

NA Middle School Cross Country – 2024 – 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 Week of Practice: We begin practice Mon-Fri, August 12-16, 8:00-9:45 AM at MMS at the flagpole end of the school.

Practice during in-service days: Monday, August 19 through Wednesday, August 21 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 to all practices. A wristwatch would also be beneficial.**

Practice during the school year: During the school year (except for the first day of school – no practice that day), 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. 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.

Notifications: Each week we update the announcements page of the website. For more immediate notifications, we will send out text messages/emails via “Remind”. Parents and students are encouraged to register on Remind (see below).

REMIND APP Registration



Sign up on the Remind app to get all the communications 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 “naxcmid24s” to join as a student or “naxcmid24p” to join as a parent.

*****Parents Meeting***:** We will have an informational meeting for parents on Wednesday, August 28 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) an email indicating if you would like to lead or assist. We will get in touch in a few weeks. Thank you in advance.

2024 Cross Country Schedule

Date	Time	Opponent	Location
Wed, 9/4/2024	4:15pm	HAMPTON, BUTLER	Marshall Middle School
Fri, 9/6/2024	3:00pm	at Franklin Regional Invitational	at Shields Farm
Wed, 9/11/2024	4:00pm	at Pine-Richland	at P-R Middle School
Wed, 9/18/2024	4:15pm	NORTH HILLS, SHALER	Marshall Middle School
Sat, 9/21/2024	10:00pm	at Sharpsville Blue Devil Invitational	at Buhl Park
Tues, 9/24/2024	3:30pm	at Mars	at Mars Middle School
Wed, 10/2/2023	4:00pm	at Seneca Valley	at Myers Law Group Stadium
Tue, 10/8/2023	4:15pm	NORTH ALLEGHENY INVITATIONAL	Marshall Middle School »

Aug 2024	12 Monday First Practice 8:00-9:45 AM At MMS	13 Tuesday 8:00-9:45 AM At MMS	14 Wednesday 8:00-9:45 AM At MMS	15 Thursday 8:00-9:45 AM At MMS	16 Friday 8:00-9:45 AM At MMS
	19 Practice 3:30-5:15 PM at MMS (Continues M-F throughout the entire season)	20	21	22 First Day of School NO Practice	23
	26	27	28 Parent Meeting After practice in MMS cafe	29	30
Sep 2024	2 No School Labor Day No Practice	3	4 Home vs. Butler, Hampton 4:15	5	6 At Franklin Regional Invitational 3:30
	9	10	11 At Pine-Richland 4:00	12	13
	16	17	18 Home vs. NH, Shaler 4:15	19	20  At (Sat. 9/21) Blue Devil Invite 10:00 AM (at Buhl Park) 
	23	24 At Mars 3:30	25	26	27
Oct 2024	30	1	2 At Seneca Valley 4:00	3	4
	7	8 Home NA Invite 4:15	9 No Practice	10 Final Practice Turn in laundered uniform	11 No Practice
	14 No Practice	15 No Practice	16 Pizza Party (Tentative)	17 Begin looking forward to next season...	18