

SCJH CROSS COUNTRY

Newsletter (8/18/25)

KNOXVILLE BLUE BULLETS INVITE

The SCJH XC season began on Saturday, August 16 at the **Knoxville Blue Bullet Invite**. Despite warm temperatures and high humidity, both the girls' and boys' teams ran excellent first meets. The Girls finished 3rd out of 8 scoring teams and the Boys finished 6th out of 7 scoring teams. We had 5 girls and 4 boys running in their first XC meet.

REBEL RUSH

The SCJH XC teams will be hosting their first of two home meets this Saturday, August 23. The **Rebel Rush** begins at 9:00am with the girls' race, followed by the boys' race at 9:45am. The award ceremony will commence at 10:45am. All teams should be at the team camp by 8:00am. All team members are asked to stay through the awards ceremony. Schools participating Saturday are Cambridge, Galva, Orion, Peoria Reservoir, Princeville, Putnam County, Sherrard & Stark County. For more information, visit the SCJH XC website: <http://screbelscc.com/SCJH%20XC.html>

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. Team members must bring their uniforms with them when they go to school on Friday. Team members may be picked at SCJH parking lot at 3:00pm. Picture order forms will be passed out later this week at practice.

SILVER WARM-UP SHIRTS

If you have not paid for your silver warm-up shirts, please do so as soon as possible. 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.

SWEATSHIRTS AND T-SHIRTS

Orders are still being taken for sweatshirts and t-shirts. If you need to order one for your team member or a family member, you will have until Thursday, August 21 at 9:00am to do so. After that, the orders will be delivered to Breedloves. The cost of each will be determined by the number that is ordered. It usually takes Breedloves around 3 weeks to fulfill the order.



UPCOMING AUGUST MEETS

After Saturday's meet, 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.

SCHEDULE CHANGE

The **Tiger Invite** scheduled for Tuesday, September 3 in Mapleton has been moved to Monday, September 8. Invite times and location remain the same.

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 about the parade will be provided closer to the event.

Upcoming Practice and Meet Schedule

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
SCJH (Toulon)

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

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

Monday, August 25 2:00-4:00pm
SCJH

Tuesday, August 26 2:00-4:00pm
SCJH

Wednesday, August 27 2:00-4:00pm
SCJH

Thursday, August 28 2:00-4:00pm
SCJH

Friday, August 29
No Practice

Saturday, August 30 9:00am-12:30pm
Michele Stewart Invite
Three Sisters Park (Chillicothe)

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

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