

SCJH CROSS COUNTRY

Newsletter (8/26/25)

REBEL RUSH

The SCJH XC team hosted their Rebel Rush meet last Saturday (August 23). On a beautiful morning for running, the Girls started the meet by winning the Girls championship. The Boys had 4 runners participating, so they did not receive a team score. Coach Frail wants to thank everyone that came out and supported our runners at the meet. For results, visit the SCJH XC website:

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

MOSSVILLE WARRIORS INVITATIONAL

This Saturday, August 31, the SCJH XC team will be at Three Sister Park (17189 Route 29, Chillicothe, IL) for the Mossville Warriors Invitational (formerly Michele Stewart Invite). The meet will consist of 4 races. The Varsity Girls (7 runners max) will begin at 9:00am. The Varsity Boys (7 runners max) at 9:30am, Open Girls (unlimited runners) at 10:00am and the Open Boys at 10:30am will follow. Since we have 15 girls on the team, we will have girls running in the open race. All boys will run in the varsity race. The bus will leave SCJH parking lot promptly at 7:00am. Be at the bus by 6:45am. We will be making a stop in Wyoming if your team member wants to be picked up there. Be in front of the Paramount no later than 7:00am. The bus will stop long enough for team members to load, and then off we go. If your team member wants to be picked up in Wyoming, please text Coach Frail your intentions. For those team members riding the bus home, we will contact parents when we leave Chillicothe with our ETA for Wyoming or Toulon. As we did in the morning, the bus will stop in Wyoming by Casey's for those team members who want dropped off there. I'm looking forward to a great morning of running! For more information, visit the SCJH XC website:

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

SWEATSHIRTS AND T-SHIRTS

The sweatshirts and t-shirts have been ordered from Breedloves. The order should be completed around September 5. The final cost will be provided after the order is picked up.

UPCOMING MEET

The **Tiger Invite** scheduled for Tuesday, September 3 in Mapleton has been moved to Monday, September 8. Invite times and location remain the same.

SEPTEMBER/OCTOBER PRACTICE AND MEET SCHEDULE

The September/October practice and meet schedule can now be viewed and printed on the SCJH XC website.

UPCOMING PRACTICE AND MEET SCHEDULE

Monday, August 25 2:00-4:00pm
SCJH

Tuesday, August 26 2:00-4:00pm
SCJH

Wednesday, August 27 2:00-4:00pm
SCJH

Thursday, August 28 2:00-4:00pm
SCJH

Friday, August 29
No Practice

Saturday, August 30 9:00am-12:30pm
Michele Stewart Invite
Three Sisters Park (Chillicothe)

Monday, September 1
No Practice - Labor Day

Tuesday, September 2 3:15-5:00pm
SCJH (Toulon)

Wednesday, September 3 2:00-4:00pm
SCJH (Toulon)

Thursday, September 4 3:15-5:00pm
SCJH (Toulon)

Friday, September 5 3:15-5:00pm
SCJH (Toulon)

Please note: All runs and meets are subject to change. A text will be sent if there is a change.

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/4363142109375>

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