Norwin Middle School Cross Country ~Parent Meeting ~08-18-23~7 PM~Norwin Stadium Bleachers

1. Website: <https://www.norwinxc.com/middle-school-info.html> or ‘Google’ Norwin XC, **Choose MS Info**
2. Practices
	* 1. Monday, Wednesdays, Thursdays 3:00 – 4:45 (students bussed to Oak Hollow)
		2. Fridays 3:00 – 4:30 (pickup in Hillcrest Parking Lot)
3. Meets/Invitationals
	* 1. See schedule – **Tuesday** meets will usually have girls running at 4 PM, boys at 430 PM
		2. 1 Saturdays, 2 Fridays, and end of season championship on first Tuesday of October
4. Transportation
	1. Students will be bused **to and from** away meets and invitationals (to Middle School)
5. Permission to leave meets/invitationals
	1. No one can leave a meet without parental release (link on website)
6. Speed Limit Oak Hollow Park / campus (we are guests) and driving direction (counter-clockwise route)
7. Uniforms/Shoes (students responsible for their own shoes, spikes are not necessary)
8. Students are provided team uniforms; please return promptly at end of season
9. Handbook (hard copy handed out + on website and in Google Classroom)
	1. Outside sports / activities
	2. Hydration, Nutrition, rest / care for body
	3. Program, team, individual
	4. Injury prevention and management
	5. Support the FAMILY; appreciate and cheer on everyone with good sportsmanship
10. Communication/ Weather
	1. Practice may end early for thunder / lightning. You may come early if severe weather hits (we may cancel during the school day, in which case your child will ride their normal bus home).
	2. **Sign up for Remind** (if NOT getting messages or new to XC). Remind is a convenient way to receive pertinent information on your phone. Classes joined at: <https://www.remind.com/join> or text code to 81010

8th Grade Student Remind Code: **@NMSXC2028** 7th Grade Student Remind Code: **@NMSXC2029**

8th Grade Guardian Remind Code: **@NMSAdult28** 7th Grade Guardian Remind Code: **@NMSAdult29**

* 1. Program Twitter account is **@norwinxc**
	2. Missing (or arriving after 1030 AM/leaving before 1030 AM) school – cannot participate that day
	3. **Absentee Form: On Middle School Page of website**
1. Meet/Invitational Preparation
	1. Change of shoes/ shoes/ socks/ plastic bags; outerwear appropriate for weather
	2. Wear your uniform to competitions
	3. Food/T-shirts are often for sale at invitationals
2. Picture Day
	1. A professional photographer will take a team photo and individual photos
	2. Team and individual photos: **Monday, August 28**
3. Spirit wear sale
	1. Optional cross country spirit wear (Items shipped to your home address, link on MS XC website)
	2. ![C:\Users\Thom Swenson\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\J4A4TRGR\MC900150155[1].wmf]()<https://norwinxc.gearupsports.net/index.php?route=common/home>
4. Parent Volunteers
	1. Drinks/Snacks for meets (Sign-up on MS XC website)
5. Miscellaneous
	1. Academic and/or behavior issues will be first communicated to students, and then to parents if issues persist
	2. Communication is key
	3. Injuries: Use trainers, not Med Express if possible (need a note to return to cross country if you visit an outside office)
	4. Notify coach of medical concerns (we can carry epipen, inhaler, etc)

