

## NA Middle School Cross Country – 2025 – 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 11-15, 8:00-9:45 AM at MMS at the flagpole end of the school.

**Practice during in-service days:** Monday, August 18 through Wednesday, 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 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](http://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 “naxcmid25s” to join as a student or “naxcmid25p” to join as a parent.

**\*\*\*Parents Meeting\*\*\*:** We will have an informational meeting for parents on Wednesday, August 27 in the MMS cafeteria right after practice. The meeting should last no more than 30 minutes. Attendance is voluntary.

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### **2025 Cross Country Schedule**

| Date                  | Time          | Opponent                               | Location                      |
|-----------------------|---------------|--|-------------------------------|
| Thu, 8/28/2025        | 3:30pm        | @ Hampton w/ Fox Chapel                | Hartwood Acres                |
| Wed, 9/3/2025         | 4:00pm        | @ Butler                               | Butler High School Stadium    |
| Fri, 9/5/2025         | 3:00pm        | @ Franklin Regional Invitational       | Shields Farm                  |
| <b>Wed, 9/10/2025</b> | <b>4:15pm</b> | <b>PINE-RICHLAND</b>                   | <b>Marshall Middle School</b> |
| Wed, 9/17/2025        | 4:00pm        | @ North Hills w/ Shaler                | North Park                    |
| Sat, 9/20/2024        | 10:00am       | at Sharpsville Blue Devil Invitational | Buhl Park                     |
| <b>Thu, 9/25/2025</b> | <b>4:15pm</b> | <b>MARS</b>                            | <b>Marshall Middle School</b> |
| <b>Wed, 10/1/2025</b> | <b>4:15pm</b> | <b>SENECA VALLEY</b>                   | <b>Marshall Middle School</b> |
| <b>Tue, 10/7/2023</b> | <b>4:15pm</b> | <b>NORTH ALLEGHENY INVITATIONAL</b>    | <b>Marshall Middle School</b> |

## Away Meets and Team Photos

### Away Meets:

On meet day, we typically consolidate all three schools into three buses and head on to our destination. Where we meet to start our journey usually depends on what middle school is closest to our destination as well as some other factors.

Upon arrival at the opposing team's course, we proceed to walk over the trail, warm up, stretch, and then take to the start line. The opposing team determines whether the boys or girls will run first, though typically the girls go first. Various factors affect the times of all of these activities, but the meets are generally scheduled to run at 3:30 or 4:00.

After the completion of the meet, the kids are to take the bus back to MMS (usually arriving at MMS by about 5:30 or 6:00 PM) where they can be picked up by their parents. **The bus always returns to MMS, no matter the location of the meet.** We will send out a "Remind" text/email when we leave from the meet site.

The procedures for athletes riding to and from a North Allegheny contest follow:

- ☐ All athletes are welcome to take the bus to and from the meet. However, if parents would like to take their child to a meet and ONLY their child, they may do so. Once again this year, there is no need for athletic department approval to do this. We do ask that parents or runners let us know in advance.
- ☐ If parents would like to take their child home, and ONLY their child, when the contest is over, they may do so, but they must sign out their child with one of the coaches at the end of the contest.
- ☐ If parents would like their child to go home with another parent, they must email Coach Winschel ([jwinschel@northallegheny.org](mailto:jwinschel@northallegheny.org)) prior to the contest. Athletes should not hand the coach a note the day of the contest asking to have another parent take them home unless it's an emergency situation.

### Team Photos:

Team and individual photographs will likely be taken on Tuesday, September 2. There are no order forms this year. Once taken, all photos will be found at [www.pavellyphotography.com](http://www.pavellyphotography.com). More details will be forthcoming as they are established.

### 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@northallegheny.org](mailto:jwinschel@northallegheny.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.

|             |  |  |   |   |   |
|-------------|--|--|---|---|---|
| Aug<br>2025 | 11 <b><u>Monday</u></b><br><br>First Practice<br>8:00-9:45 AM<br>At MMS                      | 12 <b><u>Tuesday</u></b><br><br>8:00-9:45 AM<br>At MMS | 13 <b><u>Wednesday</u></b><br><br>8:00-9:45 AM<br>At MMS  | 14 <b><u>Thursday</u></b><br><br>8:00-9:45 AM<br>At MMS | 15 <b><u>Friday</u></b><br><br>8:00-9:45 AM<br>At MMS                                 |
|             | 18<br><br>Practice 3:30-5:15 PM<br>at MMS<br>(Continues M-F throughout<br>the entire season) | 19   | 20  | 21<br><br>First Day of School<br><br>NO Practice        | 22  |
|             | 25   | 26   | 27<br><br>Parent Meeting<br>After practice<br>in MMS cafe | 28<br><br>At<br>Hampton w/ Fox<br>Chapel<br>3:30        | 29  |
| Sep<br>2025 | 1<br><br>No School<br><br>Labor Day<br><br>No Practice                                       | 2  | 3<br><br>At<br>Butler<br>4:00                             | 4   | 5<br><br>At<br>Franklin Regional<br>Invitational<br>3:30                              |
|             | 8  | 9  | 10<br><br>Home<br>Pine-Richland<br>4:15                   | 11  | 12  |
|             | 15   | 16   | 17<br><br>At<br>North Hills w/ Shaler<br>4:00             | 18  | 19<br><br>➡<br>At (Sat. 9/20)<br>Blue Devil Invite<br>10:00 AM<br>(at Buhl Park)<br>➡ |
|             | 22   | 23   | 24  | 25<br><br>Home<br>Mars<br>4:15                          | 26  |
|             | 29   | 30   | 1<br><br>Home<br>Seneca Valley<br>4:15                    | 2   | 3   |
| Oct<br>2025 | 6  | 7<br><br>Home<br>NA Invite<br>4:15                     | 8<br><br>No<br>Practice                                   | 9<br><br>Final Practice<br>Turn in laundered<br>uniform | 10<br><br>No<br>Practice  |
|             | 13<br><br>No Practice  | 14<br><br>No Practice                                  | 15<br><br>Pizza Party<br>(Tentative)                      | 16<br><br>Begin looking forward to<br>next season...    | 17  |

