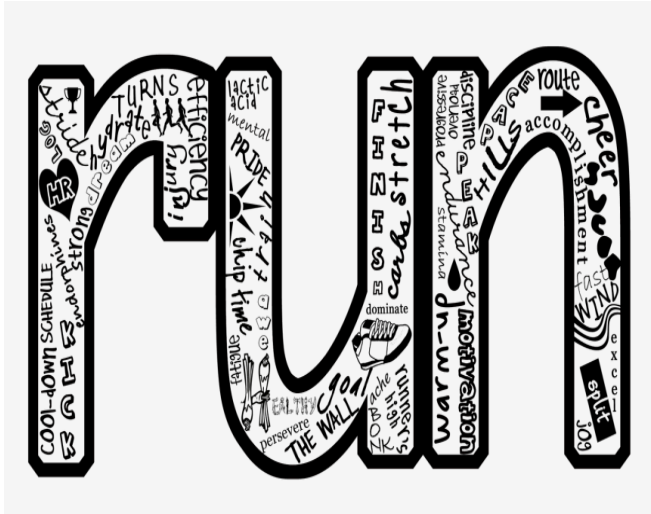


Hello Middle School Cross Country Athletes & Parents!



We hope you are gearing up for a great summer break! We are excited to start planning our upcoming cross-country season! We don't want to bombard you with emails and announcements pertaining to cross country, but you can expect a weekly announcement strating mid-June or early July. When school starts, the team will practice together Monday-Friday. ***We will have some AM practices and some PM practices. We will share a detailed schedule closer to the start of the school year.*** All important information will also be shared in Google Classroom. Below is a variety of information including the necessary paperwork!

Meet your Coaches:



Coach Noah

I attend the University of Nebraska-Lincoln while majoring in Sports Media & Communication with a minor in Coaching and will graduate Fall 2025. I graduated from Norris in 2021 & ran cross country as well! This will be my 4th year coaching and seeing the improvements everyone makes is the best part about it! I look forward to meeting everyone and making this the best season yet!

Coach Wesch

I teach 6th grade Science at NMS and am very excited to coach Cross Country again this fall! I am married, have 3 boys, and live in Cortland. Running became a passion of mine later in life and I am happy to encourage this type of physical activity in my student athletes. I am looking forward to learning and growing with this team!



Contact Info: Coach Wesch: melissa.wesch@sdsdtitans.org

Coach Noah: noahnelson2410@gmail.com

(All of this information will be sent in an email - please email us to be added to the email list!)

Required Paperwork

Attached below is the paperwork that needs to be completed and taken to the Middle School office before our first practice in August. Your athlete will not be eligible to practice or compete until the paperwork is completed.

- School year profile - Can be found in PowerSchool
- [NSAA Form](#) - Everyone needs to complete
- [Physical with a doctor clearance](#)
- Everyone needs to complete this
- [Concussion form](#) - Everyone needs to complete
- Activity fee - \$50

Summer Workouts:

There will be a schedule of workouts in Google Classroom that will benefit new and returning athletes. It will help them prepare for the upcoming season. These workouts are optional and can be done on your own. WE WILL NOT MEET AS A TEAM FOR THESE. The team has completed these “on your own” workouts for several years now, and the coaches could tell the kids who consistently do the workouts over the summer as opposed to the ones who do not. I understand that summer is busy so if you miss a couple of days that is just fine. This is simply a guideline to help prepare your athlete for the season. We would highly recommend doing some of these workouts/runs with a small group of their friends if that will help hold them accountable. A lot of the kids last year ran in the morning before it got super hot out. We want to set your athlete and his/her team up for success and this is a small step to help get there as our season goes by so quickly.

Cross Country Apparel Link:

We will be sending out a Link for apparel purchases soon! I will add it to Google Classroom as well as send it in an email.

Team Communication

- Google Classroom (only students join)
 - Type in class code: [yw7wnpw4](#)
- Remind App (students & parents join for announcements/reminders)
 - How to connect on your phone:
 - Download the app: RemindMe or go to www.remind.com
 - Class name is MSXC 2025
 - Class code is @bd9h2aa
- Email
 - I would like to create a parent/guardian email group for summer announcements as well as communications during the season. Please email me so I have your preferred contact information! (melissa.wesch@nsdtitans.org)

All of the announcements that we send to the athletes through Google Classroom will also come through their school gmail account. Great communication is important, but we don't want to overload your email. Most communications will be sent directly to students in Google Classroom or through the RemindMe app. Please reach out with any questions!

Thank you so much - we are looking forward to a fantastic season!