



2023 Norwin High School 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
--before “official” season on Aug. 14, 2023
- (4) Join Strava Run Club to log mileage
<https://www.strava.com/clubs/NorwinXC>

Coaching Staff:

Head Coach:	Brian Fleckenstein (fleckenstein.brian@norwinsd.org)
Assistant Coach:	Ray Rakvic (rakvic.raymond@norwinsd.org)
Middle School Coach:	Neal Nanassy (nanassy.neal@norwinsd.org)
Athletic Trainers	Dave & Angie Snowberger (dsnowberger@norwinsd.org or asnowberger@norwinsd.org)

Key Dates:

June Orientation & Training Plan: Monday May 22, 2023 at Oak Hollow

**Team meeting to discuss dates, training, goals, etc. @ Oak Hollow at 6:00—7:30 pm

Camp & “Off Season Kick Off” = June 26-30, 2023 @ Oak Hollow Park in evenings

--more details on website and brochure

Monday/ Wednesday (7:30-9:30 @ HS) & Tuesday/ Thursday (6:15-8:00 pm @ Oak Hollow July 5 through **Start**

Season = Team Recreational Running

**we will communicate through REMIND and website.

August 14-19, 2023 = “Mandatory” Official Practice @ Oak Hollow (times = TBD)

Must have a physical before you can practice for Official Season NO EXCEPTIONS!!!!!!

August 21st through 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>

- Website Workouts will be updated beginning Monday JUNE 5, 2023.
- 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. #1 Performance indicator = Volume of training
- You **can NOT** “survive” high school 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.