

SCJH CROSS COUNTRY

Newsletter (6/19/22)

We have now done 3 optional group runs. So far, 15 runners have participated in at least 1 run. I am seeing a lot of improvement in just a week's time. If your runner can't make a run, please try to get a run in on their own. A 10 to 20 minute run would be great. We have to continue building our base so all runners can do 2 miles by the time the first official practice on Monday August 1st.

Thanks to those of you who text me pictures of your athlete on their training runs! I am trying to post as many of them as I can on the SCJH XC facebook page. Keep the pictures coming!!!

I'm missing contact info on the following 6th graders to be who signed up this spring: Jalynn Conlin, Kemet Johnson, Lily Gillespie and Navah "Nay" Thome. If you know any of these future runners, please have one their parents get in touch with me (text would be best) so we can get them going building their summer base.

Galva is having their annual Freedomfest 5K on July 4th. If your runner is interested in a fun 3.1 mile run I recommend this run. For more info visit this website: <https://runsignup.com/Race/IL/Galva/GalvaFreedomFest5k>

Another good summer run is Detweiller at Dark. This run is held at Detweiller Park in Peoria (the site of the IHSA State XC Championships). This is an evening run held on Friday July 29th (just before the season start on Monday August 1st). There are separate Junior High races for both boys and girls. The Junior High races are 2.1 miles long. If interested check out the Detweiller at Dark website:

<https://detweilleratdark.com/>

Upcoming Practice Schedule

Monday June 20 7:00 - 8:15 PM

Rock Island Trail Parking Lot (Toulon)

Wednesday June 22 7:00 - 8:15 PM

Rock Island Trail Parking Lot (Toulon)

Saturday June 25 8:00 - 9:15 AM

Rock Island Trail Parking Lot (Toulon)

Tuesday June 28 7:00 - 8:15 PM

Rock Island Trail Parking Lot (Toulon)

Thursday June 30 7:00 - 8:15 PM

Rock Island Trail Parking Lot (Toulon)

Saturday July 2 9:30 - 10:45 AM

Rock Island Trail Depot (Wyoming)

SCJH TRACK & FIELD WEBSITE

<http://screbelscc.com/jh.html>

SCJH TRACK & FIELD ON FACEBOOK

To get updates on Facebook, join the group:

<https://www.facebook.com/groups/436314210937085>

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