

## **Olympia Middle School Cross Country 2023**

The 2023 cross country season is just around the corner! We're excited to step in as new coaches and continue the great traditions within the program! Heading into the season, we ask that our athletes give their best effort and bring positive attitudes to each practice and meet.

As a way to make the most of the cross country season that lies ahead, we'll be using Google Classroom to post summer training plans, updates on the OMS Summer Running Club, and information on the upcoming season. In order to access the Classroom, please send an email to Coach Castillo. You will receive a response with a link or a classroom code that will allow you to join. Both students and parents are encouraged to use this resource throughout the summer and the season. We will also share updates via the Remind app:  
[remind.com/join/olyxc2023](https://remind.com/join/olyxc2023)

Please contact Coach Castillo at [alex.castillo@olympia.org](mailto:alex.castillo@olympia.org) or Coach Tresemer at [brianna.tresemer@olympia.org](mailto:brianna.tresemer@olympia.org) with any other questions. We are excited about the season and look forward to seeing you soon!

Sincerely,  
Coach Alex Castillo & Coach Brianna Tresemer