



# XC Registration September 16, 2020

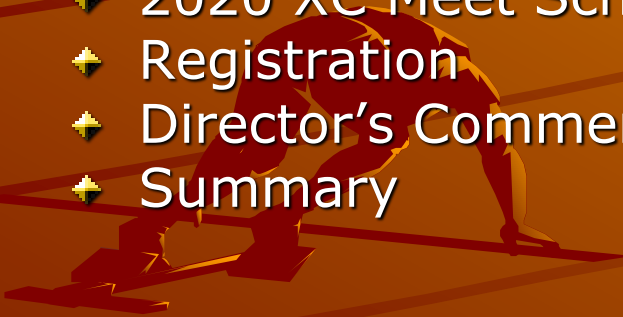
Pal Roach – Senior Director

**[www.northwestflyers.org](http://www.northwestflyers.org)**



# Agenda

- ✦ Welcome
- ✦ Athlete Introductions
- ✦ Northwest Flyers History
- ✦ Who's Who (Coaches & Admin)
- ✦ Recap of Last Year
- ✦ 2020 Practice Information
- ✦ 2020 XC Meet Schedule
- ✦ Registration
- ✦ Director's Comments
- ✦ Summary



# 🏆 Athlete Introductions

- Grade
- School
- Running experience



# Northwest Flyers History

- ◆ Founded 33 years ago by Fred Newhouse
  - US Olympic Gold Medalist in Track & Field
- ◆ Mission:
  - Foster the development of youth XC / track & field in Northwest Houston
  - Provide long term growth opportunities to young athletes thru their association with this sport
- ◆ The club is governed by the USATF youth track system

# NW Flyers in the National News!

- ◆ Dr. Erin Godfrey (staff)
- ◆ Daina Harper (alum)
- ◆ Judge Latosha Lewis Payne (alum)
- ◆ NW Flyers wins 10 medals in the USATF National Junior Olympics Championships in Track & Field (Aug 2019, Sacramento, CA) including 2 individual NATIONAL CHAMPIONS!!!



# Administration

◆ SR. DIRECTOR

Pal Roach (281) 587-8442

◆ DIRECTOR

Calandra Lake (832) 969-6909

◆ DIRECTOR

Troy Spencer (609) 792-9479

◆ DIRECTOR

Troy Hubert (832) 723-6632

◆ SECR / REGISTRAR

Linette Roach (281) 826-3449

◆ TREASURER

Sheryl Montgomery (281) 770-6563

◆ COMMUNICATIONS

Kerra Serratt (281) 658-2880

◆ Volunteer Coordinator

TBN



# USATF “Win With Integrity” Pledge

I pledge to make good decisions in my life.

I will be an enthusiastic and positive person.

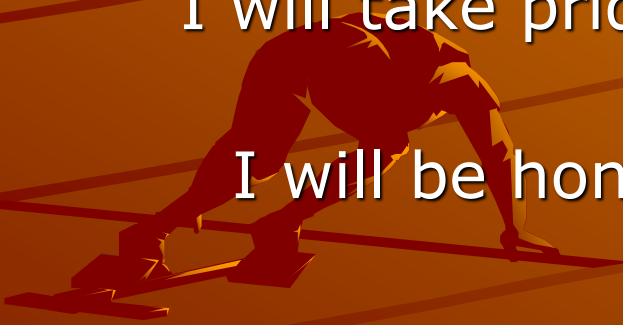
I will live with integrity every day;

I will lead a healthy, active lifestyle.

I will take pride in my successes on the playing field and in the classroom;

I will be honest and drug-free, knowing cheaters never win.

