

# Norwin Middle School Cross Country - 2024 Summer Training and Information: “Pride, Tradition, and Family”

Middle School Head Coach:  
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## What is Cross Country:

- A Norwin School District sponsored team for students in grades 7 and 8 that enjoy running
- We compete against other MS teams at after-school meets, along with 2 – 3 Friday / Saturday invitationals
- Our races are usually around 1.75 miles (3K) and are typically run through fields and woods
- We have optional summer conditioning workouts and practice daily after school until 4:30 / 4:45 PM
- Our practices are held on campus (Hillcrest lawns) or at Oak Hollow Park in North Huntingdon (Monday-Friday)
- On “Oak Hollow practice days”, students are bused to Oak Hollow Park; parent pick up **AT THE PARK** is at 4:30 / 4:45 PM.

What you need to do to join the team:

**(1) All athletes sign up for Roster and Google Classroom: Code fqftieb**

**(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 can be joined at: <https://www.remind.com/join>. **More info at:** <https://assets.remind.com/marketing/pdfs/remind-overview-parents.pdf>

8<sup>th</sup> Grade Student Remind Code: **@NMSXC2029**

7<sup>th</sup> Grade Student Remind Code: **@NMSXC2030**

8<sup>th</sup> Grade Guardian Remind Code: **@NMSAdult29**

7<sup>th</sup> Grade Guardian Remind Code: **@NMSXC2030**

Program Twitter account is **@norwinxc**

**(3) Get Physical (Free School physical OR from doctor’s office/ MedExpress) and Upload PIAA form to Family ID**

Family ID Link: <https://norwinshs.bigteams.com/main/otherad/contentID/55497541>

PIAA Section 6 form (must be signed by doctor & uploaded) help with uploading: (see back of page)

\*A physical is not needed for summer activities within any school district sponsored sport

\*Physicals must be dated June 1, 2024 or after; FamilyID likely will not be available until early July

## Important Dates (All are tentative and subject to approval from Athletic Department):

- **TBD:** Free school physical @ Norwin MIDDLE School
- **June 24 – June 27:** Cross Country Camp from 6 - 8 PM at Oak Hollow Park.
- This is open to any runners in grades 6-12. Even if you are not sure about joining the team, you are still welcome to attend the camp.
- Summer running: Tuesday and Thursday evenings starting July 2<sup>nd</sup> (July 4<sup>th</sup> is a run-on-your-own day) from 6:30-8:00 at Oak Hollow Park - these non-mandatory runs will go up to and including August 8<sup>th</sup>
- First official week: **Monday, August 12 – Friday August 16** – Friday is “Knight Under the Lights” - Norwin Stadium, 8-930 PM
- **Starting Aug 12<sup>th</sup>, must have completed physical to practice w/ team- NO EXCEPTIONS**
- **Saturday, August 31<sup>st</sup>:** First Invitational; **Tuesday, October 1<sup>st</sup>:** Final Invitational

All information can also be found on the Norwin XC website ([www.norwinxc.com](http://www.norwinxc.com))

Be sure to navigate to the MIDDLE SCHOOL tab for our team’s information.

**SUMMER RUNNING:** This is crucial to get prepared for the season. Running a few times per week in the summer is CRUCIAL to prepare athletes for the season. Cross Country Camp in June will provide students with some great workouts to help them prepare in the off-season. Effort given over the summer is very noticeable when the season starts. *Tip: It is much easier to run with others than by oneself!*  
**“Cross Country is a summer sport that is played out in the fall” -Coach Sage Canaday**

