

Hello all Bruin Cross Country Athletes and Parents,

Happy Friday! This is a reminder that our Cross Country Team Dinner for athletes will be held on Thursday, October 2nd. It's a great opportunity for the team to come together and continue building camaraderie as we progress through the season.

We're very proud of the hard work and performances from yesterday's meet! As the season continues, we encourage all athletes to get plenty of rest this weekend and stay on track with their training plans by attending (or completing on your own) the long run tomorrow.

Parents, we kindly ask for your support by contributing food or supplies for the team dinner. Please sign up using the link below to help us make this event a success:

[10/2 Team Dinner Sign-Ups](#)

We had a nutrition talk today at practice from the wonderful Melissa Angelo. Attached to this email is the presentation she shared with athletes, both for families to take a look at and for athletes to review! Thank you, Melissa! [Nutrition Talk Presentation](#)

Thank you for your support in helping our team stay strong and connected!

Have a wonderful weekend, and lets continue working hard to get better!

Coach N