**Coaches: High School: Brian Fleckenstein, Ray Rakvic, Dave Dansak, Eric Rankin**

**Middle School: Neal Nanassy, Brian Cuturilo, Dan Butina**

Aug/ Sept/ Oct 2023

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| **20** |  | **21** |  | **22** |  | **23** |  | **24** | **1st Day of School**  | **25** |  | **26** |  |
|  | **Practice** 6:30-8:00 pm  | **Practice** 6:30-8:00 pm  | **Practice** 6:30-8:00 pm  | **NO PRACTICE** | Practice after school |  |
|  | @ Oak Hollow | @ Oak Hollow | @ Oak Hollow | --ride bus home | 3:00-4:30 @ Hillcrest |  |
|  |  | Scrimmage moved: 8/31 |  |  |  |  |
|  |  |  |  |  |  |  |
| **27** |  | **28** |  | **29** |  | **30** |  | **31** |  | **1** |  |  |  **2** |
|  | Practice after school from | Away meet @ Renzie Park | Practice after school from | **Scrimmage Home 4 PM**  | **Practice Cancelled:** | Cal U Invite |
|  | 3:00-4:45 @ Oak Hollow | 4 PM vs McKeesport | 3:00-4:45 @ Oak Hollow | vs Plum, Penn Trafford | 3 meets in same week! | Busses leave |
|  |  | Students dismissed 2:30 PM |  |  |  | 7 AM  |
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| **3** |  | **4** | **LABOR DAY** | **5** |  | **6** |  | **7** |  | **8** |  | **9** |  |
|  |  | Away Meet vs Hempfield | Practice after school from | Practice after school from | Norwin @ Franklin Regional  |  |
|  |  | 4 PM behind Hempfield Stadium | 3:00-4:45 @ Oak Hollow | 3:00-4:45 @ Oak Hollow | Invitational, Shields Farm |  |
|  | **No practice!**  | Students dismissed @ end |  |  | Students dismissed @  |  |
|  |  | 7th period (2:09 PM) |  |  | end 6th period (1:22 PM) |  |
| **10** |  | **11** |  | **12** |  | **13** |  | **14** |  | **15** |  | **16** |  |
|  | Practice after school from | Home Meet vs GCC/Kiski | Practice after school from | Practice after school from | Norwin @ Kiski Invitational |  |
|  | 3:00-4:45 @ Oak Hollow | 4 PM @ Oak Hollow | 3:00-4:45 @ Oak Hollow | 3:00-4:45 @ Oak Hollow | (Northmoreland Park) |  |
|  |  | Students dismissed end of  |  |  | Students dismissed @  |  |
|  |  | activity period (first wave) |  |  | end 5th period (12:04 PM) |  |
| **17** |  | **18** |  | **19** |  | **20** |  | **21** |  | **22** |  | **23** |  |
|  | Practice after school from | Away Meet vs Latrobe | Practice after school from | Practice after school from | Practice after school from |  |
|  | 3:00-4:45 @ Oak Hollow | @ Latrobe Campus | 3-4:45 @Norwin Stadium | 3:00-4:45 @ Oak Hollow | 3:00-4:30 @ Hillcrest |  |
|  |  | Students dismissed @ end  |  |  |  |  |
|  |  | 7th period (2:09 PM) |  |  |  |  |
| **24** |  | **25** |  | **26** |  | **27** |  | **28** |  | **29** |  | **30** |  |
|  | Practice after school from | Away Meet vs Indiana, 4 PM | Practice after school from | Practice after school from | Practice after school from |  |
|  | 3:00-4:45 @ Oak Hollow | @ White Township Rec Cent. | 3:00-4:45 @ Oak Hollow | 3:00-4:45 @ Oak Hollow | 3:00-4:30 @ Hillcrest |  |
|  |  | Students dismissed end 6th |  |  |  |  |
|  |  | Period (1:22 PM) |  |  |  |  |

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| **1** |  | **2** |  | **3** |  | **4** |  |
|  | Practice after school from | **WAADA Championship** | End of Year Celebration |
|  | 3:00-4:30 @ Hillcrest | @ White Oak Park, 3 PM |  |
|  |  | Students dismissed end 6th |  |
|  |  | period (1:22 PM) |  |

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**$10 Donation—maximum $35 per family (make checks payable to “Norwin Cross Country”)**

Runner’s NAME(s) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Grade \_\_\_\_\_\_\_\_\_

Parents’ NAMES \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

EMAIL Address\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

HOME Phone Number \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_CELL Phone Number\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_