

## Cross Country Parent Meeting

This document contains brief comments on a number of different topics that are usually presented at the parent meeting on the first day of practice.

Welcome to FPYC Cross Country 2020. This year we are doing things a bit differently due to Covid-19. We typically have all the coaches introduce themselves, but we are not having the parent meeting this season to keep social distancing requirements.

We are Lynda and Geoff Hymans, Co-Directors of the FPYC running program. We took over as directors in the spring of 2016 so this is 5<sup>th</sup> year managing the program. Our oldest started in the program in the fall of 2013 when he was 8 y/o so we have been part of FPYC running since then. He is now starting his sophomore year at Woodson HS. He will be helping assistant coach when he is able. We have 2 daughters still in the program. Sarah is 13 and starting 8<sup>th</sup> grade at Frost. Aubrey is 11 and starting 6<sup>th</sup> grade at Wakefield Forest ES. Lynda tends to manage the more administrative side of the program, and Geoff manages the practices and meets with the other coaches.

Coaches are identified by coach shirts at practice. All coaches undergo background checks.

If a parent is going to run with THEIR child at practice, you must sign up as an assistant coach.

Masks: Coaches supervising runners will wear masks. Runners should arrive with masks and keep them on until they start practice. Runners can keep them in a pocket or wrapped around their wrist while running or with their water bottle. Parents or other family members at practice

should wear masks. People from different families should not gather together. Family members should wait in their cars, away from others while their child practices or be away from other families.

Practice Review: What does practice look like: short jog warm-up, drills, core work, dynamic stretching, workout, warm down. Parents do not need to stay at practice for older kids. We are asking that parents of 7-8 yr. olds stay nearby on site or in their car. You are free to walk at the park keeping distanced from others. EXCEPTION: If the weather is looking like possible thunder and lightning, all parents should stay. Practice is immediately cancelled if there is thunder or lightning. We can't leave until everyone is picked up. Please keep this in mind if you leave during the practice.

What to bring: Water bottle, good supportive running shoes. Dress in layers for clothing as it starts to get cooler. Kids can get overheated once running. We typically say that it feels 20 degrees warmer than the current temperature while you are running, so at 50 degrees you might want to warm up in a long-sleeve shirt that you can then leave with your water bottle while you run.

Weather cancellations: We cancel practice if there is thunder or lightning within 30 min of practice start time. We have to wait 45 minutes after thunder or lightning, so we are willing to start practices up to 15 minutes late without cancelling. We only send out emails to cancel practice. If practice will occur, you will not get an email reminder.

Practice Locations: (Awaiting permits) Tuesdays and Thursdays at Van Dyck park/Daniel's Run (age groups will be separated at the two Fairfax

sites to overall reduce the numbers of kids near each other). More details will be forthcoming. Weekday practice time is 6-7 p.m. until we start to lose daylight and then practice starts earlier. See the schedule.

Accotink practices are Tuesday and Wednesday. Athletes can decide where to practice. The Wednesday practice at Accotink is not to be considered as an additional weekday practice for those who run in Fairfax. Athletes should run 2 weekday practices and the Sunday practice with the team. Kids can run another day at their parent's discretion on their own.

On Sunday the only practice is at Van Dyck Park in Fairfax in the afternoons. If we have a Saturday meet, there is no Sunday practice.

USATF Age Group rules: There is an age group range on your child's race number. This two year age group follows USATF age up rules. Your child will be in the age group that corresponds to the age they will turn THIS calendar year. This is their age group for racing purposes/results. Runners can adjust and run in a different age group at practice as appropriate for fitness level or if they want to run with a friend, so long as they can handle the work outs in that higher age group. Please let us know if the age group is incorrect. Example: If your child will turn 9 y/o on Dec. 31<sup>st</sup> 2020, they will be in the 9-10 age group for racing/results even though they are 8 throughout the season. At meets this year they must run in their correct age group race.

Bibs/Race Number at practice and meets: This year we are handing out numbers and having the kids take them home. We are not collecting them after each practice. The child's name on the number helps coaches learn names. The number helps us identify FPYC runners at

park. Athletes are REQUIRED to wear the number at each practice and any meets. The number is REQUIRED at meets. This is how we identify who raced.

Attendance: No attendance requirement at practice/meets. Families do not need to let us know if someone will miss practice due to another sport practice or other event. If your child misses due to illness related to COVID-19, then let us know.

