

# JXC

## 2022

JHS Athletics Website: [www.jackson.stark.k12.oh.us](http://www.jackson.stark.k12.oh.us)  
(Athletic forms and ticket information found here!)

Team Website: [www.jacksoncrosscountry.com](http://www.jacksoncrosscountry.com)  
(Team apparel sold here!)

District Sports News Website: [www.jacksonpolarbears.org](http://www.jacksonpolarbears.org)  
(Team scores reported here!)

### SOCIAL MEDIA:

Remind: Enter 81010, text @jxcbears to join  
(This is a MUST! Best source for team updates!)

Facebook group: Jackson X-Country  
(Best source for photos and videos!)

Twitter: Follow JXC @JXCrun4gold  
(Best source for live updates!)

## Jackson Cross Country 2022

We are thrilled to welcome everyone to the 2022 Jackson Cross Country season! Our season goal is to build upon our past successes in the classroom, the community, and on the course. We will be honoring many of our past traditions while establishing a few new ones. A big welcome back to our returning runners and a thank you to all the new runners who will be joining us at the High School.

Please sign up for the **JXC Remind** and pay attention to updates. Those updates will also be found on our team website and Facebook page, but Remind will be your best source of confirmed information. I am including as much information as I can into this preseason packet, but please be advised that information is highly subject to change. Once again your best source of the most updated information is the **JXC Remind!**

WE HAVE INCLUDED EVERYONE WHO RAN LAST YEAR ON THE ACTIVE 2022 ROSTER. PLEASE EMAIL COACH WALSH, AKERS, OR DILLICK IF YOU ARE BRAND NEW AND WOULD LIKE TO JOIN JXC OR IF YOU KNOW SOMEONE WHO WOULD LIKE TO JOIN SO THAT WE CAN ADD YOU TO THE ROSTER.

### Jackson Cross Country 2022 Coaching Staff

|                 |              |
|-----------------|--------------|
| Coach Walsh     | 330-495-1186 |
| Coach Akers     | 330-212-2584 |
| Coach Clement   | 216-407-6793 |
| Coach Dillick   | 330-603-5449 |
| Coach Hartnett  | 330-309-2513 |
| Coach Samblanet | 330-933-1715 |

\*\*\* For those who have been with us in the past, Coach Sidel is going to be working with Coach Hull at the Middle School this coming season. We will be adding another coach to the mix, so stay tuned for that announcement.\*\*\*

### The following is a list of just some of our accomplishments since the 1990's

|                                    |                                 |
|------------------------------------|---------------------------------|
| FLC Champions:                     | 19 times                        |
| Stark County Champions:            | 21 times                        |
| District Champions:                | 16 times                        |
| Regional Runner Up's               | 7 times                         |
| Regional Champions:                | 6 times                         |
| State Runner Up's:                 | 2005 Girls Team                 |
| Teams Advancing to the State Meet: | 28 Jackson Teams have Qualified |

We have won 92 Regular Season Invitational Championships  
We have had 62 runners go on to run at the college level  
We have produced one NCAA Division I All American  
We have produced 19 1<sup>st</sup> team All-Ohio runners  
We have produced 80 1<sup>st</sup> team All- FLC runners  
We have produced 107 1<sup>st</sup> team All-Stark County runners  
We have had 15 Mr. & Miss Jacksonite winners (most outstanding senior grad.)

# Jackson CC Team History

## Federal League Champions

| Boys | Girls     |
|------|-----------|
| 1976 | 1992 2020 |
| 1982 | 1998 2021 |
| 1983 | 1999      |
| 2011 | 2000      |
| 2015 | 2001      |
| 2017 | 2003      |
| 2018 | 2004      |
| 2019 | 2005      |
| 2021 | 2004      |
|      | 2006      |
|      | 2012      |
|      | 2015      |
|      | 2018      |
|      | 2019      |

## Stark County Champions

| Boys | Girls |
|------|-------|
| 1992 | 1992  |
| 1995 | 1994  |
| 2011 | 1995  |
| 2012 | 1999  |
| 2017 | 2000  |
| 2018 | 2001  |
|      | 2003  |
|      | 2004  |
|      | 2005  |
|      | 2006  |
|      | 2012  |
|      | 2017  |
|      | 2018  |
|      | 2019  |
|      | 2020  |

## NE District Champions

| Boys | Girls |
|------|-------|
| 1975 | 1992  |
| 1992 | 1994  |
| 2001 | 1995  |
| 2004 | 1999  |
| 2011 | 2000  |
| 2017 | 2001  |
| 2018 | 2003  |
|      | 2004  |
|      | 2005  |
|      | 2006  |
|      | 2012  |
|      | 2015  |
|      | 2019  |

