

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 26-29, 2023:

Norwin Cross Country Camp @ Oak Hollow Park 6:00-8:00 pm.

Recreational Summer Running:

-Tuesday & Thursday 6:15-8:00 pm @

Oak Hollow Park

-Monday/ Wednesday a.m. Lift/ Tempo run @ high school

-Saturday long runs + destination runs

Monday August 14, 2023:

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)

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



Cross Country

Running Camp 2023

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 26-29, 2023

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 26, 2023 from 5:30-6:00

Ages and Level:

- Runners entering 6th–12th
- Novice runners to advanced runners welcome.

Time & Location:

- 6:00-8:00 pm June 26-29, 2023 @ 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!!



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 26, 2023. 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 #: _____