

## NA Middle School Cross Country – 2023 – The basics

**Tryouts:** We do not make cuts on the cross country team. Therefore, there are no official tryouts. Nevertheless, attendance and effort are expected of all athletes on a daily basis as long as they and their families are in town.

**First Day of Practice:** We begin practice on Monday, August 14, 8:00-9:45 AM at MMS at the flagpole end of the school.

**Practice during in-service days:** Tuesday, August 15 through Friday, August 18 practice is 3:30 to 5:15 PM at MMS. We practice rain or shine, electrical storms excepted. If necessary, we will post notice of cancellations on Remind. **Please bring a water bottle or two to all practices.**

**Practice during the school year:** During the school year, practice will be Monday through Friday from 3:30 to 5:15 PM at MMS. Students at the two other middle schools will change clothes at their respective schools and take a bus to MMS for practice. There will be no return bus after practice. We will make every effort to conclude practice at 5:15; in return we ask parents to be prompt in picking up their children at that time. A coach will wait until all athletes have been picked up.

**General Information:** All cross country athletes are invited to explore the information and statistics concerning middle school NAXC online at the NAXC/NATF tab at [www.paddyrun.com](http://www.paddyrun.com).

**Notifications:** Each week we update the announcements page of the website. For more immediate notifications, we will send out emails via “Remind”.

### **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 “naxcmid23s” to join as a student or “naxcmid23p” to join as a parent.

**\*\*\*Parents Meeting\*\*\*:** We will have an informational meeting for parents on Wednesday, August 23 in the MMS cafeteria right after practice. The meeting should last no more than 30 minutes. Attendance is voluntary.

**An Appeal to Parents:** We have had the great fortune of having very capable parents volunteer to run a food table at our invitational at the end of the season. We hope to continue the tradition this year. If you would like to help with this project we would be grateful. Please just send Coach Winschel ([jwinschel@northalleggheny.org](mailto:jwinschel@northalleggheny.org)) an email indicating if you would like to lead or assist. We will get in touch in a few weeks. Thank you in advance.

### **2023 Cross Country Schedule**

Date	Time	Opponent	Location
Fri, 9/1/2023	4:15pm	HAMPTON	at Marshall Middle School
Wed, 9/6/2023	4:15pm	SENECA VALLEY	at Marshall Middle School
Wed, 9/13/2023	4:15pm	at North Hills	at North Park – Pie Traynor Field
Wed, 9/20/2023	4:00pm	at Butler	at Butler High School Stadium
Sat, 9/23/2023	10:15pm	at Sharpsville Blue Devil Invitational	at Sharpsville High School
Wed, 9/27/2023	3:30pm	at Shaler with Fox Chapel	at Shaler – Anderson Field
Wed, 10/4/2023	4:15pm	PINE-RICHLAND	at Marshall Middle School
Tue, 10/10/2023	4:15pm	NORTH ALLEGHENY INVITATIONAL	at Marshall Middle School »

Aug 2023	14 <u>Monday</u>  First Practice 8:00-9:45 AM At MMS	15 <u>Tuesday</u>  Practice 3:30-5:15 PM at MMS (Continues M-F throughout the entire season)	16 <u>Wednesday</u>	17 <u>Thursday</u>	18 <u>Friday</u>
	21 <b>First Day of School</b>  <b>NO Practice</b>	22	23	24	25
	28	29	30	31	1  <b>Home vs. Hampton 4:15</b>
Sep 2023	4  No School  <b>Labor Day</b>  No Practice	5	6  <b>Home vs. Seneca Valley 4:15</b>	7	8
	11	12	13  <b>At North Hills North Park – Pie Traynor Field 4:00</b>	14	15
	18	19	20  <b>At Butler Butler High School Stadium 4:00</b>	21	22  → <b>At (Sat. 9/23) Blue Devil Invite 10:15 AM</b> (at Sharpsville High School)  →
	25	26	27  <b>At Shaler w/ FC Shaler – Anderson Field 3:30</b>	28	29
Oct 2023	2	3	4  <b>Home vs. Pine-Richland 4:15</b>	5	6
	9	10  <b>Home NA Invite 4:15</b>	11  No Practice	12  Final Practice Turn in laundered uniform	13  No Practice
	16  No Practice	17  No Practice	18  Pizza Party (Tentative)	19  Begin looking forward to next season...	20