## NE Regional Champs/Runner-up

| Boys      | Girls     |
|-----------|-----------|
| 2003- 2nd | 1994- 1st |
| 2004- 1st | 1999- 1st |
| 2018 -2nd | 2000- 1st |
|           | 2001- 2nd |
|           | 2002- 1st |
|           | 2004- 1st |
|           | 2005- 1st |
|           | 2012- 2nd |
|           | 2015- 2nd |
|           | 2018-2nd  |

## OHSAA State Meet Qualifiers

| Boys        | Girls      |
|-------------|------------|
| 1982- 18th  | 1995- 4th  |
| 1995- 11th  | 1997- 15th |
| 2001- 6th   | 1998- 7th  |
| 2003- 10th  | 1999- 3rd  |
| 2004- 5th   | 2000- 5th  |
| 2011- 14th  | 2001- 7th  |
| 2014- 15th  | 2002- 10th |
| 2015- 10th  | 2003- 9th  |
| 2016- 15th  | 2004- 4th  |
| 2017 - 6th  | 2005- 2nd  |
| 2018 - 5th  | 2007- 3rd  |
| 2019 - 19th | 2012- 10th |
| 2021 - 7th  | 2015- 6th  |
|             | 2018 -11th |
|             | 2019 - 9th |
|             | 2021- 9th  |

# ***Jackson Cross Country***

## **Preseason Checklist**

To be a successful, contributing member of this team I must do, at minimum, the following:

### **Attitude**

- push myself to get better, never settling for my current position on the team
- be a vocal leader when nobody else steps up to do it
- make my Family proud
- come to practice prepared
- avoid complaining and address the complainers
- listen to the leaders on the team
- stay positive and trust in the program
- have no fear of the competition
- run every race with the idea that I will do better than the previous race
- BELIEVE THAT WE CAN BE COUNTY CHAMPS, FLC CHAMPS, & STATE CHAMPS

### **Running**

- log your training miles using a google doc or another electronic training log (Garmin Connect, Strava, etc)
- run track and/or run with the team as much as possible during winter/spring months
- show up to summer conditioning every day, unless unexpected family commitments come up
- come to all mandatory practices unless illness or family emergencies arise
- properly warm-up and cool down for every practice and race, regardless of distractions
- lifting twice a week, even if it means showing up to lift before school
- make a commitment to run a long run each week (this is anywhere from 50 minutes to 12 miles)
- increase my mileage gradually over the summer months
- start the racing season by running as fast, or faster, than the previous season

### **Leadership**

- encourage others to come to conditioning, even if it means contacting them to remind them
- remind my teammates of proper procedures during our practice time
- help somebody else on the team become a better runner
- report any serious concerns about behavior or leadership issues on the team
- treat people and property in the community with respect
- squash all negative talk about the program that comes from within
- notify coaches if you are aware of things that might weaken the team
- remember you don't need a title to be a leader - be the best leader you can be!
- show Jackson CC spirit for my teammates when they are racing

### **Injuries / Responsibility**

- attend practice if I become injured and participate to the degree that I am physically able
- report all injuries right away and work hard to resume normal running as soon as possible
- respect and take care of my uniform; return my uniform(s) PROMPTLY when the season ends
- clean up after myself and others when attending a meet
- communicate with the coaches on a regular basis
- behave like a mature, young adult in the locker room

