NORWIN XC
High School Summer Info

https://www.norwinxc.com/summer-info.html

Coach Fleckenstein: fleckenstein.brian@norwinsd.org
Coach Rakvic: rakvic.raymond@norwinsd.org
Coach Nanassy (middle school): nanassy@norwinsd.org

Steps to Join NorwinXC (not a commitment, just a sign up):

SCAN ME

(1) FIll out 2026-27 Sign Up

(2) Sign up for Remind Messaging

Remind is a convenient way to receive pertinent information on your phone.

(a) To join, text codes below to 81010 or at: https://www.remind.com/join

HS Athletes Remind Code: @norwinxc HS Parents Remind Code: @nxcparents

(3) View the Summer Calendar + come run w/us

Other key information about summer cross country, see links below.

- **Summer Physicals/ Family ID:** Date TBD (usually in July) @ Norwin
- **NorwinXC Camp Registration:** https://www.norwinxc.com/xc-camp.html
- **NorwinXC Team Clothing:** (click here)
  –store open ALL YEAR ROUND. Clothes ship to your house in 14 days or less.
- **High School Off Season Workout Links:** (Click here)

"Cross Country is a summer sport that is played out in the fall"--Coach Sage Canaday