

# **SCJH CROSS COUNTRY**

## **Newsletter (8/10/25)**

### **FIRST MEET**

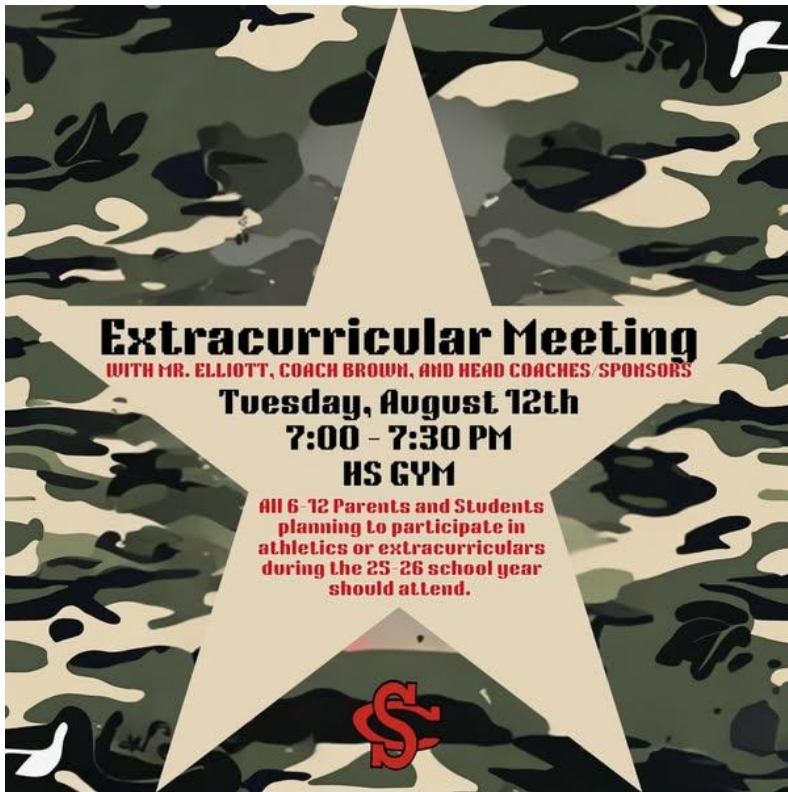
The SCJH XC season officially begins with the first meet this Saturday, August 16. The team will be participating in the **Blue Bullet Invite** at the Knoxville JH/HS school grounds. The invite starts with the Girls race at 9:00am followed by the Boys race at 9:45am. There will be an awards ceremony at ~10:45am. The bus for the Invite will leave the SCJH parking lot promptly at 7:00am. All team members should be at the school by 6:45am. Coach Frail would like all team members to stay at the Invite through the conclusion of the Boys race and the awards ceremony, if at all possible. Team members may ride the bus back to SCJH after the Invite or ride home with their parents. If your team member is riding home with another team member's parent, please let Coach Frail know in advance. Parking for spectators is available at the Knoxville High School north parking lot (600 E Main St.), Knoxville Junior High School east parking lot (701 E. Mill St.), or football/track complex parking lot (S. Gilson St.).

### **PRE-MEET TEAM MEAL**

On Friday, August 15, the XC team will have a team meal from 6:00-7:00pm in the SCJH/HS cafeteria. All XC team members and their immediate families are invited to attend the meal. This will be a potluck meal. The 6th grade parents are asked to bring a pasta/main dish and a side dish; the 7th grade parents are asked to bring a pasta/main dish and a dessert, while the 8th grade parents are asked to bring a side dish and a dessert. Coach Frail will provide paper plates, napkins, and silverware. Please bring your own drinks for your family. We hope to see everyone there! If your team member and/or their family cannot make it, please let Coach Frail know.

### **EXTRACURRICULAR MEETING**

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



## **TUESDAY AUGUST 12 PRACTICE**

Due to Stark County having its 6<sup>th</sup> grade orientation, 7<sup>th</sup> and 8<sup>th</sup> grade open house, plus the mandatory extracurricular parent/student meeting on Tuesday, August 12, Tuesday's practice will be held at Rock Island Trail Depot from 9:00 - 10:30am. Sorry for the inconvenience.

## **SILVER WARM-UP SHIRTS**

The silver warm-up shirts are done and have been passed out to those who were at practice this week, with the rest to be passed out this upcoming week. The cost of the shirt is \$12 and can be paid to Coach Frail. If you are paying with a check, make it payable to: Gary Frail. Payment is due as soon as possible.

## **SWEATSHIRTS AND T-SHIRTS**

Orders were taken for XC sweatshirts and t-shirts at the Parents/Athlete meeting on Monday, August 4. All team members are asked to have a sweatshirt so they may wear it to warm up in as the weather gets colder. In addition, any parent, family member, or family friend may purchase a sweatshirt and/or t-shirt. If you were not at the Parents/Athlete meeting or would like to add to your order, you can text Coach Frail with your order. Please include your team member's name, your size(s), and the name you want printed on the back (usually the team member's last name). Please have it done as soon as possible so we can get the order turned in to Breedlove's along with the HS XC team's order. The cost of the sweatshirts and the t-shirts will be determined by how many of each we will have to get. Last year, the sweatshirts were \$24.50 and the t-shirts were \$12.50. These are the same sweatshirts the HS XC team wears, so you won't

have to get a new one when joining the HS team unless one is needed.



## **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.

## **UNIFORMS**

Coach Frail started to pass out uniforms at the end of Friday's practice. Uniforms will again be passed out after Monday's practice. Team members can wear a black dri-fit t-shirt under their singlet and may wear black compression shorts under their shorts if needed.

## **UPCOMING AUGUST MEETS**

After Saturday's meet, the SCJH XC teams will have 2 more meets to finish out August. On Saturday, August 23 the SCJH XC teams will host their first meet of the season. The **Rebel Rush** will be held on the SCJH/HS grounds and Toulon City property. The Girls race starts at 9:00am and the Boys race at 9:45am with the awards ceremony at 10:30am. We end August going to Three Sister Park (17189 IL- 29 Chillicothe IL 61523) on Saturday, August 30 for the **Michele Stewart Invitational** hosted by Mossville JH. The JH Varsity Girls start at 9:00am followed by the JH Varsity Boys at 10:00am, JH Open Girls at 10:30am and the JH Open Boys at 11:00am. The bus will leave at 7:00am for this meet.

## **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 11 6:00-7:30pm**  
**SCJH (Toulon)**

**Tuesday, August 12 9:00-10:30am**  
**Rock Island Trail Depot (Wyoming)**

**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 Meal**  
**SCJH/HS Cafeteria (Toulon)**

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

**Monday, August 18 2:00-4:00pm**  
**SCJH (Toulon)**

**Tuesday, August 19 2:00-4:00pm**  
**SCJH (Toulon)**

**Wednesday, August 20 2:00-4:00pm**  
**SCJH (Toulon)**

**Thursday, August 21 2:00-4:00pm**  
**Rock Island Trail Parking Lot (Toulon)**

**Friday, August 22**  
**No Practice**  
**Pictures 2:45-2:55pm**

**Saturday, August 23 9:00-11:00am**  
**Rebel Rush**  
**SCJH/HS (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>**

**Coach Gary Frail**

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

**E-mail: [screbelsxc@gmail.com](mailto:screbelsxc@gmail.com)**