

NA Middle School Cross Country – 2021 – 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.

Practice during in-service days: Wednesday, August 18 through Friday, August 20 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 (enough that a refill is not needed) 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.

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

REMIND APP Registration – **Students, note the change below!!!**

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 “**Naxcrun**” (note the change here from earlier) to join as a student or “naxcmid21p” to join as a parent.

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. If it proves possible, we are going to try to reinstate the table this year. If you would like to help with this project we would be grateful. Please just send Coach Winschel (jwinschel@northallegheeny.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.

Masks and Covid : The school recommends that each runner follow guidance from the CDC concerning masks and covid. At this time, we have no mask mandate, but any student can choose to wear a mask. Masks are required, however, when inside the school or on a bus. Meanwhile, students should have their own temperatures taken at home before coming to practice. Any student with a temperature of 98.7-100.6 °F should contact Coach Winschel, who will collect more information and then contact the athletic director for a determination on practice participation. Any student with a temperature of 100.7 °F or above should also contact Coach Winschel but must stay home.

*** 2021 NAXC MIDDLE SCHOOL SCHEDULE ***

Date	Time	Opponent	
Fri, 9/3/2021	4:15pm	HAMPTON	at Marshall Middle School
Wed, 9/8/2021	4:15pm	SENECA VALLEY	at Marshall Middle School
Wed, 9/15/2021	4:00pm	@ North Hills	at North Park
Wed, 9/22/2021	4:00pm	@ Butler	at Butler High School Stadium
Mon, 9/27/2021	3:30pm	@ Mars	at Mars Middle School
Wed, 9/29/2021	3:45pm	@ Fox Chapel w/ Shaler	at Hartwood Acres
Wed, 10/6/2021	4:15pm	PINE-RICHLAND	at Marshall Middle School
Sat, 10/9/2021	10:00am	Bill Lennox Invitational	at Lawrence County Fair
Tue, 10/12/2021	4:15pm	NA INVITATIONAL	at Marshall Middle School

Aug 2021	16 <u>Monday</u>	17 <u>Tuesday</u>	18 <u>Wednesday</u> Practice 3:30-5:15 at MMS (Continues M-F throughout the entire season)	19 <u>Thursday</u>	20 <u>Friday</u>
	23 First Day of School NO Practice	24	25	26	27
	30	31	1	2	3 Home Hampton 4:15
Sep 2021	6 No School Labor Day No Practice	7	8 Home Seneca Valley 4:15	9	10
	13	14	15 At North Hills 4:00	16	17
	20	21	22 At Butler 4:00	23	24
	27 At Mars 3:30	28	29 At Fox Chapel with Shaler 4:00	30	1
Oct 2021	4	5	6 Home Pine-Richland 4:00	7	8 ⇨ At (Sat. 10/9) Bill Lennox Invite 10:00 AM (at Lawrence County Fair) ⇨
	11	12 Home NA Invite 4:15	13 No Practice	14 Final Practice Turn in laundered uniform	15 No Practice
	18 No Practice	19 No Practice	20 Pizza Party (Tentative)	21 Begin looking forward to next season...	22