

## 2020 Norwin Middle School Cross Country Teams Finish Successful Season

The Norwin Knights Middle School Cross Country Team concluded a successful, championship-winning season at the beginning of October, in a season not quite like any other. Over 80 Norwin student athletes adapted to limited summer workouts, constraints during practices, and fewer competitions to achieve admirable accomplishments during the seven week season. Congratulations to this year's team for their noteworthy achievements!

Norwin Middle School Cross Country was cleared to begin team workouts in August, which required individual motivation from the athletes during the summer months to train and prepare for the season. Once practices were permitted to occur, Norwin's coaches split the 80+ athletes into two or three groups to allow for distancing during workouts. This proved to be beneficial (extra individual attention being able to be given to athletes with the smaller groups practicing) but also challenging (less opportunities than in a normal season for team bonding). The team adjusted to these circumstances admirably, with the men's team accomplishing:

- Finishing with a 7-1 record in meets (only a split squad was available for the team's only loss)
- A runner-up finish to Hempfield at the 15-team Freeport Invitational
- A revenge victory to defeat Hempfield and 7 other schools at the Westmoreland Cross Country Championships, with several runners step up to give all-out performances.

The lady's team had several accomplishments of their own, including:

- Finishing with an 8-0 record in meets
- A team championship at the 15-team Freeport Invitational
- A nail-biting, extremely close victory to defeat (you guessed it) Hempfield and 7 other schools at the Westmoreland Cross Country Championships, which saw several truly incredible performances by athletes who gave their top performances of the season.

Norwin's Middle School coaches were thrilled with these strong team performances throughout the season, keeping the tradition of strong performances from Norwin's Middle School cross country teams. However, each athletes contributions to the team should be noted as well – individual improvements were plentiful throughout the season, which is a testament to hard work and commitment.

Norwin's Middle School coaching staff would like to thank the varsity coaches for their guidance, as well as Norwin's high school athletes for their 'older brother / sister' role in helping the middle school athletes to become a part of the Norwin XC family. Thank you to Norwin's Athletic Department and Administration for their support and work to help make this a successful season. Finally, the biggest thank you goes to our athletes for their dedication, positive attitudes, and full efforts through this challenging season. We coaches truly appreciate your commitment!

Meetings will occur in May at both the middle school (for 7<sup>th</sup> grade) and Hillcrest (for 6<sup>th</sup> grade) in anticipation of the Fall 2021 XC season. If you are a boy or girl interested in joining a sport with healthy competition amongst teammates, worthwhile and (at times) fun practices like scavenger hunts & 'sports skills competition', countless friends to be made, and a winning tradition, please consider coming to summer optional workouts to see if cross country is for you! We complete various workouts that promise to improve your conditioning and make you a better overall athlete. The best thing you can do to prepare yourself for success in cross country is to not wait! It's never too early to begin running a few times per week or to join a sport to help make you more active. Thank you to all involved who helped make our season a success!

Coaches Neal Nanassy, Dan Butina, and Veronica Richardson