

SEMS Cross Country Parents and Students,

Considering the size of our team and all the logistics that go with our season, we are trying to be more efficient with communication. As a result, we created an account on the Remind App so information can be sent directly to all families, more frequently. We will use this to provide detailed information, but it will not be used as a texting app. If you have individual questions that are not answered on the Remind App announcements, on our webpage, or through the information provided to our runners, feel free to email or call Coach Neptune or Coach Pitcairn. Attached is the instruction sheet for adding to our team on the app!

Looking forward to a great season!

Coach Neptune and Coach Pitcairn