

NA Middle School Cross Country - 2023

Tryouts and Summer Practice Information

Thank you for your interest in the NA middle school cross country team. Please read the following to get acquainted with the program. If you have questions thereafter, feel free to contact Coach Winschel at the email address on the reverse.

I. Athletic Pre-participation Requirements for Interscholastic Athletics

To participate in cross country it is required to access and complete the Athletics Pre-participation Requirements. The link to these requirements (once it is available) can be found on the NA Athletics Website under the "For Athletes" link, or the Fall Sports link, or else the link can be found on the main page itself.

All registration materials must be submitted to the **Athletic Office** at NASH prior to the first day of practice (preferably a week in advance to ensure everything is processed in time to practice). Coaches cannot and will not accept any forms. Anyone without the necessary clearance from the athletic office will be withheld from participation until such clearance is obtained.

An athlete's **physical must be dated after June 1, 2023** in order to participate in the fall.

A concussion ImPACT Test is required for all student athletes entering 7th grade and any 8th grader who did not take the test last year. The Schedule for this testing is on the athletics website. Testing occurs in room 242 at NASH at 4:00 PM. **Athletes MUST sign up in advance and arrive 10 minutes prior to test time.**

Please direct any questions about participation fees, physicals, and ImPACT testing to the athletic office at 724-934-7238.

II. Summer Training, Tryouts, Practice Information

Tryouts: We do not make cuts on the cross country team. Therefore, there are no official tryouts. Nevertheless, once the official season begins (Aug. 16) attendance and effort are expected of all athletes on a daily basis as long as they and their families are in town.

Suggested summer training: The cross country season is short, so it is worthwhile to get in some running or other physical activity prior to the middle of August. We encourage prospective members of the team to run on their own, but not so much that they lose a taste for running. This will make the transition easier and help to avoid injuries once we begin.

Informal Summer Practices: There are no formal or mandatory practices during the summer prior to the beginning of the WPIAL season. However, there is an excellent summer program that is geared toward cross country conditioning that meets in North Park throughout the summer months. This program is run by the NAXC staff and directed by our high school head coach John Neff. See the flier from Coach Neff for important information in this regard. This link can be found here: <http://paddyrun.com/naxc-natf/>

Official Summer Practices: Our first official practice is on **Monday, August 14**. We practice at MMS from 8:00 to 9:45 AM. See "Key Dates" below. We practice rain or shine, electrical storms excepted. We will post notice of cancellations on Remind.

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 shuttle bus to MMS for practice. They can be picked up at the conclusion of practice at MMS.

Notification: In order to keep everyone in the loop as to goings-on with the team we make use of the Remind App. If you would like to receive these updates and notifications, please register for the NAXC "class" via the instructions below.

III. Some Key Dates:

June 5-Aug. 11: Coach Neff's summer running academy at North Park 7:30-9:30 AM on Tuesdays, Wednesdays, Fridays

August 14: First practice 8:00-9:45 AM at MMS.

August 15-18: Official summer practices at MMS. These are also in-service days, so practice runs from 3:30-5:15 PM

August 21: First day of school. No practice. Practice 3:30-5:15 PM at MMS hereafter to the end of the season.

For interesting statistics concerning the North Allegheny middle school cross country program, please visit <http://paddyrun.com/> and click on the various NAXC links.

Enjoy the summer. We look forward to seeing you in August or at North Park beforehand.

Coach Winschel: jwinschel@northallegheny.org

Coach Williams

Coach McNavage

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.

Tentative 2023 Cross Country Schedule...

Date	Time	Opponent
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	4:00pm	@ North Hills at North Park - Pie Traynor Field »
Wed, 9/20/2023	4:00pm	@ Butler at Butler High School Stadium »
Sat, 9/23/2023	10:15am	@ Blue Devil Invitational at Sharpsville High School »
Wed, 9/27/2023	3:30pm	@ Shaler w/ Fox Chapel at Shaler - Anderson Field »
Wed, 10/4/2023	4:15pm	PINE-RICHLAND at Marshall Middle School »
Tue, 10/10/2023	4:15pm	NA INVITATIONAL

ALL HOME MEETS AT MARSHALL MIDDLE SCHOOL