

Tentative SCJH XC 2026 Schedule

Date	Meet	Location	Host School
Sat. August 15	Blue Bullet Season Opener	Knoxville	Knoxville JH
Sat. August 22	Rebel Rush	Toulon	SCJH
Sat. August 29	Mossville Invite	Chillicothe	Mossville JH
Tues. September 8	Tiger Invite	Mapleton	Illini Bluffs
Thur. September 10	Steve Bosch Invite	Princeville	Princeville JH
Tues. September 15	Multiple Teams	Princeville	Princeville JH
Mon. September 21	St. Jude Mini-Yeti	Peoria	Peoria St. Jude
Sat. September 26	Rebel Rally	Toulon	SCJH
Thur. October 1	Limestone Walters Rocket Run	Bartonville	Limestone Walters
Sat. October 3	SCJH vs. PCJH	McNabb	Putnam County JH
Tues. October 6	Last Chance	Princeville	Princeville JH
Sat. October 10	IESA Class 2A Sectional	TBA	TBA
Sat. October 17	IESA State XC Championships	Maxwell Park	Normal Parkside

SCJH XC TRAINING SCHEDULE

JUNE 2026

SUN	MON	TUE	WED	THU	FRI	SAT
	1 Rock Island Trail Parking Lot (Toulon) 6:30-8:00 PM	2	3 Rock Island Trail Parking Lot (Toulon) 6:30-8:00 PM	4	5	6 Rock Island Trail Depot (Wyoming) 9:00-10:30 AM
7	8	9 Rock Island Trail Parking Lot (Toulon) 6:30-8:00 PM	10	11 Rock Island Trail Parking Lot (Toulon) 6:30-8:00 PM	12	13 Rock Island Trail Depot (Wyoming) 9:00-10:30 AM
14	15 Rock Island Trail Parking Lot (Toulon) 6:30-8:00 PM	16	17 Rock Island Trail Parking Lot (Toulon) 6:15-7:45 PM	18	19	20 Rock Island Trail Depot (Wyoming) 9:00-10:30 AM
21	22	23 Rock Island Trail Parking Lot (Toulon) 6:30-8:00 PM	24	25 Rock Island Trail Parking Lot (Toulon) 6:30-8:00 PM	26	27 Rock Island Trail Depot (Wyoming) 9:00-10:30 AM
28	29 Rock Island Trail Parking Lot (Toulon) 6:30-8:00 PM	30	Training Runs and Times Subject to Change			

Shoes are the most important apparel for XC running. If your feet hurt, you will not run efficiently. Stores that I recommend for buying a good pair of running shoes are:

**RC Outfitters
311 SW Water St.
Peoria, IL 61602**

**6140run
185 West Main St.
Galesburg, IL 61401**

**DICK'S Sporting Good
5205 W War Memorial Dr.
Peoria, IL 61615**

SCJH XC Website

<http://screbelscc.com/jh.html>



SCJH XC On Facebook

Group Name: [SCJH XC](#)

Private Group

Ask to join

The SCJH XC team open their practices by doing warm-up drills. The purpose of these warm-up drills is to prevent injuries. An injured athlete does not help the team. Please have your athlete view the Dynamic Warm-Up video so that they may learn how to do the drills properly. The warm-up drills that the team does end with the backward hurdles drill (around 8:30 in the video).

https://youtu.be/8dIHS_UVfQ4?si=i_RFQOZTcszoaFIM



Parents,

Having a student athlete is rewarding and sometimes stressful. Below you will find information that should help your child and you get more out of the sport!

Sleep/Rest

Does your kiddo wake up without an alarm? Does he or she feel rested and energized upon waking? If not, lack of sleep could be the cause!

Here are some tips for helping your child get the adequate amount of sleep:

- **Eliminate caffeinated beverages 4 hours before bedtime.**
- **Think about setting a nightly schedule on weekdays that will allow enough time for homework. Then, stick to it! Time can usually be found by limiting TV and other electronic use. Oftentimes, a 20 minute homework session can turn into 40 minutes because of all the unnecessary interruptions.**
- **Set an alarm to remind your child to go to sleep. If you have an older child, he or she can set the alarm.**
- **Sleep in on weekends, or take naps when feeling tired.**

What about Nutrition?

One of the most overlooked areas of training by young athletes is nutrition. Oftentimes, young runners will continue to eat the same "junk" that their friends who aren't training eat. When that happens, the fuel that they need to train is very limited, and the body does not perform at the optimal level. During training, young athletes will need to increase their caloric intake to supplement the calories they are burning.

Be a Motivator

As a parent, your child looks to you (whether it appears so or not) for encouragement and support. The words you use and the habits you demonstrate play a crucial role in your child's success as a student-athlete. Below are some tips for motivating your kiddo:

- **Figure out and tap into what motivates your child.**

- **Find out if your child is running for health reasons or competitive ones. Once you understand your child's motivation for running, you can tailor your support to benefit him or her psychologically.**
- **Encourage goal-setting!**
 - **Oftentimes, if a young athlete sets reasonable goals, he or she is more likely to succeed.**
 - **Goals should be SMART.**
 - **Specific**
 - **Measurable**
 - **Attainable**
 - **Results-focused**
 - **Timely**
 - **Once you understand your child's goals, discuss them frequently with your child.**
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- **Be a Role Model**
 - **Make sure you are setting goals, working hard, and staying committed in your life so that your child sees a positive example of mental fitness. Share your frustrations and successes with your child. Often times they see the results you have achieved but miss the process you had to go through to get that result.**
- **Push Them to Safe Limits**
 - **It's okay to encourage your child to put more effort into training and competition as long as you are aware of situations that pose risks of injury.**