Running Benefits

- ✓ Improved cardiovascular health
- ✓ Beneficial for slowing down the aging process
- ✓ Psychological benefits: most significantly runners typically report being happier and feeling less stressed
- ✓ Promote competitive nature with self and others
- ✓ Teamwork and bonding
- ✓ Develops self-discipline mentally and physically
- ✓ Run anywhere, anytime, any conditions

"A lot of people run a race to see who is fastest. I run to see who has the most guts, who can punish himself into an exhausting pace, and then at the end, punish himself even more. Nobody is going to win a 5,000 meter race after running an easy two miles. Not with me. If I lose forcing the pace all the way, well, at least I can live with myself."
--Steve Prefontaine

Key Dates and Information:

FREE Summer Physicals:
Fall sports physicals Date TBD @ high school
Check school & XC website for info

June 27-30, 2022:
Norwin Cross Country Camp @ Oak Hollow Park 6:00-8:00 pm.

Recreational Summer Running:
-Tuesday & Thursday 6:30-8:00pm
-Wednesday a.m. Lift/ Tempo run TBD
-Saturday long runs + destination runs

****Monday August 15, 2022:****
First official mandatory practice date 6:30-8:15 pm @ Oak Hollow
*Must have PHYSICAL to practice

Physical Questions:
Mr Michael Burrell (mburrell@norwinsd.org)
Angie Snowberger (asnowberger@norwinsd.org)
Dave Snowberger (dsnowberger@norwinsd.org)

Contact Information

High School:
Head Coach: Brian Fleckenstein
bfleckenstein@norwinsd.org
724.861.3005 ext. 3217

Middle School:
Neal Nanassy
nnanassy@norwinsd.org
724.861.3010 x4215

Norwin XC

Cross Country

Running Camp 2022
www.norwinxc.com
"Pride, Tradition, and Family"

Learn training tips, techniques, and workouts.

Improve speed and endurance.

Meet and bond with teammates.

"All guts, all out, can't lose"

June 27-30, 2022
6:00 pm—8:00 pm
@ Oak Hollow Park
North Huntingdon, PA 15642

Camp Information

Cost:

- $35.00/camper
- Make checks payable to "Norwin Cross Country".
- Includes t-shirt, snack, drink
- Bring ALL money and completed registration form and signatures on Monday June 27-30, 2022 from 5:30-6:00

Ages and Level:

- Runners entering sixth through twelfth grades
- Novice runners to advanced runners welcome.

Time & Location:

- 6:00-8:00 pm June 27-30, 2022 @ Oak Hollow Park
- Meet near the restroom behind playground lot

Daily Schedule

5:45-6:00
Parent drop off at lower pavilions
6:00-6:15
Warm up and stretching
6:15-6:45
Interval Work and training
6:45-7:00
Core workout for abs and legs
7:00-7:15
Speakers, video, snack + drink
7:15-7:45
Distance run
7:45-8:00
Evening closure activity

Family + Camper picnic on Thursday evening!!

Inclement Weather!!!!

Camp will take place in rain; however, if lightning occurs, camp will be cancelled for the evening and participants should be picked up promptly. Use your best judgment.

Cut along line and turn in with money on Monday June 27, 2022. Must have a parent signature!!!!

Name:_____

_____

Grade Entering in Fall:_____

Shirt Size *(circle one)*: **S M L XL**
(adult sizes)

Student Contact Information:

Cell #:_____

Email Address:

_____

_____

****Parent Signature Injury Release Waiver**:**

_____

** We understand that the Norwin School District and cross country coaching staff is NOT liable for any injuries or harm suffered during the camp. Your son/ daughter is physically healthy and capable for participating in the camp. All participation is voluntary and athletes and parents should use their own discretion.*

EMERGENCY CONTACT INFORMATION

PARENT NAME:

_____

PARENT CELL PHONE #:

_____

OTHER GUARDIAN CONTACT:
Name:_____

Phone #:_____