# Jackson Cross Country Forms- 2022

**Physical Form:** Click on this link → [Athletic Physical Form](#)

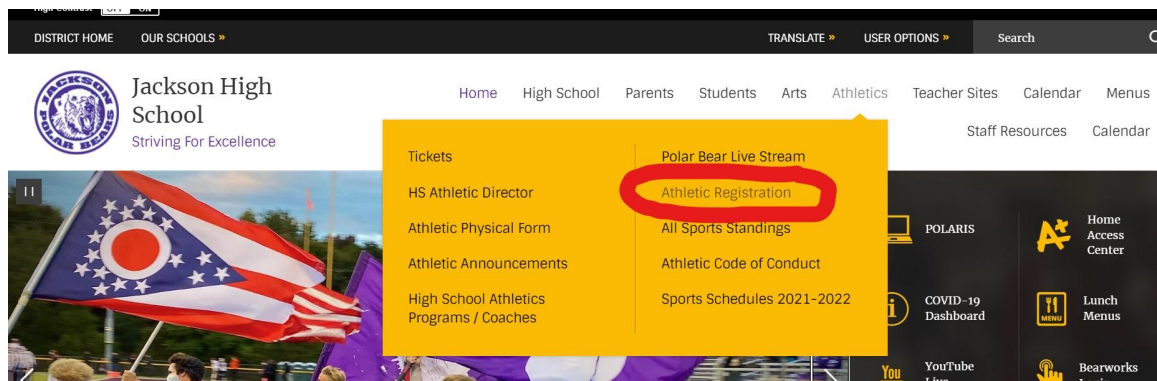
- JHS will be providing physicals for **\$10** on **May 25th** from **1:00pm-3:30pm** in the **lower galleria** - you must bring your form **ALREADY PRINTED** and **SIGNED BY PARENTS**.
- You need to have a physical on file **before August 1st** - you can **NOT** attend camp or begin official practice without this form!
- Take this directly to the **HIGH SCHOOL MAIN OFFICE** and turn in **ALL TWELVE PAGES**. Be sure the **STUDENT, PARENT** and **DOCTOR** pages are all signed and dated. **\*Students and parents** must sign pages 3, 4, 7, 8, 11 and 12! Doctors must sign pages 5 and 6.\*
- Do **NOT** turn in to coaches or mail with camp forms. All questions about physicals should be directed to the main office. Keep in mind that the main office employs summer hours from July 1 until the beginning of the fall school year.

**Pay to Participate Form:** Click on this link → [Participation Fee Form](#)

- Take this directly to the **HIGH SCHOOL MAIN OFFICE** and turn in **WITH PAYMENT**.
- Do **NOT** turn into the coaches or mail with camp forms. All questions about fees should be directed to the main office.
- Fees are due to the HS main office by **September 5<sup>th</sup>, 2022**.

**Online Athletic Registration:** Click on this link → [Jackson High School Home](#)

- Click on the **ATHLETICS TAB** on the Jackson High School webpage.
- Click on the **ATHLETIC REGISTRATION LINK**. **\*Be sure it is the 2022-2023 school year!**



- Fill out the form and **SUBMIT IT ELECTRONICALLY**. Do **NOT** turn in a printed form.
- You may register for multiple sports. Register for both cross country AND track.

## Athletic Registration

### Student Information

First Name required

Last Name required

Student Physical Address required

## ***Important Dates- JXC 2022***

**Preseason Meetings: \*\*If you miss your meeting everything you need is in this packet!\*\***

**Current High School students - May 6th at 2:45pm, right after school in room A101**

**Current 8th Graders who are planning on running JXC - May 19th (Time and location TBD)**

**Current 6th and 7th graders who are planning to run JMMS XC - May 19th (Time and location TBD)**

**May 25th** - The high school will be offering physicals for \$10. Physicals are only good for one calendar year. Make sure you have the 2022-2023 physical form printed off and everything filled out except the doctors pages. See the info on the previous page. Located in the lower galleria outside the main gym, enter JHS through door 16W.

**June 7th (Tues)** - First day of cross country voluntary conditioning; we will have conditioning on Mondays (starting 6/13) at the Towpath (Lake Avenue), Tuesdays and Thursdays at South Park near the High School from 8:00am to 10:00 am. MS runners are welcome on Tues/Thurs.

**June 23rd** - Night Glow Packet Pick Up (High School Commons - enter by way of door 16W)

**June 24th** – Night Glow Race Day \*\*\*We will be looking for volunteers both runners and parents

**July 26th** – 7:00 pm **Mandatory** Drug & Alcohol / Season Kickoff Meeting, High School

**\*\*Runner and parent attendance is critical!\*\*** . The JXC coaching staff conducts this meeting along with the Athletic Department to kick off our season. We will cover all school policies, start of the season, preparing for camp and more.

**\*\*UNIFORMS WILL BE DISTRIBUTED\*\* Band will be at camp, however band parents need to attend and can pick up uniforms.**

**July 30th** - Team memory book photo day (8:00am at South Park Pavilion)

**\*\*Band Runners - picture makeup on August 8th 3:00pm as part of the Lifetouch Professional Picture Day.**

**July 31st- 5th** Camp Shaggy XXVIII

**August 1st** This is the date of the official start of the 2022 Cross Country season as determined by the OHSAA.

**\*\*CURRENT physical must be ON FILE and the Online Athletic Registration must be completed by this date to participate in JXC physical activities (practice, races, camp etc).**

**August 8th - 11th** - Mandatory practice at the HS on Mon. - Thurs., from 2:45-5:00pm.

**Aug. 8th - Lifetouch Picture Day 2:45pm - We will meet at the Pavilion at South Park- have your uniform on and be ready to do some light work after pictures.**

**August 12th** - Jackson Alumni Race: Report time 6:00pm at the JXC Course (located by JMMS)

Race Times: Boys 6:30pm Girls 7:00pm with food and music to follow.

