

2026 NOHS Boys & Girls Cross Country

→ Join/Download ParentSquare App

- ◆ Messages/Updates
- ◆ Calendar

→ Google Classroom (Class Code: pgmxe3jn)

→ Important Dates

- ◆ **Monday, June 8th:** Senior-led “Captains’ Practices” (off-season conditioning)
 - Mon, Tues, Wed, Fri, Sat @ Frostville, 8:00 am
 - (Optional) Lifting with Coach Thompson - Mon, Tues, Thurs @ NOHS, 10:00-11:30 am
- ◆ **Monday, July 6th:** First “Official” Day of Practice (w/Coach D. & Coach Abed)
 - Mondays @ NOHS, 8:00 am
 - Tuesdays & Fridays @ Lagoon Picnic Area, 8:00 am
 - Wednesdays @ South Mastick Picnic Area, 8:00 am
 - Thursdays @ NOHS, 10:00 am (lifting only - NO RUN)
 - Saturdays @ Little Cedar Point Picnic Area, 8:00 am
- ◆ **July 20th-July 24th:** North Olmsted XC Youth Camp
 - High School XC practice @ 7:00 am (see locations above)
 - Youth Camp @ NOHS, 9:30-11:00 am
- ◆ **Saturday, August 1st:** Official (*Mandatory*) Practice
 - Online athletic registration?
 - Physicals due ASAP!
- ◆ **Thursday, August 6th:** Fall Sports Pictures @ NOHS, Time TBD (we will still have practice)
- ◆ **August 10th - 14th:** CAMP WEEK! (AM & PM workouts, Classic at Mastick 5K)
 - Camp Fee (+season expenses)
 - Volunteer/Donations on SignUpGenius (will be sent via ParentSquare)
- ◆ **Wednesday, August 12th:** Freshman Orientation @ NOHS, Time TBD
- ◆ **Thursday, August 20th:** First Day of School
- ◆ **Thursday, October 8th:** XC Senior Night @ home football game, 7:00 PM
- ◆ **Tuesday, November 10, 2026:** Fall Sports Recognition Night @ NOHS PAC, 7:00 PM

→ School Year

- ◆ Mondays & Tuesday: after-school practice @ NOHS, 3:20 pm
- ◆ Wednesdays: after-school practice @ Little Cedar Point Picnic Area, 3:30 pm (transportation **to** practice is available for athletes)
- ◆ Thursdays: after-school practice (yoga) @ NOHS, 3:15 pm
 - Pasta Parties 6:00-9:00 pm (need host volunteers!)
 - Athletes volunteer each week to bring bread, salad, drinks, desserts
- ◆ Fridays: before-school practice @ NOHS, 6:30 am
- ◆ Saturday Meets: arrive to NOHS 15 minutes before departure time
 - Bus times & Race times will be posted each week on race results sheets (and shared through ParentSquare)
 - Athletes travel with the team unless prior arrangements made with coaches
 - NOHS will *usually* stay to watch NOMS races
- ◆ Sundays: Optional practice @ Frostville Museum, 8:00 am

Meet Schedule

August 22nd	OHSAA Early Season XC Invitational*	Fortress Obetz and Memorial Park, Obetz
August 24th	Keystone Icebreaker Meet	Keystone High School
September 5th	Avon Lake Earlybird Invitational	Lorain County Community College
September 12th	Buckeye Invitational	Buckeye High School
September 19th	Boardman Spartan XC Invitational	Boardman High School
September 26th	Strongsville Fleet Feet XC Invitational	Strongsville High School
October 3rd	Obenour Invitational	Vermilion High School
October 10th	Medina "Milt Place" XC Festival	Ella Canavan Elementary School
October 17th	Cleveland West Conference Finals	Buckeye High School
October 24th	District Tournament (Northeast)*	Lorain County Community College
October 31st	Regional Tournament (Youngstown)*	Boardman High School
November 7th	State Meet*	Fortress Obetz and Memorial Park, Obetz

*Varsity Only