Norwin Cross Country
June Parent Meeting 2025

www.norwinxc.com (Twitter or X) = @NorwinXC

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

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

I. Schedule

a. **Practices** –SEE CALENDAR (paper or on website) CALENDAR LINK
   1. Summer practice is all voluntary. We would like you to be at practice if you are in town and available.
   2. 2024 Schedule and Meet Info if planning ahead. We will follow similar schedule this year

b. **Key Summer Dates:**
   i. Mon. June 23-26…….NorwinXC Camp
   ii. Mon. June 30……..3K Marker Run @ HS Track
   iii. Wed. July 9……..Physicals at Norwin High (see below)
   iv. July 13-18……All American XC Camp in North Carolina (optional)
   v. Sat. July 26……..Family/ Team Picnic at Farrahs
   vi. Mon. Aug. 11……..1st Mandatory Official Practice
   vii. Fri. Aug. 15…….Pep Rally/ Time Trial under Lights/ Parent Meeting
   viii. Wed. Aug. 20……..First Day of School–STUDENTS
   ix. Sat. Aug. 23……Ohio Night Race
   x. Sat. Aug. 30……Gateway Invite @ Boyce Park

II. Family ID

a. Link: https://students.arbitersports.com/programs/norwin-school-district-summer-recreation-2025 .
b. Must be registered by Official Practice Monday August 11, 2025

III. Oak Hollow Park/ White Oak Park/ BY Park = We are GUESTS

a. Speed Limit and parking
b. Trail Etiquette

IV. 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.

V. Injuries/ hydration/ nutrition

a. Hydrate well before workouts + after
b. Must eat Carbs within 20-30 min.
c. Sleep and recover

VI. Workout Plan

a. Follow the plan/ Trust the Process
b. 12 athletes competing in college from 2025
c. Ask if any questions or additional work