

2024 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](#) (new athletes only)
- (3) Get Physical and Upload PIAA form to FamilyID
--before “official” season on Aug. 12, 2024
- (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 Trainer	Angie Snowberger (snowberger.angela@norwinsd.org)

Key Dates:

June Orientation & Training Plan: Wednesday May 22, 2024 during homeroom

**Team sign up in the cafeteria during Activity period

Camp & “Off Season Kick Off” = June 24-27, 2024 @ Oak Hollow Park in evenings

--more details on website and brochure

Monday/ Wednesday (7:30-9:30 @ HS) & Tuesday @ White Oak 6:15-8:00 pm/ Thursday (6:15-8:00 pm @ Oak Hollow/ Saturdays 7:30-9:00 am @BY Park July 1 through August 10th

--“Mandatory” Official Practice @ Oak Hollow Monday Aug. 12, 2024 (6:00-8:00 pm)

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

July 7-11, 2024: Nike XC Camp @ Appalachian State (optional)

Friday Aug. 16, 2024: ‘Knight under the Lights’--3K time trial & parent meeting at HS Track 7:30-9:00 pm

August 22nd 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 Summer Workouts will be updated beginning Monday JUNE 10, 2024
- 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.