

SCJH CROSS COUNTRY

Newsletter (7/8/25)

Last week was a good week of optional training runs, with 20 team members making at least one of the three weekly practices. Outstanding!!

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.

SCHOOL/SPORTS PHYSICAL

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>

DETWEILLER AT DARK

Detweiller at Dark will take place on Friday, July 25. If your team member is 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. So far, there are 5 girls signed up and 2 boys. After your team member has signed up, please join either the girls' team (SC XC Girls) or the boys' team (SC XC Boys). The price for entering the race increases on July 14 so if your team member is planning on entering, get them signed up as soon as possible.

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>

SILVER WARM-UP SHIRTS

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 members 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 11.** Last year, the shirts cost \$12. Hopefully, the price this year will be about the same.

FALL PARENT/ATHLETE MEETING

A Parent/Athlete meeting will be held either the last week of July or the first week of August. I'm still waiting on Athletic Director Roland Brown to let me know what dates are available. Team rules, expectations, grades, final meet schedule and other pertinent information will be gone over at the meeting. More information to come as soon as I know the date.

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>

Coach Gary Frail

Cell phone (text): (309) 883-0165

E-mail: screbelsxc@gmail.com

