

# **SCJH CROSS COUNTRY**

## **Newsletter (8/7/22)**

**The SCJH and Bradford JH coop became official on Friday August 5. What a relief it was for the team, parents and Coach Frail. Since SC is the host district, the XC team will go by Stark County for this year.**

**The start of the inaugural SCJH Cross Country season has begun with the completion of the first week of practice. All team members are working hard. We practiced pacing, hill work, speed work and slow long distance running this week as we get ready for our first meet on Saturday August 13.**

**The first meet on Saturday August 13 will be at the Blue Bullets XC Season Opener Invite hosted by Knoxville JH. The meet will be held in Knoxville at the Knoxville JH/ Knoxville HS Complex. The Girls race will begin at 9am with the Boys race to follow at 9:45am. There will be an award ceremony as soon as the Boys results are calculated. There are currently 7 teams scheduled to compete at the Invite. The SCJH XC team will be leaving SCJH promptly at 7am to head for Knoxville. Please try to be at SCJH by 6:45am.**

**On Friday August 12, the XC team will have a team supper from 6-7pm. All XC team members and their immediate family are invited to attend. The meal will be a potluck. 6<sup>th</sup> grade parents are ask to bring a pasta type dish while the 7<sup>th</sup> & 8<sup>th</sup> grade parents are ask to bring a side or desert. Coach Frail will provide paper plates and silverware as well as water. You may bring your own drink if you want. The location of the meal will be announced by Wednesday August 10. I hope to see you all there. If your team member and/or his family cannot make it please let Coach Frail know.**

**Uniforms will be distributed at practice on Tuesday.**

**Thanks to everyone who attended the Parent/Student meeting. For those parents that were on vacation, information that was passed out at the meeting will be given to your athlete after practice Monday. Also Leslie Rennick was at the meeting taking orders for XC sweatshirts and t-shirts. If you want to place an order, see Coach Frail and he will give you the details and take the order. And finally, get those signed "Team and Individual Responsibilities, Procedures, Policies & Goals" sheets to Coach Frail.**

**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!!**

**Congratulations to Dusti, Will & Norah for running an excellent Indian Creek 5K on Saturday. Dusti (22:53 - 4<sup>th</sup> overall) won a medal for 2<sup>nd</sup> Female Overall. Will (24:19 - 8<sup>th</sup> overall) took home medals for being the first Toulon Male finisher and winning the Male 14 & Under age group. Norah (25:52 -12<sup>th</sup> overall) received a medal for finishing in the top three in the Female 14 & Under age group.**

### **Upcoming Practice Schedule**

**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 - TEAM MEAL\*  
Stark County Junior High (Toulon)**

**Monday August 15 6:00 - 7:30 PM  
Stark County Junior High (Toulon)**

**Tuesday August 16 6:00 - 7:15 PM  
Stark County Junior High (Toulon)**

**Wednesday August 17 6:00 - 7:30 PM  
Stark County Junior High (Toulon)**

**Thursday August 18 6:00 - 7:30 PM  
Stark County Junior High (Toulon)**

**Friday August 19 5:00 - 6:00 PM  
Rock Island Trail Parking Lot (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>**

## **Coach Gary Frail**

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