**\*\*This is a new set up this year as per OHSAA rules and is a MANDATORY TEAM EVENT.**

**August 15th - No official scheduled practice** - Training groups to get together on your own to complete the long run. (Complete it in the morning if you like to beat the heat!)

**August 16th** - First Day of School - **\*\*Mandatory after school practice begins\*\*** Monday - Friday at JHS 2:45-5:00pm

**August 27th**– First Meet of the year - *\*Must have attended at least **10** of the mandatory official practices before you can run your first meet. Official mandatory practices begin on August 1.*

**Sept 10th** - Wooster Invitational - This is an ACT test date. Please be aware the test is given **June 11th, July 16th, Sept 10th, Oct. 22nd, Dec 10th, Feb 11th** and make appropriate arrangements so you do not miss a scheduled meet.

# Jackson Cross Country 2022

| Date  | Race/Location                                       | Time     |
|-------|---|----------|
| 8/12  | Alumni Race at JMMS                                 | 6:30 PM  |
| 8/27  | GlenOak Invitational                                | 7:10 Pm  |
| 8/31  | East Canton Invitational (JV only)                  | 5:20 PM  |
| 9/3   | Hilliard Hot Summer Bash (top 20)                   | 10:00 AM |
| 9/10  | Wooster Invitational                                | 9:00 AM  |
| 9/17  | Wooster/ Hudson/ St. V/Jackson at JMMS              | 9:00 AM  |
| 9/24  | Celtic Clash Dublin Jerome (sign up to participate) | 7:45 PM  |
| 10/1  | Stark County Meet at GlenOak                        | 10:40 AM |
| 10/8  | Medina Invitational                                 | TBA      |
| 10/15 | Federal League Championships at JMMS                | 11:00 AM |
| 10/22 | District Tournament- GlenOak                        | TBA      |
| 10/29 | Regional Tournament- Boardman                       | TBA      |
| 11/5  | OHSAA State Tournament- Fortress Obetz              | TBA      |

**Go Bears!**

## Exit Ramp

The old “Invitational /Non Invitational” structure that some of you may remember is no longer an option.

We will be building an EXIT RAMP to the season, as we did last year. We understand that for some of you the school year gets crazy busy and at the end of September you will have the option of ending your JXC season early.

For these runners, the LAST DAY will be THURSDAY SEPTEMBER 29th, however you will NOT be eligible to earn a varsity letter.

# 2022 Training Plan

## Suggested Weekly Mileage

|                                  |                                   |
|----------------------------------|-----------------------------------|
| 1 <sup>st</sup> year boys- 20-30 | 1 <sup>st</sup> year girls- 20-25 |
| 2 <sup>nd</sup> year boys- 30-40 | 2 <sup>nd</sup> year girls- 25-30 |
| 3 <sup>rd</sup> year boys- 40-50 | 3 <sup>rd</sup> year girls- 30-35 |
| 4 <sup>th</sup> year boys- 45-60 | 4 <sup>th</sup> year girls- 35-45 |

These numbers can be adjusted on an individual basis. Veteran runners, for example, may choose to go **above** these weekly mileage numbers. Some newer runners may go slightly above suggested numbers, provided they are experienced and have no history of injuries. Injured runners, or those with an injury history, may do **less**. Please don't be afraid to challenge yourself by going above and beyond the suggested mileage as this scale is actually low compared to many other programs. We just ask that you double check with your coaches first, as mileage is unique to nearly everyone. Emily Halm was one of our state champions and ran 38 miles per week, while Maddie Schuler (All-Ohio in 2011) ran 45 miles per week. For the guys, Mark Hadley (Boardman) won the State Championship running 75 miles per week all summer long.

The following is a general guideline for you to use as a suggested weekly mileage goal:

