

What ages can participate in the Etowah Youth Cross Country?

Etowah Youth Track Club is available to athletes from 8 - 18 years old.

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 **12/31/2010**.

In the year 2010 the age groups are:

Sub-Bantam "8 and under"	(Born in 2002 or after)	Runs 2k, 1.24 Miles
Bantam "10 and under"	(Born in 2000 & 2001)	Runs 3k, 1.86 Miles
Midget "11 and 12"	(Born in 1998 & 1999)	Runs 3k, 1.86 Miles
Youth "13 and 14"	(Born in 1996 & 1997)	Runs 4k, 2.49 Miles
Intermediate "15 and 16"	(Born in 1994 & 1995)	Runs 5k, 3.10 Miles
Young "17 and 18"	(Born in 1992 or 1993)	Runs 5k, 3.10 Miles

What does the registration fee include?

There are two categories of registration – Payable to EYTC:

EYTC Spring Track Member - \$60 – Includes: school fee, meet fees, end of season party (up to 4), insurance, meet ribbons.

New EYTC Member - The registration fee is \$125. This fee covers above fees plus, uniform (singlet and shorts), t-shirt, and USATF membership.

All fees must be paid prior to participating in practice. 50% may be paid at registration and the balance at the first practice. Fees are refundable, minus \$10, within the first two weeks of practice if the athlete should decide to withdraw (September 16, last day for refund/withdrawal).

IMPORTANT - If your child is a **NEW** member, please provide us with one copy of your child's birth certificate (need not be certified).

What are my volunteer opportunities/obligations?

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 to help monitor the children along the roads and trails to keep them safe. If you can volunteer for 1, 2 or all 3 nights, please let us know. 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 Sunday, October 17th at Boling Park. We will need course monitors.

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

All communication is handled via e-mail eytclub@gmail.com . We will update the Etowah Youth Track Club website, www.eytclub.com , frequently also. In case of bad weather, we will use calling post to contact you.

Are there additional expenses required by the athlete?

- The athletes/parents are responsible for transportation to all meets.
- A good pair of running shoes should be purchased for practices. There will be an end of season party that will require a nominal cost per attendee.
- The registration fee for the Run for Erin is NOT included in your fees. It is typically \$15 to enter and is a required run for EYTC athletes.

What are the practice/race times and where?

The schedule is Mon/Tues/Thurs, 6-7:30 until it gets darker earlier, at that time it will be 5:30 until 7. The team will meet at Etowah High School's new GYM/Bus parking lot. We will be using the roads, trails behind Booth and the parking lot for practices. We understand that due to family schedules, you may not make it to every practice. Please try to make most of the practices. The more you put into it, the more you get out. Practices will start on Thursday, September 2nd. See latest calendar on our website, www.eytclub.com for updated information.

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.** 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. It is HIGHLY encouraged that everyone start the season off with the "Run for Erin" on October 2nd. This is run at Woodstock High School and is a great starter for the season. At this time there are 3 or 4 meets scheduled from October through November.

The qualifier meet for the children to move on to regions and sponsored by USATF is Saturday, November 13th. The regions will be November 20 in Maryland. We are very fortunate that Nationals, December 11th, is going to be held in Birmingham, AL. It is the best opportunity to have your child participate at such a high level and is highly encouraged to participate in this meet. 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 for the runners depending on the weather.

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 (earlier in the season), running shorts, long and short sleeved shirts. Wear layers when it starts getting cooler.

It is required that all athletes bring water and/or sports drinks to practices and meets.

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: All 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
- Phidippides, 220 Sandy Springs Circle, Sandy Springs (also Ansley mall, Atlanta)