

SCJH CROSS COUNTRY

Newsletter (7/29/25)

SEASON START

The start of the SCJH XC season officially begins with the first practice this 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.

SPORT PHYSICALS & ACTIVITY FEES

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. If your athlete will not have their sports physical done by Monday, August 4, please let Coach Frail know.

Printable sports physical form:

<https://stark100athletics.com/main/otherad/contentID/556081>

FALL PARENTS/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. This is a mandatory meeting for all team members and parents. Team rules, expectations, grades, final meet schedule and other pertinent information will be covered at the meeting. Orders for sweatshirts and T-shirts will be taken at the meeting for team members needing one and for any family members who would like one. All team members should have a sweatshirt to wear at meets when the weather turns cooler.

UPCOMING SUMMER RUNS

If anyone is interested in running the [Indian Creek 5K](#) (3.1 miles) this Saturday (August 3) in Toulon, please get registered. For more info or to register, go to this website:

https://raceroster.com/events/2024/78781/indian-creek-5k?fbclid=IwZXh0bgNhZW0CMTAAAR1YUsV046h6HE1pzloyYrY6nhYv6ylzNWWRnbJBqRAude8VRf9N8NWAgoY_aem_xG1Ljdimu_K-fN13qDdbA

EXTRACURRICULAR MEETING

The Stark County district will be hosting an extracurricular parent/student meeting on Tuesday, August 12 from 7:00 - 7:30pm in the HS gym. All 6 - 12 grade students planning to participate in athletics or extracurricular activities during the 25-26 school year should attend the meeting along with their parents.

FIRST RACE PRE-MEET MEAL

A first race pre-meet meal will be held on Friday, August 15. The potluck meal is open to all team members, their parents and siblings. More information will be provided at the fall Parents/Athlete meeting.

AUGUST MEET SCHEDULE

Saturday August 16

Blue Bullet Invite

@ Knoxville JH/HS (Knoxville)

9:00 AM

Saturday August 23

Rebel Rush

@ SC JH/HS (Toulon)

9:00 AM

Saturday August 30

Michele Stewart Invite

Three Sisters Park (Chillicothe)

9:00 AM

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.

SILVER WARM-UP SHIRTS

For those athletes who ordered the silver warm-up shirts, they are still 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.

Upcoming Practice and Meet Schedule

Monday, August 4 6:00-7:30pm
SCJH (Toulon)

Tuesday, August 5 6:00-7:30pm
SCJH (Toulon)

Wednesday, August 6 6:00-7:30pm
SCJH (Toulon)

Thursday, August 7 6:00-7:30pm
Rock Island Trail Parking Lot (Toulon)

Friday, August 8 6:00-7:30pm
SCJH (Toulon)

Monday, August 11 6:00-7:30pm
SCJH (Toulon)

Tuesday, August 12 - TBD

Wednesday, August 13 6:00-7:30pm
SCJH (Toulon)

Thursday, August 14 2:00-4:00pm
SCJH (Toulon)

Friday, August 18 6:00 - 7:00pm
No Practice - Team Potluck Supper
SCJH/HS Cafeteria (Toulon)

Saturday, August 16 9:00-11:00am
Blue Bullet Invite
Knoxville JH/HS (Knoxville)

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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