|                             | <b><u>Boys</u></b> | <b><u>Girls</u></b> |
|-----------------------------|--------------------|---------------------|
| May 23rd-May 29th           | 22-32 miles        | 17-26 miles         |
| May 30th - June 5th         | 24-35 miles        | 18-29 miles         |
| June 6th-12th               | 27-40 miles        | 21-32 miles         |
| June 13th-19th              | 29-44 miles        | 23-35 miles         |
| June 20th - 26th            | 31-46 miles        | 25-38 miles         |
| June 27th - July 3rd        | 34-50 miles        | 27-40 miles         |
| July 4th- 10th              | 36-55 miles        | 29-43 miles         |
| July 11th- 17th             | 39-60 miles        | 31-45 miles         |
| July 18th - 24th            | 27-45 miles        | 20-33 miles         |
| July 25th-July 31st         | 34-55 miles        | 27-40 miles         |
| August 1st -7th             | 30-50 miles        | 24-38 miles         |
| August 8th-14th             | 35-60 miles        | 28-45 miles         |
| August 15th - 21st          | 27-45 miles        | 20-33 miles         |
| August 22rd - 28th          | 34-55 miles        | 27-40 miles         |
| August 29th- Sept.4th       | 30-50 miles        | 24-38 miles         |
| September 5th- 11th         | 30-50 miles        | 24-38 miles         |
| September 12th- 18th        | 30-50 miles        | 24-38 miles         |
| September 19th - 25th       | 30-50 miles        | 24-38 miles         |
| September 26th -Oct 2nd     | 25-40 miles        | 20-39 miles         |
| October 3rd -9th            | 30-50 miles        | 24-38 miles         |
| October 10th- 16th          | FLC Week           |                     |
| October 17th - 23rd         | District Week      |                     |
| October 24th - October 30th | Regional Week      |                     |
| October 31st -November 6th  | State Week         |                     |



# Jackson Cross Country Team Rules

**Excused Absence:** This is an unavoidable absence that has been pre-arranged and documented by the coaching staff as being an excused absence – examples include doctor/ dentist appointment, illness, family emergency, family milestone etc. . During the race week if you miss 2 or more days (excused) the coaches have the right to sit you down for the upcoming race. In addition, before you can run your first meet you will need to attend 10 official practices even if you have excused absences. Practice becomes official on Aug 1<sup>st</sup> and the first meet will take place on August 27th

**Unexcused Absence:** This is an absence that has either not been pre-arranged with the coaching staff, no attempt was made to contact the coaches, is reasonably avoidable, or it is not a valid reason – examples include skipping practice, going to watch a concert, providing misleading information about an absence, fixing your grandma's lawn mower etc.

The penalty for the first unexcused absence from practice is suspension for one meet and permanent dismissal for a second unexcused absence. This should never be an issue as the coaching staff can be reached by email (either school or at home), Remind, phone, or in person at school. If you are absent from school we will see your name on the attendance sheet so in that case you do not have to make any further contact.

CONTACTING ANOTHER RUNNER TO INFORM ONE OF THE COACHES DOES NOT COUNT!

**ACT Test** dates for this coming season are June 11th, July 16th, Sept 10th, Oct. 22nd, Dec 10th, Feb 11.

**\*\*\*We have the Wooster Invitational on September 10th** (please plan accordingly, plenty of test opportunities are outside of our meet schedule) Districts will be on Oct 22nd but this date will only impact the postseason roster.\*\*\*

**What if I am in the band?** Don't worry! We have an excellent relationship with the band and we will be running a separate band practice for you starting once your regularly scheduled band practice is over.

**All runners are subject to all school rules** and the coaches reserve the right to assign you additional punishment, including suspension from the team, if you violate a school rule.

**Drug and Alcohol Policy:** Please make sure you read over the policy and that you and your parents understand all the various parts the school adopted policy.

**Any fighting or unruliness** at practices or at meets will result in indefinite removal from the team.

**While you are at practice you are expected to fully participate in all workouts.** If you choose to deviate from the designed workout you will be suspended for one meet – examples include hiding during runs, playing games, or purposely separating yourself/yourselves from the rest of the team.

**All runners will ride to and from the meets on the bus unless arranged beforehand.** Except in urgent emergencies, any arrangements for alternate transportation from meets requires confirmation from the coaching staff **NO LESS THAN ONE FULL DAY** in advance of the meet. PARENTS must provide a written note, or email to the coach (preferred), by the end of practice on FRIDAY.

**All runners are expected to stay for the entire meet** except in the case of a family emergency or very unique situation. I have never seen a football player or basketball player leave at half time because they were done playing for the game. Unlike track meets, most of our races are scheduled right in a row and we are done in a timely fashion.

**Limited contact with boyfriends/girlfriends** is expected at practice and at meets. (This is time you should be with your teammates preparing for the upcoming race)

**IF SUSPENDED FROM THE TEAM, YOU WILL NOT BE ALLOWED TO TRAVEL WITH THE TEAM TO THE MEET.  
IF A RUNNER IS SUSPENDED FOR A SECOND TIME THEY WILL BE REMOVED FROM THE TEAM.**

# Jackson Township Night Glow 5K Run



*No Race Day Registration/ New Course for this Year*

**Follow us on Facebook:** <https://www.facebook.com/jacksonnightglow5>

**Fri June 24, 2022 (part of the Jackson Community Celebration)**

## **EnMotive Photos**

We will be using the EnMotive photo services at our event, which gives our participants free photos to download and share to social media from the result page on Race Day!

