

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. Attached is the instruction sheet for adding to our team on the app!

I discovered that there is a limit to how many people can join our cross country team's Remind thread. With the size of our program, I will be creating a new one for each season. If you already joined the group called "SEMS Cross Country," you don't need to do anything else. Thank you! If you have not joined yet, please follow the instructions below to log in to "SEMS Cross Country 2019." I will send the same information to both of these all year. Sorry for any confusion!

Text @48ghad9 to the number 81010

If you have trouble with 81010, try texting @48ghad9 to
(256) 400-2068.

Looking forward to a great season!

Coach Neptune