

SCJH CROSS COUNTRY

Newletter (6/9/26)

The start of the SCJH XC season is just 8 weeks away. Official practice begins on **Monday, August 3**. Practices from that date forward are **mandatory** unless Coach Frail is notified in advance of an athlete's absence or the athlete is absent from school that day.

If you know **anyone— boy or girl— who might be interested in trying XC**, encourage them to come to one of the **optional summer training runs**. If they can't make any of those but still want to give XC a try, they should plan to attend the **first official practice on August 3**.

Both the Girls' and Boys' XC teams can use more team members. Give XC a try and join the XC family!

SPORTS PHYSICALS & ACTIVITY FEE

Reminder: **Get your sports physical completed as soon as possible.**

6th graders: Your required school physical **counts as your sports physical.**

5th, 7th, and 8th graders: You **must** have a separate sports physical.

All team members must have a **completed sports physical form turned in to their school office** and must have **paid the activity fee** before they can begin practice on **August 3**.

If these requirements are not completed by August 3, the athlete **cannot participate in practice** until the sports physical form and/or activity fee has been submitted to the school office.

Printable sports physical form:

<https://stark100athletics.com/main/otherad?contentID=55608251>

OPENING MEETS

SCJH XC will open its 2026 regular season at the **Knoxville Blue Bullet Invite** on **Saturday, August 15**. Due to construction on Knoxville's home course, this year's meet will be held at **Lake Storey in Galesburg**.

Our first of two home meets, the **Rebel Rush**, is scheduled for **Saturday, August 22**.

The **Mossville Warriors Invite**, originally set for **Saturday, August 29**, has been **canceled for this year**. No information has been provided regarding the reason for the cancellation.

WARM-UP SHIRTS

Warm-up shirts will be **orange** this year instead of silver, as the silver style has been discontinued. Please **text Coach Frail with your athlete's shirt size** so the orange shirts can be ordered and printed as soon as possible. Each team member is responsible for purchasing their own shirt. Last year's cost was **\$12**, but the price will likely be slightly higher this year (hopefully **\$15 or less**).

TEAM SINGLETS

SCJH XC team members may *finally* be moving away from the hand-me-down track uniforms used during the first four seasons of SCJH XC. New **XC singlets** are currently being explored. Breedlove's is checking on singlet availability and will be providing a quote soon.

Depending on the final pricing, athletes may need to **purchase their own shorts**, but this is still undecided until the quote comes in. More information will be shared as soon as it becomes available.

UPCOMING SUMMER RUN

For SCJH XC team members looking to get in some summer racing, here's a great local option:

Detweiller at Dark will take place **on Friday, July 24 at Detweiller Park in Peoria.**

Athletes interested in running the **2.1-mile junior high girls' or boys' races** should register as soon as possible at:

<https://detweilleratdark.com/>

All SCJH XC athletes are encouraged to participate — it's excellent preparation for our upcoming season. When registering, be sure to join the correct team: **SCJH XC Boys or SCJH XC Girls.**

SCJH XC WEBSITE

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

Please bookmark this page.

<http://screbelscc.com/SCJH%20XC.html>

SCJH XC ON FACEBOOK

To get updates on Facebook, join the group:

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

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