

# **SCJH CROSS COUNTRY**

## **Newsletter (8/10/22)**

**The SCJH XC Teams' first meet will be on Saturday August 13 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 8 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. Spectators are asked to park at the Knoxville football field parking lot (400 block of S. Gilson St.). Team members are asked to stay for both the Girls & Boys races and if possible the award ceremony. If a parent is taking their team member home please check out with Coach Frail.**

**On Friday August 12, the XC team will have a team supper from 6-7pm at the Toulon City Park. 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 and/or desert. Coach Frail will provide paper plates and silverware as well as water. You may bring your own drink if you want. I hope to see you all there. If your team member and/or his family cannot make it please let Coach Frail know.**

**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!!**

**The SCJH XC teams have been assigned to the IESA Class 2A Sectional F. Sectional F is hosted by Dunlap Valley Middle School (13120 IL-91, Dunlap, IL). Sectional F will be held on Saturday October 8 starting at 10:00am. The course is south of the school behind the soccer field. To see the teams scheduled to participate at the Sectional F, click the link below.**

**[https://www.iesa.org/activities/cc/assignments\\_Sectional.asp?Year=2022&Class=2A](https://www.iesa.org/activities/cc/assignments_Sectional.asp?Year=2022&Class=2A)**

**Please note that due to the HS/JH Open House on Monday August 15 practice will be from 6:15 - 7:30 pm instead of 6:00 - 7:30 pm.**

## **Upcoming Practice Schedule**

**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\***  
**Toulon City Park (Toulon)**

**Monday August 15 6:15 - 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**

**Cell phone (text): (309) 883-0165**

**E-mail: [screbelsxc@gmail.com](mailto:screbelsxc@gmail.com)**