## **5k Race & 5k walk will start at 9:30pm**

Race and walk will take place in the neighborhood around North and South Park

**The kids ½ mile fun will be back this year with a 9:00pm start time. We will start and end at the township hall right near the finish line.**

**It is not just a 5k race, it is an experience:** What makes the original Night Glow 5k so unique? It could be the 1,256 luminaries that light the course, the booming fireworks to start the race, the 300 foot arch way of lights, the rowdy spectators in the neighborhood streets cheering you on, the amazing race shirts, the glow necklaces - or maybe it's just the incredible experiences and memories!.

**5K Awards:** Will be given to the top five overall male and female participants and the top four male and female finishers in the following age categories: 12 & under, 13-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80 & over.

**Race Walk Awards: You must walk the entire course\*** - Awards to the top three overall male & female participants & the top three male and female finishers in each age categories: 19 & under, 20-29, 30-39, 40-49, 50-59, 60-69, 70 & over

| <b>Registration:</b>                | <b>By June 17th</b> | <b>June 18th-23rd</b> |
|-------------------------------------|---------------------|-----------------------|
| <b>5k Run/ Non Competitive Walk</b> |                     |                       |
| 19 and up                           | \$30                | \$35                  |
| 15 to 18                            | \$25                | \$30                  |
| 11 to 14                            | \$20                | \$25                  |
| 10 and under (5k only)              | \$15                | \$20                  |
| <b>5k Competitive Walk</b>          |                     |                       |
| 19 and up                           | \$30                | \$35                  |
| 15 to 18                            | \$25                | \$30                  |
| 11 to 14                            | \$20                | \$25                  |
| 10 and under (5k only)              | \$15                | \$20                  |
| <b>Kids Fun Run</b>                 | \$10                | \$12                  |

**Race Shirts:** Night Glow shirts will only be guaranteed for those who pre register by midnight of June 15th.

**\*Shirt sizes this year will be unisex sizes extra small through XXXL.**

**\*Youth sizes will be available only for the Kids Fun Run (youth small, medium, and large).**

**Registration:** You can register on line by using the following link (Double check that you click on the 2022 registration link) \*\*\*\*No Race Day Registration  
[bit.ly/2022NightGlow5K](http://bit.ly/2022NightGlow5K)

**Timing System:** Please check the [ohiochallengeseries](https://ohiochallengeseries.com) website for results. All participants will receive a net time. All awards will be based on net times.

**Packet Pick Up will take place from 5:00pm - 8:00pm on Thursday June 23rd** in the Commons area of Jackson HS.  
*Jackson High School (7600 Fulton Drive NW, Massillon, Ohio 44646)*

**Parking for Packet Pick Up:** We will still be at Jackson High School for packet pick up and parking will be on the West Side of JHS. \*\*You will be entering through door 16W, near the gym at the back of the school, not the front entrance.

**\*\*If you are arriving from out of the local area we will make special arrangements for you so you do not miss out on the event. (You will pick up your packet right at the starting line from 8:00pm-9:00pm)**

# RACE DAY INFORMATION:

**\*\* Road Construction is taking place on Fulton Road this June it is going to impact parking and the race route. \*\***

***New* Course:** We will be using an alternate route this year. See the map below. You will be able to park at the Middle School VERY NEAR both the starting and finish lines!

***New* Starting Line:** The new starting line for the 5k will be located on Mudbrook near Jackson Memorial Middle School (JMMS).

*Jackson Middle School (7355 Mudbrook St NW, Massillon, OH 44646)*

***New* Finish & Awards:** The 5K and Kids Fun Run will finish in the Jackson Township Hall parking lot which is right across the street from the Middle School and the starting line. We will be giving out the awards in the area near the finish line.

**Parking Race Night:** This year we will have race day parking at Jackson Middle School, near the starting & finish line.