Home Cross Country Meets: We are planning two meets at Van Dyck Park in Fairfax and one at Providence. There is no sign-up for home meets. We are planning FPYC-only meets at this time to reduce the number of people onsite. Show up with YOUR RACE number, warm up, and run. NEW THIS SEASON: Athletes will only be allowed to run one race, their age group race. We will assess whether or not we can do an Iron-runner event at the last meet. The Iron-runner event is where Athletes can do all events of 1K, 2K, 3K, 4K = 10K at a meet and get Iron-Runner acknowledgement at the end of season banquet. We will not regularly be running the 1k at our meets because we do not have 5-6 year-olds participating this season.

Course walks at home meets and at most away meets are available to familiarize kids with the courses. We will ASSESS the safety to do group course walks closer to meets.

Away Cross Country Meets: Runners are limited to their age-specific distance as noted above. At this time, we are planning a dual meet with SYA at their course on Oct. 10<sup>th</sup>. The NoVA AC meet on 10/24 may be a 5K only event. We are waiting to hear what the meet director decides. The DCXC meet was cancelled for this fall. SYA will not require

a sign-up. NoVA AC will require a sign-up. We will send out details about this closer to the events.

Uniforms: We are using the same uniform as in prior seasons, and there is no need to buy a new one if it fits. Uniforms are \$28 set: \$14 singlet top and \$14 shorts. They will be distributed at practices early in season. It is a requirement that runners wear the FPYC uniform to compete in home and away meets. They do not need to be worn to practice.

We use “Sign-up Genius” for away meet registration. Again, there is no need to sign up for home meets. FPYC pays for all registration fees for away meets.

Volunteer requirement: We use “Sign-up Genius” for volunteer spots. We require one volunteer spot per family during the season. Coaches and assistant coaches and their families do not need to sign up for additional volunteer spots. We need lots of volunteers to help, so please consider signing up for more than just the required single instance. Links for the sign-up will be in future emails.

Mass email communication system: We send out 2-3 emails/week depending on events. The system does not notify us if a recipient’s email system does not receive an email. We suggest families make an email file to keep the emails for future reference. If you have not received any e-mails from FPYC Running for a period of a full week then please reach out to us in order to determine what is wrong, but first check your spam filters and make sure we are a “trusted” e-mail.

Lost and Found: We do keep items left behind. Items will be donated at the end of the season. PLEASE HELP YOUR child to remember their

items before leaving practice. Especially this fall, we do not want to be handling other's items.

Post Season Opportunities: There are three main national organizations that manage different national meets. People often ask if their child should do post-season. Everyone is welcome to do the qualifiers and national meets. You can look under Extended Season for those meets and see results from Nationals under Meet Results. This will give you some measure of how your child might perform at such meets. We do not know yet whether or not these meets will for sure occur this fall. AAU did hold a summer track and field national meet and currently has plans for a fall xc national meet in FL. USATF did not hold track nationals and does not currently have any posted info for xc.

Cross Country Coaches National Youth Championships (CCCNYS): This race is scheduled to be in Lexington, KY in 2020. Occurs the Saturday before Thanksgiving. Awards are given in single age groups including 6 year olds. Top 25 are given special recognition awards.

AAU Nationals: Usually occurs on the first Saturday in December. This race is scheduled to be in Tallahassee, FL, in 2020. Runners race in 2 year age group but are broken out into single age groups for awards (with the exception of the 15-18 age group). Top 8 finishers in each single-year age group are named AAU All-Americans.

USATF Nationals: Usually occurs on the second Saturday in December. USATF has not posted information about any potential race on their web site. There is one qualifier, which is typically in Smithsburg, MD in early November. Usually the top 15 finishers in each age group/gender and the top 2 teams are eligible to advance. Athletes in 8U age group must turn 7 by Dec. 31' 2019. Races and medals are in 2-year age

groups. Top 25 finishers in each 2-year age group at Nationals are named USATF All-Americans.

One other post-season meet is the Foot Locker South Regional at McAlpine Park in Charlotte, NC. This meet occurs the Saturday after Thanksgiving. We do not register runners for this but families can enter their own children. It is a big HS meet but they run 10U, 11-12 race, 13-14 races. There is no update yet as to whether there will be a 2020 meet on their website.

Post season weekday practices usually at Robinson HS or Woodson HS. We use the track and the perimeter of some soccer fields. Post season practices are only for athletes who plan to participate in post-season races. We will send out emails about locations once we reach the post-season. If post-season meets are cancelled there will not be post-season practices.