Norwin Middle School Cross Country - 2023 Summer Training and Information: “Pride, Tradition, and Family”

Middle School Head Coach: Varsity Head Coach:

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**What is Cross Country:**

* A Norwin School District sponsored team for students in grades 7 and 8 that enjoy running
* We compete against other MS teams at after-school meets, along with 2 – 3 Friday / Saturday invitationals
* Our races are usually around 1.75 miles (3K) and are typically run through fields and woods
* We have optional summer conditioning workouts and practice daily after school until 4:30 / 4:45 PM
* Our practices are held on campus (Hillcrest lawns) or at Oak Hollow Park in North Huntingdon (Monday-Friday)
* On “Oak Hollow practice days”, students are bused to Oak Hollow Park; parent pick up **AT THE PARK** is at 4:30 / 4:45 PM.

**What you need to do to join the team:**

**(1) Sign up for** [**Roster**](https://docs.google.com/forms/d/1jO3f6HxXTZMZXxBNlad9KNgByt9I4K0eionnerBQzE0/edit) **(all athletes)**

**(2) Sign up for** [**Remind**](https://www.norwinxc.com/middle-school-info.html)(if NOT getting messages or new to XC). Remind is a convenient way to receive pertinent information on your phone. Classes can be joined at: <https://www.remind.com/join>. **More info at**: <https://assets.remind.com/marketing/pdfs/remind-overview-parents.pdf>

8th Grade Student Remind Code: **@NMSXC2028** 7th Grade Student Remind Code: **@NMSXC2029**

8th Grade Guardian Remind Code: **@NMSAdult28** 7th Grade Guardian Remind Code: **@NMSADULT29**

Program Twitter account is **@norwinxc**

**(3) Get Physical (Free School physical OR from doctor’s office/ MedExpress) and Upload PIAA form to Family ID**

Family ID Link: <https://www.familyid.com/organizations/norwin-school-district-athletic-department>

PIAA Section 7 form (must be signed by doctor & uploaded) and help with uploading: ([click here](file:///C%3A%5CUsers%5Cnanassy.neal%5CDocuments%5CNorwin%5CXC%5C2022%5CYear%20to%20Year%5CSection%207%20Physical%20Form.pdf))

\*A physical is not needed for summer activities within any school district sponsored sport

Important Dates:

* July 12: Free school physical @ Norwin High School
* June 26 – June 29: Cross Country Camp from 6:00 - 8:00 PM at Oak Hollow Park.
* This is open to any runners in grades 6-12. Even if you are not sure about joining

the team, you are still welcome to attend the camp.

* Summer running: Tuesday and Thursday evenings through summer, starting July 6th

from 6:30-8:00 at Oak Hollow Park- these non-mandatory runs will go until August

* First official week of practice: Monday, August 14 – Friday August 18, @ Oak Hollow.
* Starting Aug 14th, must have completed physical to practice w/ team- NO EXCEPTIONS
* Saturday, September 2nd: 1st Invitational; Tuesday, October 3: Final Invitational

All information can also be found on the Norwin XC website ([www.norwinxc.com](http://www.norwinxc.com))

Be sure to navigate to the MIDDLE SCHOOL tab for our team’s information.

**SUMMER RUNNING:** This is crucial to get prepared for the season. Running a
a few times per week in the summer is CRUCIAL to prepare athletes for the season.

Cross Country Camp in June will provide students with some great workouts to help

them prepare in the off-season. Effort given over the summer is very noticeable

when the season starts. *Tip: It is much easier to run with others than by oneself!*

**“Cross Country is a summer sport that is played out in the fall"**

**-Coach Sage Canaday**