



## Mudsock Cross Country Fall 2023



*Forté Sports Medicine and Orthopedics is honored to partner with Mudsock Youth Athletics as the official orthopedic and sports medicine provider. Forté's highly skilled, fellowship trained orthopedic surgeons and staff provide comprehensive, specialized sports medicine and orthopedic care to patients of all ages. Forté's certified athletic trainers offer on-site injury prevention consultation and injury screenings for Mudsock Youth Athletics leagues. For sudden injuries, Forté Fast Orthopedic Care, located in the Carmel and Noblesville clinics, offers same-day access to a specialist and treatment plan to get you or your family feeling better, faster. Learn more about [Forté Fast Orthopedic Care for Mudsock Youth Athletics and families](#).*

### Program Overview:

We are excited to offer 1<sup>st</sup> through 12<sup>th</sup> graders an opportunity to participate in cross country for the 2023 fall season. Our focus will be on fitness, fun and training to participate in meets. Cross country meets will include local meets and the USA Track & Field State Meet held in early November, with the opportunity to advance to Regionals (late November) and Nationals (early December). We will also compete in the YES and IYTA youth xc series. This will be a great introduction to cross country or an opportunity to expand and extend the cross country season offered by local schools. The full meet schedule will be available on the league website, which can be found under the programs tab at [myathletics.com](http://myathletics.com), prior to the season. We encourage athletes to participate in their school cross country programs during the season and run with us once their school program concludes.

### Registration:

Open fall registration will be held the month of May 2023. Registration will be accepted online at [myathletics.com](http://myathletics.com). Fall fees (early bird pricing) will be as follows:

- 1<sup>st</sup> through 12<sup>th</sup> graders (full season) \$105.00 includes participation in all IYTA sponsored meets.
- Junior high and high school (half season\*) \$70.00, includes participation in all IYTA sponsored meets.  
\*Applies exclusively to athletes running on school teams including 6<sup>th</sup> graders running up on junior high teams. Please contact Mudsock Youth Athletics if this option does not appear as an option for your child.

There will be a multi-player discount available for families registering three or more children. Early bird pricing will be available during the month of May. Beginning June 1<sup>st</sup>, registration fees will increase.

**When:**

The season runs from late August through early November, with Regional and National qualifiers able to compete into December. All ages practice Monday and Thursdays from 6 p.m. to 7:15 p.m. and Saturday mornings from 10:00 a.m. to 11:15 a.m. Please note, after daylight savings, practices are moved an hour earlier.



*As a family-owned company, Meijer aims to enrich the lives of families in the communities we serve and help ensure they are great places to live, work and play. Meijer is honored to partner with Mudsock Youth Athletics in its mission of bringing sports to local kids and support them in learning valuable life skills, building friendships, getting active and, most importantly, having fun!*

**Where:**

Most practices are held at Riverside Intermediate/Junior High School however other locations will occasionally be utilized within the HSE School district.

**Events:**

- 8 & under - 2000 meters
- 9 & 10 and 11 & 12-year-olds - 3000 meters
- 13 & 14-year-olds - 4000 meters
- 15-18-year-olds - 5000 meters

**USATF Age Groups:**

*\*Age is determined as of December 31<sup>st</sup>*

- 8 & under
- 9 & 10 year-olds
- 11 & 12 year-olds
- 13 & 14 year-olds
- 15 & 16 year-olds
- 17 & 18 year-olds

**Additional Costs:**

Athletes will be responsible for all travel plus the costs to enter non-IYTA meets. Please note that membership in USATF/YES are optional.

Non-Mudsock events fees are approximately \$10.00-\$20.00 per event. YES membership is \$10.

IYTA membership is at NO cost. USATF membership is \$20.

**Uniforms:**

There will be NO Uniform Distribution Day. Uniforms and spirit wear will be purchased directly through the vendor via a link. This link will be sent to all registrants via email, in our weekly newsletter and posted on our site. Please note, track and field AND cross country use the same uniforms which can be reused and/or passed down from season to season. It's our goal to minimize the cost as much as possible for your athletes to participate in our league!

### **Adult Volunteering:**

Parents/Guardians will need to contribute 1-2 hours of volunteer work during each of our 2 home meets. Thank you!

### **Refund Policy:**

For the fall 2023 season, the refund policy will be as follows:

May 1 – June 15<sup>th</sup> – Refund after \$32 non-refundable fee

June 16<sup>th</sup> – July 15<sup>th</sup> – 50% refund after the \$32 non-refundable fee

July 16<sup>th</sup> – July 31<sup>st</sup> – 25% refund after the \$32 non-refundable fee

After July 31<sup>st</sup> – No refund

Any additional fees incurred for registration completed after May 31<sup>st</sup> are also non-refundable.

### **Connect With Us:**

Visit our site [trackxc.myathletics.com](https://trackxc.myathletics.com).

Follow us on [Facebook](#) and [Instagram](#).



*Franciscan Health is a proud partner of Mudsock Youth Athletics. Open in Carmel, our Franciscan ExpressCare is ready to see you for all your urgent care needs. We treat minor illness and injuries in-person or virtually. No appointment needed. Walk-ins welcome! For more information or to launch a virtual urgent care visit, go to [FranciscanExpressCare.org](https://FranciscanExpressCare.org) and Get in. Get out. Get better!*

