

# NTF TRAVEL TEAM

Dear NTF Parents:

Our cross country group has been training hard through September and October, and many of the kids seem to really pick up their speed and endurance. It is great to see such a progress and many impressive times at local races! But we are ready for the next level – AAU Junior Olympics are coming up in November:

## AAU Mid-Atlantic Youth Cross Country Championship

November 14, 2009 – Penllyn Woods Park, Penllyn, PA

Course walk at 8:30 am, first race at 10:00 am, youngest to oldest  
Medals are awarded to top 20 in each of the following age divisions:

- Primary (born 2001 and younger) – 2k
- Bantam (born 2000-1999) – 3k
- Midget (born 1998-1997) – 3k
- Youth (born 1996-1995) – 4k
- Intermediate (born 1994-1993) – 5k
- Young Men and Women (born 1992-1991) – 5k

Only this year! All finishers at the AAU Mid-Atlantic XC Championship automatically qualify for the AAU National XC Championship at Disney's Wide World of Sports® Complex, Orlando, FL, on December 5<sup>th</sup>!

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Participation in the District or National meets is a very special experience for kids of all ages. They get ultimate exposure to the cross country sport and test their courage and competitive spirit. It is important part of athletic growth. So we encourage all our athletes to join our traveling team!

If you choose to travel to this Championship meet, please fill out the form below and return it to Coach Mark or send via e-mail to [ntfxc@verizon.net](mailto:ntfxc@verizon.net) before November 1! This is important to do this in advance so that we include your athletes in the roster and submit their registration on time. The registration fees for all traveling athletes are covered by the Club. Racing uniforms (singlets and shorts) will be provided to all participants.

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Athlete name: \_\_\_\_\_ Age (as of 12/31/09): \_\_\_\_\_  
Athlete name: \_\_\_\_\_ Age (as of 12/31/09): \_\_\_\_\_  
Athlete name: \_\_\_\_\_ Age (as of 12/31/09): \_\_\_\_\_

Parent signature: \_\_\_\_\_ Date: \_\_\_\_\_

(Parents are responsible for transportation and supervision of athletes at the meet. Some of the Coaches will be attending and will provide help with meet logistics)

With any questions, contact Mark Fedkin 814-876-461, [ntfxc@verizon.net](mailto:ntfxc@verizon.net)