**I am a Champion!**



# 2020 XC Practice Information

✦ **Practice begins Sept 28 and continues thru Nov 7, 2020**

- **Time:**  
**6:00pm – 7:30pm**

✦ **Locations**

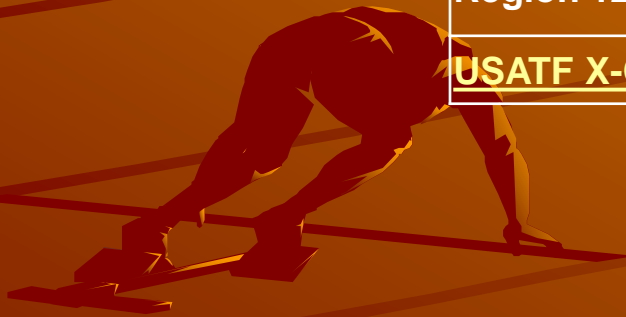
- **Monday** – Kickerillo Mischer Park or Brookshire HS
- **Tuesday** – Kickerillo Mischer Park or Brookshire HS
- **Wednesday** – Practice on your own
- **Thursday** – Kickerillo Mischer Park or Brookshire HS
- **Saturday** – Spring Creek Park Tomball (9 - 11 AM) when there is no XC meet that weekend

\* NOTE: We will change to Matzke Park after daylight savings to use lights



# 2020 XC Meet Schedule

<u>X-C Meet (Host)</u>	<u>Location</u>	<u>Date / Time</u>
Developmental KT Express	Mason Creek Hike & Bike Park	Sat Oct 24, 2020 8AM
Developmental NW Flyers	White Oak Conf Center / Inwood Golf Course (7603 Antoine, Houston, TX)	Sat Oct 31, 2020 8AM
Gulf Assoc Championships	White Oak Conf Center / Inwood Golf Course (7603 Antoine, Houston, TX)	TBD
Region 12 Championships	TBN	Unlikely
<u>USATF X-C JOs</u>	TBN	Unlikely



# Registration

## ◆ Complete the following

- Online Registration at [www.northwestflyers.org](http://www.northwestflyers.org)
- Must submit birth certificate and 1 photo

## ◆ Registration fee \$285 for new 2020 members

- Team Uniform (competition jersey and shorts), T-shirt
- USATF Card w/ insurance
- Club Dues
- \$0 fee if you joined during the 2020 track season

## ◆ No Fundraiser buyout for XC

## ◆ Available discounts for new members only

- \$50 off for second child -> FLYMEM50
- \$75 off for third child -> FLYMEM75
- \$100 off for fourth+ child -> FLYMEM100

# Director's Recap

- ✦ The Northwest Flyers is a youth “track team”, Affiliated with USATF, a **competitive** development system for XC and youth track & field\*\*
- ✦ The team has a regular schedule of practices, competitions, and championships each season (75/75/100 minimum commitment level)
- ✦ The training sessions and competitions are age appropriate but physically challenging
- ✦ An excellent program for those who aspire to compete on their varsity middle school or high school XC / track team
- ✦ All **volunteer** program – no conflict of interests to meet salary, facility, & operating costs
- ✦ USATF certified coaching, teaching is our coaching method (camps, clinics, video)
- ✦ A sport for life – introduce kids to a healthy positive approach to running and fitness

*\*\* Note: this is not a recreational program*

# Age Divisions for 2020

*"The athlete's year of birth shall determine their competition bracket."*

## Age Division

## Year of Birth

✦ 8 & Under (prev Sub-bantam)	2012+*
✦ 9 & 10 (previously Bantam)	2010-2011
✦ 11 & 12 (previously Midget)	2008-2009
✦ 13 & 14 (previously Youth)	2006-2007
✦ 15 & 16 (previously Intermediate)	2004-2005
✦ 17 & 18 (previously Young M/W)	2002-2003

- **Top 5** athletes in the Regional Meet advance to JOs!
- 7-8 YO's can compete at Nationals (no 6YO's) \*
- Drug testing continues (Youth+)



# NWF Social Committee

## Parents, Get Connected !

- ◆ Team email list / newsletter (we don't phone chain!!!)
- ◆ NWF Web [www.northwestflyers.org](http://www.northwestflyers.org)
  - Posted practice schedule, meet schedule, contacts, documents
- ◆ NWF Athletic.net
  - Team performance data management
  - Roster administration
- ◆ NWF Twitter
  - Used for urgent messages
  - You must self register
- ◆ NWF Facebook
  - You must self register



Notes:

