

Dear Cross Country Parents,

We want to thank you for helping us get off to a good start to the cross country season. As the summer heat finally starts to break, it promises to be another quality year. With this letter we would like to inform you of our website in case you have missed it and invite you to purchase a shirt and join us for our end-of-season party in October.

The cross country team has a website that has general information, statistics, and important notices about things going on with the program. There are also links to meet information, dismissal times, etc. The site is updated at least weekly on the announcements page and after each meet on the statistics page (unless we are hiding!). The address is: [www.paddyrun.com](http://www.paddyrun.com). Just click on the NAXC/NATF tab to find the appropriate links.

Each year the team engages in two projects for which we ask a donation to cover the costs. The first of these is the production of a t-shirt upon which athletes and coaches combine their creative skills. The second is our end-of-season pizza party. We humbly request a \$20 donation per family to cover our expenses. For \$20 the athlete will receive a t-shirt and admission for him/herself and an unlimited number of family members to the party in October (**tentatively scheduled for October 19, from after school until 7:00pm**). If this cost proves prohibitive we ask just \$10 to cover the price of a shirt. (Please "x" out the \$20 donation below and just put \$10 in the total column when filling out this sheet if you choose this option.) If more than one shirt is desired (for parents, siblings, etc.), please add \$10 for each extra. If you have more than one child on the team, both will be covered by one \$20 donation; we just ask an additional \$10 for the extra shirt. **Whether you can make a donation or not**, we hope that at least your child, if not the family, will join us for the party. Thank you.

## NORTH ALLEGHENY MIDDLE SCHOOL CROSS COUNTRY T-SHIRT ORDER FORM

**ORDERS DUE: Friday, September 9, 2022**

Please turn in money/check with order form

Name of athlete(s) \_\_\_\_\_

MIDDLE SCHOOL \_\_\_\_\_

Initial donation = \$20

(covers one shirt and runner plus unlimited family members to party)

Additional Shirts \_\_\_\_\_ X \$10 = \_\_\_\_\_

Total = \_\_\_\_\_

(Cash or check payable to NA ATHLETICS, write NAXC t-shirt in memo)

\_\_\_\_\_ Youth Small      \_\_\_\_\_ Youth Med.      \_\_\_\_\_ Youth Large

\_\_\_\_\_ Adult Small      \_\_\_\_\_ Adult Med.      \_\_\_\_\_ Adult Large      \_\_\_\_\_ Adult XL

(Indicate number of each size being ordered)

## **Away Meets, Team Photos, and Remind App**

### **Away Meets:**

On meet day, we typically consolidate all three schools into two or three buses and head on to our destination. Where we meet to start our journey usually depends on what middle school is closest to our destination as well as some other factors.

Upon arrival at the opposing team's course, we proceed to walk over the trail, warm up, stretch, and then take to the start line. The opposing team determines whether the boys or girls will run first, though typically the girls go first. Various factors affect the times of all of these activities, but the meets are generally scheduled to run at 3:30 or 4:00.

After the completion of the meet, the kids are to take the bus back to MMS (usually arriving at MMS by about 5:30 or 6:00 PM) where they can be picked up by their parents. **The bus always returns to MMS, no matter the location of the meet.** We will send out a "Remind" text/email when we leave from the meet site.

The procedures for athletes riding to and from a North Allegheny contest follow:

- ☐ All athletes are welcome to take the bus to and from the meet. However, if parents would like to take their child to a meet and ONLY their child, they may do so. Once again this year, there is no need for athletic department approval to do this. We do ask that parents or runners let us know in advance.
- ☐ If parents would like to take their child home, and ONLY their child, when the contest is over, they may do so, but they must sign out their child with one of the coaches at the end of the contest.
- ☐ If parents would like their child to go home with another parent, they must email Coach Winschel (jwinschel@northallegheny.org) prior to the contest. Athletes should not hand the coach a note the day of the contest asking to have another parent take them home unless it's an emergency situation.

### **Team Photos:**

Team and individual photographs will be taken on Tuesday, September 6. Order forms have been sent out. Please let us know if you are in need of one. **These completed forms, including payment, need to be turned in to the photographer on picture day if pictures are desired. Coaches will not collect order forms in advance.**

### **REMIND APP Registration:**

Sign up on the Remind app to get all the details about Middle School Cross Country as well as in season updates on schedule changes, bus times, and immediate meet results. Go to "join a class" on the Remind app and enter "naxcmid22s" to join as a student or "naxcmid22p" to join as a parent.

**NOTE: Since you will likely be turning this paper in for a t-shirt order, please be aware that this form is also available on the NAXC announcements page at [www.paddyrun.com](http://www.paddyrun.com)**