

2021 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. We are going to again forego a parent meeting this fall. Please review the links on the running page as well as this document and let us know if you cannot find answers to your questions.

Welcome to FPYC Cross Country 2021.

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 our 6th 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 16 y/o and starting his junior year at Woodson HS. Our 14 y/o daughter completed her last season with FPYC this past spring and will be a freshman at Woodson HS this fall. Both will compete on the running team at Woodson. We have one daughter still in the FPYC program. Aubrey is 12 y/o and starting 7th grade at Frost MS.

Lynda manages the more administrative side of the program sending emails, contacting other teams, setting up the meets, and creating the volunteer and meet sign-ups. Geoff manages the practices and meets with the other coaches. We have one other specific parent volunteer who has been managing the team rosters and meet data. She will complete her volunteering after the XC 2021 season. We do have a new data volunteer and she will be getting trained this fall.

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: Per CDC guidelines, masks will not be required for our outdoor practices and meets. If you are more comfortable having your child wear a mask, that is fine.

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 5-6 yr. olds stay nearby on site or in their car. 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, race bib number (distributed at first practices), 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. At 50 degrees your child might want to wear a long-sleeve shirt over a short sleeve top that they can then leave the warmer shirt with their water bottle while they 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/Time: Weekday practice time is 6-7 p.m. until we start to lose daylight and then practice starts earlier. See the schedule.

Fairfax Locations: Tuesdays at Van Dyck Park and Thursdays at Providence Park.

Accotink Locations: Tuesday and Thursday. See the schedule for meet up location. It is different on the two days.

Athletes can decide where to practice.

On Sunday the only practice is at Van Dyck Park in Fairfax in the afternoons. Our home meets are on Sundays. If we have a Saturday away 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 age group. Please let us know if the age group is incorrect. Example: If your child will turn 8 y/o on Dec. 31st 2021, they will be in the 9-10 age group for racing/results even though they are 8 throughout the season.

Bibs/Race Number at practice and meets: 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 meets. The number is necessary 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. Exception: If you have signed your child up to compete at an away meet, we request that you let us know if you will not be attending. That way we are not continuing to keep an eye out for someone who is not coming.

Home Cross Country Meets: We are planning two meets at Van Dyck Park and one at Providence Park, both in Fairfax. There is no sign-up for home meets. We do expect to have visiting teams this fall. Show up with YOUR RACE number, warm up, and run. Athletes may choose their race distance. The Iron-runner is also an option. This 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. Course walks at home meets and at most away meets are available to familiarize kids with the courses. Maps are available as well. More details will be sent in emails closing to the meets.

Away Cross Country Meets: Runners are limited to their one age-specific race distance. SYA will NOT require a sign-up since they use our computer system to manage their meet. 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 available for purchase 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 your child to compete in 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. We suggest families make an email file to keep the emails for future reference. The system does not notify us if a recipient’s email system does not receive an email. 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.

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 any 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. At this time it looks as though all 3 groups will host their national meets this fall.

Cross Country Coaches National Youth Championships (CCCNYC): This race is scheduled to be in Paris, KY in 2021. This meet occurs on the Saturday before Thanksgiving. Awards are given in single age groups including 6 year olds. Top 25 are given special recognition awards. There is typically no qualifier race

AAU Nationals: Usually occurs on the first Saturday in December. At the time of the updating of this document, the race location for 2021 is not known. 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: Occurs on the second Saturday in December. There is usually 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. The national meet is scheduled for Paris, KY in 2021. Athletes in 7-8 age group must turn 7 by Dec. 31' 2021. 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.

Another 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 2021 meet on their website.

In the last couple of years, VA began managing a MS State Championship. Location is in Mechanicsville, VA. See the schedule.

Post season weekday practices usually at Woodson HS. We use the track. 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.

Finally, be aware that we are planning to continue to manage and direct the FPYC running program through our youngest daughter's completion of Middle School in the spring of 2023. Then we will hand the reins off to someone, some family, who is willing to continue to manage the program. We are looking for someone to volunteer for this. We would suggest a 2 person team plus a 3rd person for data (Excel experience preferred). It is required that there be an official director for the Board, but the duties can be divided up amongst others. Please email us if you are interested. We are happy to assist a transition in the fall of 2022 and spring of 2023. The future of FPYC running is dependent on another family to manage the program when we are done after the Spring 2023.