*Jackson Middle School (7355 Mudbrook St NW, Massillon, OH 44646)*

**Race Map:** **\*\*An updated course map will be posted as soon as it is approved by the township.\*\***

 Map.jpg

# Live Results:

You can follow live results for the Night Glow Run at  
[2022 Jackson Night Glow LIVE RESULTS.](#)

# Jackson Youth Running Programs

To volunteer, please contact Coach Walsh (330 837-6571) OR [kjw2jc@bearworks.jackson.sparcc.org](mailto:kjw2jc@bearworks.jackson.sparcc.org)

## **Youth Meets:**

*Course Marshals, snacks and water, pictures and video, course setup and clean up*

## **YMCA Programs:**

*Coaches, snacks and water, pictures and video, course setup and clean up, group leaders*

## **David YMCA Summer Running Program:**

**Please check the David YMCA Webpage for more information**

**(this is based off of last year's information)**

**<https://www.ymcastark.org/paul-carol-david-ymca>**

**Who:** Boys and Girls entering Kindergarten-6<sup>th</sup> grade

**Dates:** \*\*Please check with the YMCA for official dates\*\*

**Day of Week:** Fridays starting in July

**Time:** 9:00am - 10:00am

**Location:** Meet at the Jackson YMCA Field Right near the track Stadium

**Fee:** Member \$26/Non-member \$52 \*\*\*based off of last years prices

**Goal:** Fun and Fitness:

## **Jackson 6th Grade Running Program**

**Excited to Announce that this program is back the information listed below is going to be updated by the new advisor  
Mrs. Billig (JMMS teacher)**

**Dates:** Tuesdays / Thursdays starting shortly after the start of the 201-2022 school year

**Philosophy:** Fun training two days per week with race opportunities (ATC race series and others)

**Cost:** \$20 which includes a tee-shirt

**Location:** JMMS

**Contact information:**

Billig, Stacey

[snb3jc@jackson.sparcc.org](mailto:snb3jc@jackson.sparcc.org)

## Jackson High School Cross Country Camp 2022

### Camp Shaggy XXVIII

**We will be having camp again this year, following all school and camp guidelines!**

The JACKSON LOCAL SCHOOL DISTRICT BOARD OF EDUCATION requires that all of the overnight field trip forms are completed and turned in two weeks prior to our departure.

**To attend camp, the following MUST be turned in BY SUNDAY JULY 17th:**

1. **Updated Athletic Physical** (see previous page for link) - **\$10 at JHS on May 25th**
2. **Online Athletic Registration** (see previous page for link)
3. **All Camp Forms** (all located at the back of THIS packet):

#### Camp Registration

#### Parent Consent for Trip

School Medication Administration Form (only if you are prescribed medicine during camp)

Certificate for Authorization of Over the Counter Medication(only if you are sending meds)

#### **When do we leave?**

Sunday July 31st

#### **Where are we going?**

Camp Wakonda

5045 Dyewood Rd. SW

Sherrodsville, OH 44675

(330) 735-2740

The drive is about 70 minutes from Jackson Township.

*See attached directions*

#### **What to bring?**

See the attached lists

#### **When do we return?**

We will return to Jackson High School (same front lot) approximately at 12:15 pm on Friday August 5th. We will be RETURNING ON SCHOOL BUSES, so we will NOT need to have parents caravan the runners back from camp. The buses are scheduled to arrive at Camp Shaggy at 11am. We will load up and return home. Please allow some flexibility here as the time required for cleaning up and departing camp varies from year to year!!

#### **Registration Forms:**

To attend camp ALL RUNNERS **MUST** have a current Athletic Physical Form (see pg. 5) on file. ALL RUNNERS **MUST** complete the Online Athletic Registration form (see pg. 5), Camp Registration Form (see pg. 16), and Parental Consent for Trip Form (see pg. 17).

#### **Medications:**

IF you are taking prescribed medication, you must ALSO complete the School Medication Administration form (see pg. 18) and submit the medication to the coaching staff or medical director at camp.

IF you are taking over the counter medication, you must ALSO complete the Certificate for Authorization of Over the Counter Medicine form (see pg. 19) and submit the medication to the coaching staff or the medical director at camp. **\*\*Please remember to pick up your medications at the end of camp.\*\***

# Directions to Camp Shaggy

(Camp Wakonda)

-77 south

-212 East

-39 NE (Roswell Road, you will be making a left turn)

-Factor Road (you will be making a right turn)

-Eagle Road (make a very slight right turn; more like staying straight, as Factor Road makes a left curve)

-Antigua Road (you will be making a right turn)

-Caddy Road (you will be making a quick left)

-Dyewood Road (you will stay straight and proceed onto Dyewood)

Total Time: 45-60 minutes **\*\*You will see two Camp Wakonda signs to help guide you\*\***

## Snacks

A limited amount of snacks will be permitted this year, but they must stay closed up in a bag or storage bin. The reason for this is to prevent animals from making their way into the cabins to eat! Please respect your fellow campers by not going crazy with snacks. The cabins have limited room and if we get carried away we will not be able to bring snacks in the future. We will be providing the team with plenty of snacks throughout camp.

