

NA Middle School Cross Country – 2022 – 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 17 through Friday, August 19 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.

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 “naxcmid22s” to join as a student or “naxcmid22p” to join as a parent.

*****Parents Meeting***:** New this year. We will have an informational meeting for parents on Wednesday, August 24 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. 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@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.

2022 Cross Country Schedule

Date	Time	Opponent	
Wed, 8/31/2022	3:30pm	@ Hampton	at Hartwood Acres Park »
Wed, 9/7/2022	4:00pm	@ Seneca Valley	at Seneca Valley High School »
Wed, 9/14/2022	4:15pm	NORTH HILLS	at Marshall Middle School »
Sat, 9/17/2022	12:00pm	Boardman Spartan Invitational	at Boardman High School »
Wed, 9/21/2022	4:15pm	BUTLER	at Marshall Middle School »
Mon, 9/26/2022	4:15pm	MARS	at Marshall Middle School »
Wed, 9/28/2022	4:15pm	FOX CHAPEL WITH SHALER	at Marshall Middle School »
Wed, 10/5/2022	3:30pm	@ Pine-Richland	at Pine-Richland Middle School »
Sat, 10/8/2022	10:00am	@ Slippery Rock Invitational	at Lawrence County Fairgrounds »
Tue, 10/11/2022	4:15pm	NORTH ALLEGHENY INVITATIONAL	at Marshall Middle School »

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

