

Norwin Middle School Cross Country ~Parent Meeting ~08-16-24~7 PM~Norwin Stadium Bleachers

- I. Website: <https://www.norwinxc.com/middle-school-info.html> or 'Google' Norwin XC, **Choose MS Info**
- II. Practices
 - i. Monday, Wednesdays, Thursdays 3:00 – 4:45 (students bussed to Oak Hollow)
 - ii. Fridays 3:00 – 4:30 (pickup in Hillcrest Parking Lot)
- III. Meets/Invitationals
 - i. See schedule – **Wednesday** meets will usually have girls running at 4 PM, boys at 4:30 PM
 - ii. 2 Saturdays, 1 Friday, and end of season championship on first Wednesday of October
 - iii. *One change from schedule already printed – Sept 25 is a meet at White Oak Park, 3:30 start*
- IV. Transportation
 - I. Students will be bused **to and from** away meets and invitationals (to Middle School)
 - II. No one can leave a meet without parental release (link on website)
- V. Speed Limit Oak Hollow Park / campus (we are guests) and driving direction (counter-clockwise route)
- VI. Uniforms/Shoes (students responsible for their own shoes, spikes are not necessary)
- VII. Students are provided team uniforms; please return promptly at end of season
- VIII. Handbook (hard copy handed out + on website and in Google Classroom)
 - I. Outside sports / activities
 - II. Hydration, Nutrition, rest / care for body
 - III. Program, team, individual
 - IV. Support the FAMILY; appreciate and cheer on everyone with good sportsmanship
- IX. Communication/ Weather
 - I. 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).
 - II. **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: **@NMSXC2029** 7th Grade Student Remind Code: **@NMSXC2030**
8th Grade Guardian Remind Code: **@NMSAdult29** 7th Grade Guardian Remind Code: **@NMSAdult30**
 - III. Program Twitter account is **@norwinxc**
 - IV. Missing (or arriving after 1030 AM/leaving before 1030 AM) school – cannot participate that day
 - V. **Absentee Form: On Middle School Page of website**
- X. Meet/Invitational Preparation
 - I. Change of shoes/ shoes/ socks/ plastic bags (dew on grass); outerwear appropriate for weather
 - II. Food/T-shirts are often for sale at invitationals
- XI. Picture Day
 - I. A professional photographer will take a team photo and individual photos on **Monday, August 26**
- XII. Spirit wear sale
 - I. Optional cross country spirit wear (Items shipped to your home address, link on MS XC website)
 - II. <https://norwinxc.gearupsports.net/index.php?route=common/home>
- XIII. Parent Volunteers: Drinks/Snacks for meets (Sign-up on MS XC website)
- XIV. Miscellaneous
 - I. Academic and/or behavior issues will be first communicated to students, and then to parents if issues persist
 - II. Communication is key
 - III. IMPACT Concussion Screening 8/24 (good for two years)
 - IV. Injuries: Use trainers, not Med Express if possible (need a note to return to cross country if you visit an outside office)
 - V. 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, Natalie Janov, Clayton Nanassy

Impact Concussion Screening List (8/24, 8 AM, Location: _____)

Cora	Anselmino	Nolan	Pergar
Adam	Baumgartner Jr	Grayson	Philips
Eli	Bechtold	Brinley	Pierce
Dominic	Ber	Rory	Pihony
Jordyn	Beveridge	Lucas	Polen
Lindsey	Boyer	Angela	Precopi
Danika	Brummett	Edward	Precopi
Addison	Carpenter	Aubrey	Rinkes
Mason	Cendroski	Hayden	Salzer
Tallulah	Chaney	Taelyn	Sarocky
Maxwell	Closson	Jack	Sherman
Miles	Coco	Coen	Sokolowski
Grace	Dansak	Jameson	Sokolowski
Audrey	DiBernardo	Preanna	Stauffer
Hailey	DiVecchio	Sahana	Sthuthi
Peyton	Douglas	Camden	Szczepankowski
Grady	Fulton	Collin	Weaver
Zoe	George	Marilynn	Weber
Jacob	Griffin	Brayden	Young
Aubrey	Hamilton	Brody	Zalevsky
William	Henster	Grayce	Secrist
Ezra	Howard		
Ezekiel	Howard		
Maggie	Hudson		
Vincent	Irwin		
Delaney	Kamauf		
Harrison	Krance		
Emma	Kulasa		
Brenna	Leax		
Gianna	Lemne		
Josephine	Lenart		
Maggie	Long		
Tessa	Luffy		
Emerson	Macuga		
Caleb	Miller		

\$15 Donation—maximum \$60 per family (make checks payable to “Norwin Cross Country”)

Runner’s NAME(s) _____ Grade _____

Parents’ NAMES _____

EMAIL Address _____

HOME Phone Number _____ CELL Phone Number _____