



Norwin Cross Country

Parent Meeting 2023



www.norwinxc.com (Twitter or X or whatever Elon Musk calls it) = @NorwinXC

To Join Remind Parent Messages: Text 81010 with message @pnorwintf

Coach Fleckenstein: fleckenstein.brian@norwinsd.org OR Coach Rakvic: rakvic.raymond@norwinsd.org

**PARENT MEETING IS Friday August 18, 2023 in HS Bleachers after Pep Assembly
(assembly = 6:00/ Parent Meet 7:00)**

I. Donations

- Please donate \$30 per athlete OR \$50 per family if more than 1 Norwin XC Athlete in program
- NO CASH. Make checks payable to "Norwin Cross Country"

II. Schedule

- Practices** –SEE CALENDAR (paper or on website) [CALENDAR LINK](#)
 - If athlete going to miss, please have him or her email me or see me in person
- Meets/Invitationals**—Check website for more [info on each meet + results](#)
 - California Invitational (@ Cal U on Saturday Sept. 2)
 - Red, White & Blue Invite (@ White Oak Park on Sept. 9)
 - Blue Devil Invite (@ Buhl Park on Sept. 23)
 - Bald Eagle Invitational (@ White Oak on Saturday Sept. 30)
 - Westmoreland County Championship (@WCCC on Wed. Oct. 11)
 - TSTCA JV Championships— JV ONLY--(@ Cal U on Mon. Oct. 16)
 - WPIAL Championships (@ White Oak on Thursday Oct. 26) Varsity only
 - PIAA Championships (@ Hershey on Sat. Nov. 4) *qualify

III. Transportation

- Students will be bused from the high school to Oak Hollow Park after school.
- Students will be bused to and from meets and Invites (see website for locations <https://www.norwinxc.com/away-meet-maps--info.html>)
- Permission to leave meets/invitationals
 - MUST RIDE BUS TO AND FROM SECTION MEETS—we win/lose as a team
 - If Providing OWN transportation to or from a meet:
 - Must fill out [Google Form](#) the night before through Athletic website
 - Only transport self or immediate family. Can NOT travel with another athlete.

IV. Oak Hollow Park = We are GUESTS

- Speed Limit in Oak Hollow Park and drop-off route
- Please follow a counter-clockwise route as you drive through Oak Hollow

V. Uniforms/Shoes

- Students are provided team uniforms—passed out on Wed. August 16 at HS after practice.
 - THEY MUST RETURN ALL EQUIPMENT PROMPTLY AT END OF SEASON!!!!
- Athletes are responsible for their own training shoes--Spikes are available and warm up jackets
- Seniors get gifted Senior Jacket to keep

VI. Handbook –received at first week of practice

- No outside meets or Outside sports

- b. Eat and rest
- c. Program, team, individual....Support the FAMILY; appreciate and cheer on everyone with good sportsmanship
- d. Injuries – (1) Tell Coach immediately (2) Arrange to see trainers (3) =Medical Follow Up or Rehab

VII. Communication/ Weather

- a. WEBSITE: www.norwinxc.com– documents and important info saved here
- b. Remind.com Parent Messages: <https://www.remind.com/join/d97a64>
- c. Parent Emails sent occasionally
- d. Please be aware if the weather turns during practice. Practice may end early on a poor weather day, as we can't practice while there is thunder and lightning. You may come to park for child's safety.

VIII. Meet/Invitational Preparation

- a. Change of shoes/ shoes/ socks/ plastic bags; outerwear appropriate for weather
- b. Food/T-shirts for sale

IX. Picture Day

- a. A professional photographer will take a team photo and individual photos---**Monday August 28th** for high school. Envelope order forms will be sent home.
- b. **Spirit Wear**—this year through GearUP SPORTS. Store is open all year....ships to house in 2 weeks
 - Uniforms for purchase (tights, shorts, tanks) to keep. Same design as school issued.

X. Parent Volunteers

- a. Drinks/Snacks for meets
- b. Senior Knight = Tuesday October 3rd @ Oak Hollow Home Meet
- c. Banquet = **Thursday Oct. 12, 2023**

----- Please cut here -----

\$30 Donation—maximum \$50 per family (make checks payable to “Norwin Cross Country”)

Runner’s NAME(s) _____ Grade _____

Parents’ NAMES _____

EMAIL Address _____

HOME Phone Number _____ CELL Phone Number _____

Willing to help with:

- | | |
|--------------------------------------|--------------------------------|
| _____ Anything – As Needed Basis | _____ Banquet Committee |
| _____ Invitational Donations | _____ Banquet Donations |
| _____ Invitational Set-up & Clean-Up | _____ Senior Night Recognition |

Return by Friday September 1, 2023 to Coach Fleckenstein