



FORWARD TOGETHER





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2026 NHS Captains

Logan West

Drew Sabatke

Isaac Rangel

Owen Klawikowski



NHS Boy's Cross Country's Core Values

- Fun
- Mindfulness
- Competitive
- Caring and Candor
- Ownership vs. Buy-In
- Never Waste a Day
- No Deposit No Return
- Win The Day



Building a Team

Camp Onaway:

- Cross Country Challenge
 - Obstacle Course
 - Cross Country Race
 - Volleyball, Kick Ball, Basketball Championships
 - Canoe Race
 - Big Splash, Jump or Dive, Swim Relay
 - Sink the Canoe
 - Ping Pong, Shuffle Board, Frisbee Golf, Four Square, Horse
- Trust Walk, Boundary Breaking, Visualization, Cabin Time

Mentorship Program

Homecoming Game Ball Run

Team Meals

Large Cross Country Invationals

Goal Setting

Letter To Yourself

Indoor Water Park

Cross Country Banquet

Communication

[Sign Up For Team Reach](#)

[Sign Up For Personalized Workouts](#)

[Facebook: Neenah Boys Cross Country 2026](#)

[Facebook: Neenah Cross Country \(Legacy\)](#)

[Neenah Cross Country Web Page](#)

Coach Morgen Text: (920) 216-2127

Coach Jovanovich: (920) 540-2313

Coach Nate Jones: (517) 803-0384

Meet Results:

PT-Timing

Wisconsin Cross Country Coaches Association
(Web Page)

Neenahxc.com

XCTiming.Com



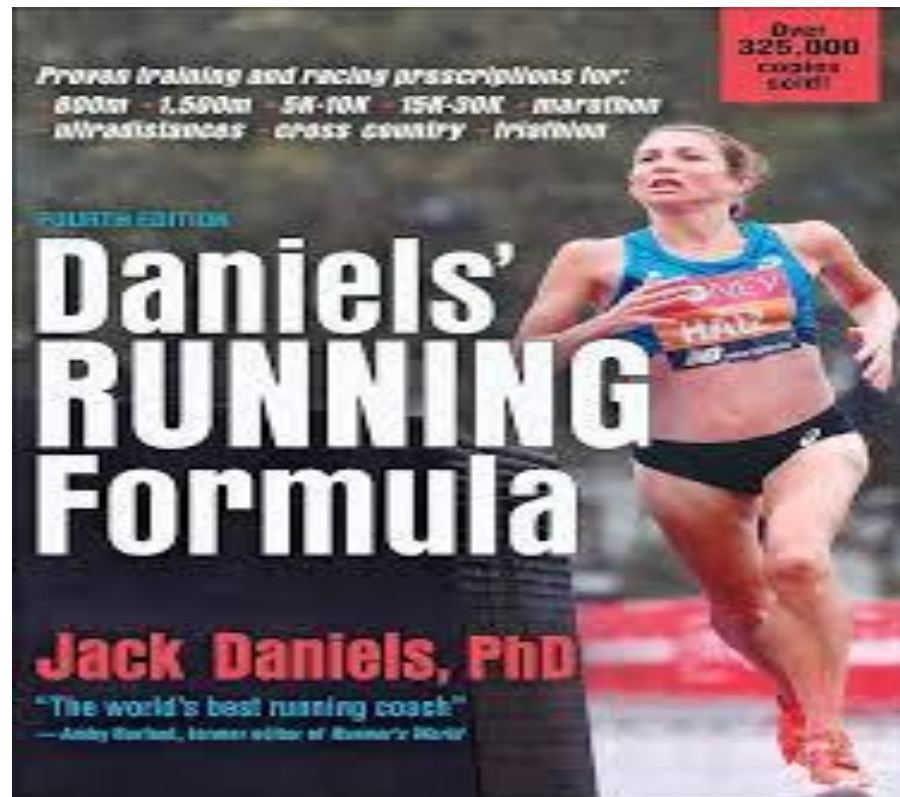
Cross Country Equipment



Training

Individual Training Plans

V.O2 Calculator



X-Country Invitationals

West Bend Challenge

Neenah Invite

Nightfall Classic 920

Janesville Midwest Classic

Fondy Invite

Port Washington Invite

FVA Conference Meet

Sectional Meet

WIAA State Meet

WHAT TIME SHOULD I GO TO BED?

Wake-Up Time

	5:30 AM	6:00 AM	6:30 AM	7:00 AM	7:30 AM	8:00 AM	8:30 AM
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Bed time

Awful	10:30 PM	11:00 PM	11:30 PM	12:00 AM	12:30 AM	1:00 AM	1:30 AM
Bad	10:00 PM	10:30 PM	11:00 PM	11:30 PM	12:00 AM	12:30 AM	1:00 AM
Minimal	9:30 PM	10:00 PM	10:30 PM	11:00 PM	11:30 PM	12:00 AM	12:30 AM
Mediocre	9:00 PM	9:30 PM	10:00 PM	10:30 PM	11:00 PM	11:30 PM	12:00 AM
Good	8:30 PM	9:00 PM	9:30 PM	10:00 PM	10:30 PM	11:00 PM	11:30 PM
Champion	8:15 PM	8:30 PM	9:00 PM	9:30 PM	10:00 PM	10:30 PM	11:00 PM

Pick Up/Drop Off Points



Awards



- Varsity Letter (Top Sixteen) 5 Times
- Team Captain
- Spirit Award
- Most Improved Award
- Most Valuable Athletes
- All Conference Honors
- All State Honors
- 250 Mile Club
- 400 Mile Club
- 1,000 Mile Club



Fundraisers

5K Fundraiser

Oshkosh Area Community
Foundation

Timing System

Neenah Concession Stand



Fundraiser Money Is Used For.....

- Extra Transportation
- New Uniforms
- Tents
- Camp Onaway
- State Meet
- Training Equipment
- Website Domain Names & Cybersecurity
- New Course



Team Meals



Sign Up For Team Meals

facebook



- Riding Home On The Bus
- Turning in Proper Forms



Questions?