

SCJH CROSS COUNTRY

Newsletter (6/25/25)

The start of the SCJH XC season is less than 6 weeks away. Practice will officially start on Monday, August 4. Practices from August 4 onward are mandatory unless Coach Frail is notified in advance of an athlete's absence or the athlete is absent from school that day. If an athlete is not able to attend any of the optional group runs held over the summer but is still interested in trying XC, they are encouraged to attend the first practice on Monday, August 4. Both the Girls' and Boys' XC teams can use more team members. Give XC a try and join the XC family!!!

Reminder: Get your sports physical done! 6th grade's school physical meets this requirement. 7th & 8th graders will need a sports physical. All athletes must have turned in a completed sports physical form to their respective school office and must have paid the activity fee to their school to start practice on August 4. If this is not done by August 4, the athlete cannot practice until the sports physical form and/or the activity fee has been turned in to the school office.

Printable sports physical form:

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

SCJH XC will start its 2025 regular season at the **Knoxville Blue Bullet Season Opener**. The meet will be held on Saturday, August 16. The first of two home meets (**Rebel Rush**) will be held on Saturday, August 23.

UPCOMING SUMMER RUNS

For any SCJH XC team members looking to do some summer races, here is a list of races close to home.

Detweiller at Dark will take place on Friday, July 25. If you are interested in running the 2.1 mile JH girls' or boys' races, please register ASAP at:

<https://detweilleratdark.com/>

All SCJH XC team members are encouraged to take part in this event. It is good preparation for our upcoming season. Hailey has formed a girls' team, so if you have a girl signing up, please join her team. There has to be at least 5 girls to have an official team. So far, no boys' team has been formed.

The **Spoon River 5K** (3.1 miles) will take place in Wyoming on Saturday, July 26. Anyone interested can get more information and register at this link:

<https://www.spoonriverdays.com/copy-of-vendor-registration-1>

If anyone is interested, the annual **Indian Creek 5K** (3.1 miles) will be run during Toulon's Old Settlers Day celebration. This run is on Saturday, August 2. For more info or to register, go to this website:

<https://raceroster.com/events/2025/102479/indian-creek-5k>

Once again this year, the SCJH XC team will be wearing their silver warm-up shirts to the early season meets and beyond if the weather is nice. Coach Frail will need sizes for any returning team member who do not have their shirt from last year or if they need a different size this year plus all new team members will need to give Coach Frail their shirt size. Please have this done by July 1st. Last year, the shirts cost \$12. Hopefully, the price this year will be about the same.

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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