

SCJH CROSS COUNTRY

Newsletter (7/8/22)

We are getting close to the start of the inaugural SCJH Cross Country season. Practice will officially start on Monday August 1st. The practices from August 1st on out are mandatory unless Coach Frail is notified in advance of an athlete's absent or the athlete is absent from school that day. All athletes must have turn in a sport physical form to the school office and must have paid the activity fee to the school to start practice on August 1st. If this is not done by August 1st the athlete cannot practice until the sports physical form and the activity fee has been turned into the school office.

Printable sport physical form:

<https://www.iesa.org/documents/general/IESA-PhysicalCard.pdf>

We still have 3 more weeks of the optional group training run before the season starts. It is advantageous to attend as many of these runs as possible to get the athlete's base running up so that they can successfully complete a 2 mile race. We had two new runners join us last night (July 7th) plus another 1 making her second appearance. Currently the roster stands at around 15. We still have some that have shown interest but haven't been able to attend an optional training run. If you know of anyone who might be interested in XC (especially girls) please invite them to attend one of our optional group runs. I would love to have around 20 when the season starts August 1st.

The Stark County School District is offering FREE sport physicals on Monday August 1st to those SCJH 7th & 8th grade students who still need one. For more info go to:

<https://www.facebook.com/SCCUSD100/>

Since all incoming 6th grade students must have a school physical before starting school this August, that physical will meet the sport physical requirement. Just make sure it is done before August 1st to be eligible to practice.

Congratulations to Dusti, Cash & Will who participate in the Galva Freedom Fest 5k on July 4th. Will finished 3rd in the Boys 10 - 14 age group to take home a trophy. Despite finishing as the 5th women overall, Dusti just missed winning an age group award by 1 place. Cash had an excellent run running a strong finishing mile. Great job everyone!!! The Best Is Yet To Come!!!

Any athlete looking for a good summer run Detweiller at Dark is the one. 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/>

There is an entry fee price increase on July 16th so enter early if interested. Coach Frail will be at this run cheering on any and all who sign up.

Another run coming up is the annual Indian Creek 5K (3.1 miles) during Toulon's Old Settlers Day celebration. This run is on Saturday August 6th. For more info go to this website:

<https://raceroster.com/events/2022/56383/indian-creek-5k>

IESA rules allows JH Cross Country runners to participate in this event.

Upcoming Practice Schedule

Saturday July 9 9:30 - 10:45 AM

Rock Island Trail Depot (Wyoming)

Monday July 11 7:00 - 8:15 PM

Rock Island Trail Parking Lot (Toulon)

Wednesday July 13 7:00 - 8:15 PM

Rock Island Trail Parking Lot (Toulon)

Saturday July 16 9:30 - 10:45 AM

SCJH (Toulon)

Tuesday July 19 7:00 - 8:15 PM

Rock Island Trail Parking Lot (Toulon)

Thursday July 21 7:00 - 8:15 PM

Rock Island Trail Parking Lot (Toulon)

Saturday July 23 9:30 - 10:45 AM

Rock Island Trail Depot (Wyoming)

Please note: All runs are subject to change. Text will be sent if there is a change in a scheduled run.

SCJH XC WEBSITE

Team news, practice schedule, meet schedule, team rosters & more...

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

SCJH XC ON FACEBOOK

To get updates on Facebook, join the group:

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

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