expect at meets?

Cross Country meets are run at local high schools on Saturday’s or Sunday’s starting the end of September. The meets last approximately 3 hours. The races are by age group and normally run on the ½ hour. Please Show up a minimum of 1.5 hours before your scheduled race time to check in with the team, get the race number or chip and warm up.

The qualifier meet (STATE) for the children to move on to regions and sponsored by USATF is in early November. The regions (REGIONAL) will be mid-November. Nationals will be held in early December – this year in Tallahassee Florida. It’s an experience they won’t forget.
Some suggestions to bring to the meets: cooler of drinks, food/snacks, chairs, umbrellas for shade, book, sunscreen, blankets when it gets cold, possible extra set of clothes/socks for the runners depending on the weather.

**Nutrition & Hydration**

It is required that all athletes bring water to practices and meets, **please no sports drinks before or during practice or competition** – they are fine after your child runs but not before or during.

Have your athlete eat a light/reasonable meal approximately 1.5 to 2 hours before practice and/or competition. Eat light and normal before a race; don’t try to introduce anything new foods.