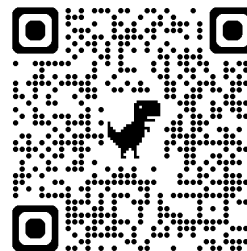


# Quick Facts for New NAXC Runners



Scan here for the electronic version of this page with links:



*YOU can be a CHAMPION at NAXC!*

- At least a week prior to the start of the first day of practice, students must:
  - Have a physical dated after May 1 of that year
  - Register with the school
  - Those entering grades 7, 9, and 11: Complete an Impact test (Impact tests from grades 7, 9, and 11 carry over into grades 8, 10, and 12 respectively if the student did not have a head injury; Impact tests do not carry over into grades 7, 9, or 11.)
  - Information on registration can be found on the NA Athletics site [here](#).
- High school runners should be gradually working up to running 30 minutes (girls) or 40 minutes (boys) as the summer goes on. Runners should run at least 4 days per week. Middle schoolers need not quite reach these figures but are well-advised to be active over the summer.
- Runners should have a good pair (two pairs are even better) of running shoes to avoid injury.
- Coach Neff privately offers an optional summer running academy for athletes in grades 6-12. Participation in the academy is not mandatory for the fall season.  
**2024 information is available [here](#).**
- Official high school practice starts about a week before school.
  - **2024: First day for high school is August 12, 2024**
    - Practice is held Monday - Friday at the Pie Traynor area (North Park pool) of North Park.
    - Busses transport students to North Park after school. Student drivers may drive.
  - **2024: First day for middle school is August 12, 2024**
    - Practice is held Monday - Friday at Marshall Middle School.
    - Busses transport students to MMS after school.
- Here is a link to the high school [handbook](#). It offers more in-depth information.
- Here is a link to the middle school [homepage](#). It offers more in-depth information.
  - Questions can be addressed to
    - John Neff (High School Head Coach) [jneff@northalleghey.org](mailto:jneff@northalleghey.org)
    - Jason Winschel (Middle School Head Coach) [jwinschel@northalleghey.org](mailto:jwinschel@northalleghey.org)