Norwin Middle School Cross Country ~Parent Meeting ~08-18-23~7 PM~Norwin Stadium Bleachers

1. Website: <https://www.norwinxc.com/middle-school-info.html> or ‘Google’ Norwin XC, **Choose MS Info**
2. Practices
   * 1. Monday, Wednesdays, Thursdays 3:00 – 4:45 (students bussed to Oak Hollow)
     2. Fridays 3:00 – 4:30 (pickup in Hillcrest Parking Lot)
3. Meets/Invitationals
   * 1. See schedule – **Tuesday** meets will usually have girls running at 4 PM, boys at 430 PM
     2. 1 Saturdays, 2 Fridays, and end of season championship on first Tuesday of October
4. Transportation
   1. Students will be bused **to and from** away meets and invitationals (to Middle School)
5. Permission to leave meets/invitationals
   1. No one can leave a meet without parental release (link on website)
6. Speed Limit Oak Hollow Park / campus (we are guests) and driving direction (counter-clockwise route)
7. Uniforms/Shoes (students responsible for their own shoes, spikes are not necessary)
8. Students are provided team uniforms; please return promptly at end of season
9. Handbook (hard copy handed out + on website and in Google Classroom)
   1. Outside sports / activities
   2. Hydration, Nutrition, rest / care for body
   3. Program, team, individual
   4. Injury prevention and management
   5. Support the FAMILY; appreciate and cheer on everyone with good sportsmanship
10. Communication/ Weather
    1. Practice may end early for thunder / lightning. You may come early if severe weather hits (we may cancel during the school day, in which case your child will ride their normal bus home).
    2. **Sign up for Remind** (if NOT getting messages or new to XC). Remind is a convenient way to receive pertinent information on your phone. Classes joined at: <https://www.remind.com/join> or text code to 81010

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

8th Grade Guardian Remind Code: **@NMSAdult28** 7th Grade Guardian Remind Code: **@NMSAdult29**

* 1. Program Twitter account is **@norwinxc**
  2. Missing (or arriving after 1030 AM/leaving before 1030 AM) school – cannot participate that day
  3. **Absentee Form: On Middle School Page of website**

1. Meet/Invitational Preparation
   1. Change of shoes/ shoes/ socks/ plastic bags; outerwear appropriate for weather
   2. Wear your uniform to competitions
   3. Food/T-shirts are often for sale at invitationals
2. Picture Day
   1. A professional photographer will take a team photo and individual photos
   2. Team and individual photos: **Monday, August 28**
3. Spirit wear sale
   1. Optional cross country spirit wear (Items shipped to your home address, link on MS XC website)
   2. C:\Users\Thom Swenson\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\J4A4TRGR\MC900150155[1].wmf<https://norwinxc.gearupsports.net/index.php?route=common/home>
4. Parent Volunteers
   1. Drinks/Snacks for meets (Sign-up on MS XC website)
5. Miscellaneous
   1. Academic and/or behavior issues will be first communicated to students, and then to parents if issues persist
   2. Communication is key
   3. Injuries: Use trainers, not Med Express if possible (need a note to return to cross country if you visit an outside office)
   4. Notify coach of medical concerns (we can carry epipen, inhaler, etc)

