

SCJH CROSS COUNTRY

Newsletter (7/29/22)

The start of the inaugural SCJH Cross Country season is here!!! 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. If an athlete was not able to attend any of the optional group runs held over the summer but is still interested in trying Cross Country, they are encouraged to attend the first practice Monday August 1. Both the Girls and Boys XC teams can use more team members. Give XC a try and join the XC family!!!

Remember 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>

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.

A Parent/Student meeting will be held after practice on Tuesday August 2 at the Toulon City Park. Practice on Tuesday will be from 6-7:15PM at SCJH with the meeting starting at the park at 7:30PM and lasting about a half hour. If a parent cannot make the meeting, please let Coach Frail know so he can get the meeting's info to you. High School XC Coach Bob Rennick will be there to talk about XC. Leslie Rennick will be taking orders for XC sweatshirts at the meeting also. Coach Frail will be passing out rules & schedules at the meeting and going over expectations for the inaugural season. Hope to see all the parents and athletes at the meeting.

The first meet for the inaugural season will be on Saturday August 13 starting at 9AM. The meet will be at Knoxville. More info about this meet will be coming soon on the JH XC website. Our first home meet will be on Saturday August 27. The Girls race will start at 9AM with the Boys race to follow. Mark your calenders for this meet and invite family & friends to come out and support our XC runners!!

If anyone is interested, the annual Indian Creek 5K (3.1 miles) will be ran 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

**Monday August 1 6:00 - 7:30 PM
Stark County Junior High (Toulon)**

**Tuesday August 2 6:00 - 7:15 PM
Stark County Junior High (Toulon)
Parents/Athlete Meeting 7:30-8:00 PM
Toulon City Park (Shelter)**

**Wednesday August 3 6:00 - 7:30 PM
Stark County Junior High (Toulon)**

**Thursday August 4 6:00 - 7:30 PM
Stark County Junior High (Toulon)**

**Friday August 5 5:00 - 6:00 PM
Optional
Rock Island Trail Parking Lot (Toulon)**

**Monday August 8 6:00 - 7:30 PM
Stark County Junior High (Toulon)**

**Tuesday August 9 6:00 - 7:30 PM
Stark County Junior High (Toulon)**

**Wednesday August 10 6:00 - 7:30 PM
Stark County Junior High (Toulon)**

**Thursday August 11 6:00 - 7:30 PM
Stark County Junior High (Toulon)**

**Friday August 12 6:00 - 7:00 PM
No Practice - PASTA MEAL
Stark County Junior High (Toulon)**

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...

Please bookmark this page.

<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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