

Welcome to Middleton Cross Country



My name is Dan Orsini, and I am the new head cross country coach for Middleton High School. My prior experience includes four years as a volunteer on the cross country and track teams at The Cottage School in Roswell, GA. During my time working with the distance runners, the Cougars won the 2018 GISA AA State XC Championship. I also coached individual state champions in the 1600m, 3200m, and 5K.

My personal running experience dates back to 1979, when I ran my first 10K as a 9-year-old. Since that time I've raced in all distances from 800 meters to 50 miles. I'm currently training for a 100K race (62 miles) in December. My favorite distance is the half-marathon (13.1 miles). Over the years, I've discovered and implemented many strategies to help myself and others run better at a variety of different distances.

I am anxious to share my methods with anybody who wishes to run regardless of ability or prior experience. Many of the athletes that I've worked with were only interested in improving their conditioning for other sports such as soccer. Other athletes wanted to earn scholarships to run in college. Still others were simply trying to finish a 5K by the end of the season. Regardless of your goal, I can help you achieve it.

I recognize that running is a sport that requires a lot of intrinsic motivation. It is solely up to you as to how hard you work and what you are able to achieve. During a race, there is little that a coach or teammate can do to help you. With this in mind, I aim to be a mentor and a source of knowledge rather than an authoritarian. You tell me what you would like to achieve. I will provide you with a gameplan to help you achieve that goal!

I look forward to having you on the Middleton High School Cross Country team. Please install the Remind app on your phone and join our class using code hc3bf37. Throughout the year, I will send announcements regarding practices and meets using this app. If you would like to contact me directly, please send a message to daniel.orsini@hcps.net.



Register for Cross Country:



<https://www.hillsboroughschools.org/athleticforms>