2020 Youth Cross Country Information Sheet
COVID EDITION

PURPOSE OF THE PROGRAM:
Youth Cross-Country is a program for kids who enjoy running and want to improve their abilities. The program is designed for kids between the ages of 6 and 13, with the child’s age is based on what age they will be on December 31. The practices will be held at Camels Back Park, Hobble Creek Park, and the South Y. Meets will be held at Camels Back Park and Hobble Creek Park. Kids can use the meets to get in shape for other races or sports like soccer and basketball, or they can participate just for fun!

CHARACTER VALUES:
Through the YMCA Youth Programs we promote four character values which we believe will improve the nature of each individual. These character values are: CARING, HONESTY, RESPECT, and RESPONSIBILITY. Discussions on these values will be done throughout the program.

TEAM IDAHO RUNNING CLUB:
Youth Cross-Country was started as a stepping stone for Team Idaho Cross Country/Running Club, which has helped to develop many great Idaho runners. YMCA Team Idaho Running Club, formerly Team Idaho Cross Country, is designed to provide an opportunity for athletes to improve their abilities beyond their regular Cross Country Season. More importantly, it offers social interaction and a fun, friendly learning environment from low-key training to high quality competition. TIRC starts October 26- December 17 with practices held for ages 6-12 on Tuesdays and Thursdays, and Monday through Thursdays for ages 13-18, with ages based on age on December 31. Some races that Team Idaho Running Club will be training for

Nov. 7: Snake River Junior Olympics- TBD

Nov. 14: NIKE Cross Regionals (NXR) - Regional meet at Eagle Island State Park includes Elementary, Middle School, High School, and Open division runners from all over the Northwest, and qualifies runners for national championships in Portland, OR.

Nov. 21: Y-Strider’s Turkey Trot

Dec. 5: Nike Cross Nationals (NXN) in Portland, OR

Dec. 12: National Junior Olympics – Lexington, KY. Any athlete interested must first qualify at the Snake River meet and be a member of Team Idaho. Top 8 finishers from each age group will represent our team at this national competition.

Dec. 19: YMCA Christmas Run

For more information on the Team Idaho Running Club visit www.team-idaho.org or contact Jack Ward at jack.ward@ymcatvidaho.org or 344-5502 ext. 270.
Due to Covid and recommendations from CDC and State regulations will determine travel and/or whether meets are going to occur. This is a different looking season and a sort of go with the flow. As the Y, it is our social responsibility to help keep you, your athletes, your family and our coaches and families safe.

PRACTICES:

Practices are held at Hobble Creek Park, Camel’s Back Park, and South Y Monday and Wednesdays from 5:30-6:30pm. This season due to Covid-19, parents are NOT allowed to run with their children during meets. Make sure your child brings a water bottle to every practice! NO SHARING OF WATER BOTTLES ALLOWED! As the weather starts to cool off, but it is just as important to be drinking water and staying hydrated. Practices days are split by ages based on the child’s age as of December 31.

Proper shoes and clothing are needed for practices. Good supportive shoes help prevent injuries; a running shoe with good arch support is preferred over a court shoe. Athletes who show up to practice without proper foot attire, such as sandals or open toe shoes, will not be allowed to practice that day. Proper clothing for outdoor athletic activity should be worn. Practices will be held in the rain so come properly clothed for the weather! It is always better to have to take layers off during practice then to not be prepared for the cooler weather, so come prepared with a sweatshirt and sweatpants. Please wear your layers!

***If your child is not feeling well, we ask that they do not come to practice. Temperature checks will be taken at beginning of practice. If your child has a temperature 100.4 or higher, they are not allowed to practice. Hand sanitizer will be available at each practice site.

MEETS:

Meets are held on Wednesdays starting at 5:30pm, at either Camel’s Back or Hobble Creek Park with a Championship Meet held at Camel’s Back on Wednesday, October 21st. Please be at the meets by 5:15pm for check-in. The top 8 boys and girls in the age groups 6-7, 8-9, 10-11, and 12-13 will receive ribbons, with ages based on the age of the child on December 31. All participants will receive a participant ribbon. Medals will be given out at the Championship meet. Only thunder and lightning will prevent a meet from occurring so dress according to the weather.

Race Distances: Ages 6-9 yrs (Based on age on December 31) will run 1000 meters (.6 mi)
Ages 10-13 yrs (Based on age on December 31) will run 2000 meters (1.2 mi)

September 16  Hobble Creek Park*
September 23  Camel’s Back Park*
September 30  Hobble Creek Park*
October  7   Camel’s Back Park*
October 14  Hobble Creek Park*
October 21  Championship Meet- Camel’s Back Park*

*Meets subject to change due to Covid-19 guidlines.
2020 Youth Cross Country Meet Schedule

Please arrive at the meets no later than 5:15pm for check in. Team warm-ups start at 5:30pm.

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Ages 10-13 yrs will run 2000 meters (1.2 mi)

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<tr>
<th>Date</th>
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Disclaimer: This is the schedule for the season. Dates/meets might be subject to change due to Covid-19 guidelines.