**Coaches: High School: Brian Fleckenstein, Ray Rakvic, Dave Dansak, Eric Rankin**

**Middle School: Neal Nanassy, Brian Cuturilo, Dan Butina**

Aug/ Sept/ Oct 2023

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| **20** |  | **21** |  | **22** |  | **23** |  | **24** | **1st Day of School** | **25** |  | **26** |  |
|  | | **Practice** 6:30-8:00 pm | | **Practice** 6:30-8:00 pm | | **Practice** 6:30-8:00 pm | | **NO PRACTICE** | | Practice after school | |  | |
|  | | @ Oak Hollow | | @ Oak Hollow | | @ Oak Hollow | | --ride bus home | | 3:00-4:30 @ Hillcrest | |  | |
|  | |  | | Scrimmage moved: 8/31 | |  | |  | |  | |  | |
|  | |  | |  | |  | |  | |  | |  | |
| **27** |  | **28** |  | **29** |  | **30** |  | **31** |  | **1** |  |  | **2** |
|  | | Practice after school from | | Away meet @ Renzie Park | | Practice after school from | | **Scrimmage Home 4 PM** | | **Practice Cancelled:** | | Cal U Invite | |
|  | | 3:00-4:45 @ Oak Hollow | | 4 PM vs McKeesport | | 3:00-4:45 @ Oak Hollow | | vs Plum, Penn Trafford | | 3 meets in same week! | | Busses leave | |
|  | |  | | Students dismissed 2:30 PM | |  | |  | |  | | 7 AM | |
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| **3** |  | **4** | **LABOR DAY** | **5** |  | **6** |  | **7** |  | **8** |  | **9** |  |
|  | |  | | Away Meet vs Hempfield | | Practice after school from | | Practice after school from | | Norwin @ Franklin Regional | |  | |
|  | |  | | 4 PM behind Hempfield Stadium | | 3:00-4:45 @ Oak Hollow | | 3:00-4:45 @ Oak Hollow | | Invitational, Shields Farm | |  | |
|  | | **No practice!** | | Students dismissed @ end | |  | |  | | Students dismissed @ | |  | |
|  | |  | | 7th period (2:09 PM) | |  | |  | | end 6th period (1:22 PM) | |  | |
| **10** |  | **11** |  | **12** |  | **13** |  | **14** |  | **15** |  | **16** |  |
|  | | Practice after school from | | Home Meet vs GCC/Kiski | | Practice after school from | | Practice after school from | | Norwin @ Kiski Invitational | |  | |
|  | | 3:00-4:45 @ Oak Hollow | | 4 PM @ Oak Hollow | | 3:00-4:45 @ Oak Hollow | | 3:00-4:45 @ Oak Hollow | | (Northmoreland Park) | |  | |
|  | |  | | Students dismissed end of | |  | |  | | Students dismissed @ | |  | |
|  | |  | | activity period (first wave) | |  | |  | | end 5th period (12:04 PM) | |  | |
| **17** |  | **18** |  | **19** |  | **20** |  | **21** |  | **22** |  | **23** |  |
|  | | Practice after school from | | Away Meet vs Latrobe | | Practice after school from | | Practice after school from | | Practice after school from | |  | |
|  | | 3:00-4:45 @ Oak Hollow | | @ Latrobe Campus | | 3-4:45 @Norwin Stadium | | 3:00-4:45 @ Oak Hollow | | 3:00-4:30 @ Hillcrest | |  | |
|  | |  | | Students dismissed @ end | |  | |  | |  | |  | |
|  | |  | | 7th period (2:09 PM) | |  | |  | |  | |  | |
| **24** |  | **25** |  | **26** |  | **27** |  | **28** |  | **29** |  | **30** |  |
|  | | Practice after school from | | Away Meet vs Indiana, 4 PM | | Practice after school from | | Practice after school from | | Practice after school from | |  | |
|  | | 3:00-4:45 @ Oak Hollow | | @ White Township Rec Cent. | | 3:00-4:45 @ Oak Hollow | | 3:00-4:45 @ Oak Hollow | | 3:00-4:30 @ Hillcrest | |  | |
|  | |  | | Students dismissed end 6th | |  | |  | |  | |  | |
|  | |  | | Period (1:22 PM) | |  | |  | |  | |  | |

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| **1** |  | **2** |  | **3** |  | **4** |  |
|  | | Practice after school from | | **WAADA Championship** | | End of Year Celebration | |
|  | | 3:00-4:30 @ Hillcrest | | @ White Oak Park, 3 PM | |  | |
|  | |  | | Students dismissed end 6th | |  | |
|  | |  | | period (1:22 PM) | |  | |

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**$10 Donation—maximum $35 per family (make checks payable to “Norwin Cross Country”)**

Runner’s NAME(s) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Grade \_\_\_\_\_\_\_\_\_

Parents’ NAMES \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

EMAIL Address\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

HOME Phone Number \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_CELL Phone Number\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_