



2020 Norwin Cross Country

www.norwinxc.com

Summer Training and Information “Pride, Tradition, and Family”

How to Join:

- (1) Sign up for [Roster](#) (all athletes)
- (2) Sign up for [Remind](#) (if NOT getting messages or new)
- (3) Get Physical and Upload PIAA form to Family ID
 - Family ID Link: <https://www.familyid.com/programs/norwin-school-district-fall-2020-athletic-registration>
 - PIAA Section 6 form: ([click here](#)—must be signed by doctor & uploaded)

Coaching Staff:

Head Coach:	Brian Fleckenstein (bfleckenstein@norwinsd.org)
Assistant Coach:	Paul Henry (paul.henry@adelphoi.org)
Middle School Coach:	Neal Nanassy (nnanassy@norwinsd.org)
Athletic Trainers	Dave & Angie Snowberger (dsnowberger@norwinsd.org or asnowberger@norwinsd.org)

Key Dates:

Mondays & Wednesdays & Saturdays July 1 through Start Season = Team Recreational Running

**To be determined by PIAA and WPIAL

August 17-21, 2020 = “Mandatory” Official Practice @ Oak Hollow 3:30-5:30 pm

Must have a physical before you can practice with team.

NO EXCEPTIONS!!!!!!

August 24th --season = Practice after school @ 2:45-5:00

Norwin will bus students to Oak Hollow. Must provide transport home.

Summer Training:

WEEKLY UPDATES posted on website: <http://www.norwinxc.com/summer-info.html>

See handout on summer running workouts depending upon your ability, but the bottom line is that running in the summer is NOT an option; it is a necessity. You **can not** “survive” cross country without putting in the work in the off season. Devote 30 to 60 minutes 4-6 times per week to running, and the rewards will be worth the effort. It is best to call a friend(s) and work out together; running in groups is more effective for training.

Best of luck! Have fun and go run!

