

BROCAW BLAZERS
2023 CC Coaches National Youth Championships
Itinerary

TRANSPORTATION SCHEDULE

Thursday; November 16

- 11:45am - Leave Wichita Area. We will be carpooling from Wichita to KC. Meet at Kansas Turnpike Headquarters located at 9401 East Kellogg. Take the east Wichita Turnpike Exit. Get in the right hand lane and you'll run into it. If you have trouble finding them call them at (316)682-4537. Cars may be left there in front of the building. Curtis Hernandez will coordinate the loading here. Call him at (316)258-9369 if you have questions.
- 2:15pm - Kansas City Area. Begin loading at [Target](#) located off I-35 in Olathe, KS. Take the 119th Street exit and head east. Go south at the first street past Strang Line and you will run into our parking area. Please park in their NE parking lot facing 119th Street. Target cannot be held liable for any damages to your car. Please carpool from your area as there is limited space. If you have trouble finding Target, please call Coach Ramsey at (816)365-7938.
- 3:00pm - Leave Olathe. Bring healthy snacks as well as a sack lunch.
- 3:35pm - Pick-up at Home Depot. From I-70 go south on Lee's Summit Rd. It is located just behind Cracker Barrel. Let me know **ASAP** if you are getting on there. Do not leave cars there at the risk of towing.
- 5:35pm - Columbia, MO Area. Loading will be at the Firestone just south of Exit 125 on I-70.
- 7:30pm - Dinner provided on the move.
- 8:20pm - Arrive in Collinsville, IL for the night. The Double Tree Hotel (618)345-2800 is located at 1000 Eastport Plaza Drive in Collinsville, IL 62234 just off of Exit 11 on I-70.
- 10:30pm - LIGHTS OUT!!!

Friday; November 17

- 7:00am - Breakfast will be provided by our group.
- 8:40am - Leave for Louisville, KY. Dress in long sleeved team shirts for team picture and warm-up at the course.
- Noon - Lunch will be provided on the move.
- 2:15pm - Arrive at EP Tom Sawyer Park site of the CC Coaches National Youth Championships for walk/jog (EST) through, strides, stretching and team picture. The course is reached by taking I-64 East from St Louis. The address is 3000 Freys Hill Rd in Louisville, KY 40241.

NOTE - Parent's meeting will take place on the buses during the course walk through.

- 4:00pm - Check into the Radisson Louisville North located at 505 Marriott Drive in Clarksville, IN. The phone number for the Radisson is (812)283-4411.
- 4:35pm - Leave for buffet dinner **in shifts by age groups** at Golden Corral which is located at 1402 Cedar St in Clarksville about six minutes North on I-65 from the Radisson. A coach will lead your group to the Golden Corral. The cost for those not on the bus is \$7.00 for ages 4-8, \$8 for ages 9-12 and \$18.00 for everyone else. Price includes gratuity. The runners will be drinking water on Friday. You must pay the Brocaw Blazers in order to get this price.
- 6:15pm - Team meetings in the Radisson's York Room. Starting with the 6-8 girls and boys teams. The 9&10 girls and boys will be next, before starting; 11&12, 15&16, 17&18 then 13&14 girls and boys. The 15-18 girls and boys will pick up their team uniforms during the 6-8 girls and boys meetings.
- 10:00pm - LIGHTS OUT!!!

Saturday; November 18

- 6:00am - Begin serving breakfast in the York Room.
- TBA - Buses leave for course.

RACE SCHEDULE

15 & 16 Girls	9:00 am	15 & 16 Boys	9:30 am
17 & 18 Girls	9:00 am	17 & 18 Boys	9:30 am
6 - 8 Girls	10:00 am	6 - 8 Boys	10:25 am
Race of Americas (8&U)	10:45 am		
9 & 10 Girls	11:15 am	9 & 10 Boys	11:45 am
11 & 12 Girls	12:15 pm	11 & 12 Boys	12:45 pm
13 & 14 Girls	1:15 pm	13 & 14 Boys	1:45 pm

Awards will be presented after each race.

AWARDS

The award ceremony for each race should start 45 min after your race start time. Medals will be awarded to the top 25 finishers by age in each race. Team plaques will be presented to the top three teams in each age division and CC Coaches National Youth Championship plaques will be presented to each member of the top three teams.

