



SOS FRONTIER

Cross Country

Welcome Incoming Freshman and parents!! I can't wait to meet you all and have you be a part of the 2024 XC team!!! I am currently coaching at a track meet or I would be here in person! Go through the list below to make sure you sign up for Remind because I will be sending out summer training on the app soon!

1. Sign-up for Remind text @wcxc24 to 81010
 - a. This is the way I communicate with sending out training for the summer and during the season.
2. Take a picture of the tentative schedule as it has important dates on the top and the tentative race schedule for the season on bottom.
3. First summer run starts June 18th at 6:30pm at Silver Lake Park Beach



Sign up for important updates from J. Monson.

Get information for Central High School right on your phone—not on handouts.

Pick a way to receive messages for **Westosha Central Cross Country 2024**:

A If you have a smartphone, get push notifications.

On your iPhone or Android phone, open your web browser and go to the following link:

rmd.at/wcxc24

Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.



B If you don't have a smartphone, get text notifications.

Text the message @wcxc24 to the number 81010.

If you're having trouble with 81010, try texting @wcxc24 to (469) 804-8093.

** Standard text message rates apply.*



Don't have a mobile phone? Go to rmd.at/wcxc24 on a desktop computer to sign up for email notifications.

Central Cross Country 2024

Important Dates!

June 18th

Summer runs begin at Silver Lake Park Beach on Tuesdays at 6:30pm (and after July 4th start on Thursdays as well at KD Park- Veteran's Memorial Entrance on Bassett Rd. @ 6:30pm.)

August 19th (Monday)

Practice begins at 8:30am at Silver Lake Park Lot #3 (by the soccer fields). Make work arrangements prior to this date. Take care of all your forms, fees, and physicals prior to the start of practice. Without them you can not participate in practice. Missed practices due to work commitments or missing physicals/forms will mean missing your first meet.

August 20th (Tuesday)

Parent meeting at 6pm at the football stadium.

Contact:

Head Coach, Jessica Monson **Asst. Coach Matt Delagrange**
monsonj@westosha.k12.wi.us delagrangem@westosha.k12.wi.us
262-843-2321 Ext. 241 **Asst. Coach Casey Merrill**
262-492-6662

Remind App: Send text this message: @wcxc24 to 81010 for 2024 XC Team

Tentative 2024 Central Cross Country Meet Schedule

Sat., August 31st	Rebel Invite	UW-parkside
Thur., Sept 12th	Conference Relays	TBD
Thur., Sept 26th	County Meet	UW-Parkside
Thur., Oct 3rd	Falcon Invite	Fox River Park
Thur., Oct 10th	Conference Meet	Burlington
Thur., Oct 17th	South Milwaukee JV Invite	Grant Park
Sat., Oct 19th	Sectional Meet	Mukwonago
Sat., Oct 26th	State Meet	Wisconsin Rapids
