

SCJH CROSS COUNTRY

Newsletter (7/23/25)

Five optional training runs remain before the first official practice on Monday, August 4. Monday's optional training run had 18 participants (the largest turnout of the year for a training run).

DETWEILLER AT DARK

Detweiller at Dark will take place on Friday, July 25. The JH Girls race starts at 8:30pm with the JH Boys race starting at 8:30pm. Coach Frail is planning to go down early to pick up race bibs and t-shirts for all athletes running in the event. He will be near the SCHS XC team camp along the fence near the finish line with the items. It is recommended that all athletes be at Detweiller Park at least 1 hour and 15 minutes before their race. This is a major event and parking will be at a premium. Be prepared to walk a long distance to where Coach Frail will be near the finish line. Unfortunately, this year there will be a \$10 parking fee for each car entering the parking area.

FALL PARENT/ATHLETE MEETING

The fall Parents/Athlete meeting will be held on Monday, August 4 from 7:00 to 8:00pm (following the first official practice) in the SCHS/JH cafeteria. Team rules, expectations, grades, final meet schedule and other pertinent information will be gone over at the meeting. Orders for sweatshirts and T-shirts will be taken at the meeting for team members needing one and any family members who would like one. All team members should have a sweatshirt to wear at meets for when the weather turns cooler.

SCHOOL/SPORTS PHYSICAL

Reminder: Get your sports physical done! The 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>

AUGUST PRACTICE SCHEDULE

The practice schedule for August will be available sometime next week on the SCJH XC team's website. Coach Frail is working on finalizing practice times for when school starts. Practices for the first two weeks of August will be from 6:00-7:30pm.

PICTURE DAY

Fall sports picture day is scheduled for Friday, August 22. The SCJH XC team will have their pictures taken between 2:45 - 2:55pm on that day at SCHS. More information will be provided closer to that date.

FIRST RACE PRE-MEET MEAL

A first race pre-meet meal is being finalized at this time. The meal will be open to all team members and their immediate family. More information will be provided at the fall Parents/Athlete meeting.

SILVER WARM-UP SHIRTS

For those athletes ordering the silver warm-up shirts, they are currently at Princeville Prints waiting to be printed. When they are completed, Coach Frail will pick them up and let each athlete know how much they owe for the shirt.

HOMECOMING PARADE

Looking ahead, the annual SCHS Homecoming parade will be held on Friday, September 26 in Toulon. If anyone is interested in providing a truck and trailer for the SCJH XC team to ride on during the parade, please let Coach Frail know. More information on the parade will be provided closer to the event.

OTHER SUMMER RUNS

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>

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 (SCJH XC):

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

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