SATURDAY NIGHT

We will go back to the Golden Corral for a buffet meal in shifts from the course. The Golden Corral is located at 1402 Cedar St in Clarksville, IN. A coach will lead your group to the Golden Corral. The cost for those not on the bus is \$7.00 for ages 4-8, \$8 for ages 9-12 and \$18.00 for everyone else. Price includes gratuity and drinks. You must pay the Brocaw Blazers in order to get this price.

The first ever Brocaw Blazers Halloween Competition will be held Saturday night at the team hotel. Prizes will be awarded to both the boys and girls age group team with the best group skit about anything to do with cross country. See if you and your team can impress Coach Ramsey and his fellow judges. The coaches will have a great skit as well. You will then be able to enjoy some entertainment as well as fun and games with the team. These activities will allow the team a better opportunity to know each other.

RETURN TRIP

Sunday; November 19

6:00am - Breakfast begins in the York Room.

8:00am - Head back to Kansas City. Your athlete will call you when we are on the road to give you a more accurate time of arrival at your particular pick-up location. I estimate that we will be back in KC about 4:00pm Sunday afternoon.

NOTES

- Please let our carpool coordinator know if you need a ride from the Wichita area. Contact Curtis Hernandez at (316)258-9369.
- If you can't reach me for some reason before we leave, please call Shannon Smith at (816)716-1908.
- Meals that aren't listed above will be announced on the road.
- There will be a rooming list at the front desk at night if anyone needs to reach you.
- There is a restroom and DVD player on each bus.
- Stop drinking carbonated beverages (that means pop) **NOW** until after nationals. If you need an explanation, just ask me on the bus.
- **For more info on the meet go online at <http://www.youthcrosscountry.org>**

COST

The bus, lodging and all food will be \$200 for athletes and \$220 for parents. This will allow me to pay one bill at the Golden Corral and make eating faster. The cost for national meet registration is \$20 and your team membership is \$40 if you did not compete at Grain Valley. This includes both the YES-Athletics membership and two team shirts. If you have never run at nationals before, you must bring a copy of your birth certificate, passport or driver's license to the bus. **Bring all paperwork (YES-Athletics membership & National Meet Waiver) and money owed in an envelope with your name on it to the bus.** I must have this by Wednesday night if you are not riding the bus. Make any checks payable to the Brocaw Blazers. Let me know if the expense is a problem. I will work something out. For those runners not riding the bus, there is an additional \$30 fee to help pay for the coaches to attend the national meet.

TO BRING

- Sack lunch for Thursday if you have not eaten. There will be fruit on the bus as well.
- Running gear. I will have racing tops for everyone. They are royal blue with red lettering. **All runners on the team must wear solid red shorts with no other colors except for a logo, they are mandatory.** Let me know if you are having trouble finding plain red racing shorts. The only items that have to be the same are the shorts and top. Bring light gloves, racing tights, two (2) short and long sleeve t-shirts, warm-ups, training shoes, racing shoes (if you do not have any I probably have a pair) and an extra pair of racing socks.
- **Anyone who has a Brocaw Blazers racing singlet/top please bring them. We are missing 10 racing tops! If you have one let me know!**
- Good healthy food (**no pop**) to snack on until the return trip home from the meet.
- Water bottles. There will be water and fruit on the buses.
- Games, reading material, iPod, DVD's, and any **homework** you have.
- Pillow and a light blanket. Remember you may be sleeping while we travel.
- At least one towel that you don't mind getting dirty after the race.

VERY IMPORTANT

If you have not run at nationals with us before or you did not bring a copy of your birth certificate, passport or driver's license with you to Grain Valley, you must bring it with you to nationals. Remember to include the \$20 entry fee with your check for the bus if you did not pay the entry fee in Grain Valley at the Missouri Valley CCCNYC Meet.

Please get spring water for the bus in your water bottle on Thursday and bring an extra bottle. Most types of spring water will work except **DO NOT GET** SMART WATER OR OZARKA. Coach Ramsey would prefer Ice Mountain, Crystal Geiser, Fiji or Evian if possible. He will provide all the water needed for Friday and Saturday.

I look forward to another successful, educational and fun-filled trip. If I can answer any other questions, do not hesitate to call me at (816)365-7938. I look forward to seeing you on the bus, in Louisville or somewhere in between. Until then...**Keep on dreaming of winning another bet with Coach Ramsey!**