## Medicine

All medicine will be kept in the medical building. The only exceptions are inhalers or insect bite injectors. If you have those, please list them on your registration form and remember to carry them with you at all times.

**\*\*Please place all medications in a large ziplock plastic bag with your name and grade on it when dropping it off to the coaching staff or medical director upon arriving at camp.\*\***

## First Aid

Camp Wakonda has a medical building to treat basic injuries. All of the coaches have CPR training and are certified in sports medicine. In addition, we are looking for volunteers who have a medical background as our longtime Camp Medic has retired and is moving out of state.. *Again, NO RUNNER will be allowed to attend camp without an emergency medical form and a current physical on file.*

## Camp Fee

Camp fees - **\$210 per runner**, \$400 for a family with 2 runners, \$600 for a family with 3 runners.. This amount may be paid in one installment, or even two or three if desired. It is helpful for planning purposes for all fees to be paid by **July 18th**, but in all cases fees must be paid prior to the first day of camp unless special arrangements have been made in advance.

Checks should be made to **Jackson Cross Country Parents**. Please include your child's name on the check to ensure proper credit is assigned and indicate Camp Shaggy in the memo.

You may send payment to: **PO Box 35262, Canton, Ohio 44735** or include payment with your completed forms to the coaching staff. In addition we should have a PayPal link set up on our [website](#) for camp.

**Note: The Jackson XC Parents desire all runners to attend camp. It is a rewarding experience, and the highlight of the year for many runners. If financial assistance is desired, please contact Coach Walsh.**

## **Camp Equipment List**

- \_\_\_ Mask (as of 4/28/22 Masks are not required at Camp, however everything is subject to change)
- \_\_\_ rock (this is a must)
- \_\_\_ one stick (for placing in fire as part of a ceremony)
- \_\_\_ soap
- \_\_\_ deodorant
- \_\_\_ toothpaste
- \_\_\_ toothbrush
- \_\_\_ comb / brush
- \_\_\_ washcloths
- \_\_\_ bath towels
- \_\_\_ beach towel
- \_\_\_ notebook with pen and pencil
- \_\_\_ insect repellent (yes, you need this)
- \_\_\_ sleeping bag/blankets/pillow (we will be in cabins again this year)
- \_\_\_ H<sub>2</sub>O bottle or cup (please have your name on it)
- \_\_\_ flashlight
- \_\_\_ sunscreen
- \_\_\_ mat or rug (only if you want one for your bunk – carpet floors)
- \_\_\_ hat or cap with brim
- \_\_\_ t-shirts
- \_\_\_ running clothes
- \_\_\_ long sleeve shirt
- \_\_\_ shorts
- \_\_\_ long pants
- \_\_\_ sweater or light jacket
- \_\_\_ underwear
- \_\_\_ socks (normal and running)
- \_\_\_ shoes (normal and running)
- \_\_\_ shoe wear for shower and bathroom areas
- \_\_\_ rain gear
- \_\_\_ swim suit
- \_\_\_ sleeping apparel

### **Very Important Note**

All backpacks, suitcases, loose containers of any kind, sleeping bags, chairs etc. must have the full name of the runners clearly marked so that they can be distributed to the proper person once we return home. Do not leave school without your gear once we arrive home!

## Camp Shaggy XXVIII Registration Form

Please pay attention to the paperwork that is required for camp. The deadline to complete and return all forms will be **July 18th**, according to board policy. You can start turning in your forms as soon as you like.

To attend camp ALL RUNNERS **MUST** have a current physical form on file (see pg.5). ALL RUNNERS **MUST** complete the JHS/OHSAA Forms found online (see pg. 5), THIS Camp Registration Form, and the Parental Consent for Trip Form on the next page. IF you are taking prescribed medication, you must also complete the School Medication Administration form that follows and submit the medication to the coaching staff or medical director at camp. IF you are taking over the counter medication, you must also complete the Certificate for Authorization of Over the Counter Medicine form that follows and submit the medication to the coaching staff or medical director at camp.

**\*\*Please remember to pick up your medications at the end of camp.\*\***

**Runner's Last Name:**

**Runner's First Name:**

**Circle One:**    **9th grade**  
                      **10th grade**  
                      **11th grade**  
                      **12th grade**

PLEASE CHECK THE BOXES BELOW:

\_\_\_\_\_ Yes, I have a current physical on file with Jackson High School.

(A medical physical examination form is valid for ONE FULL CALENDAR YEAR)

\_\_\_\_\_ Yes, I have completed all of the online athletic forms.

\_\_\_\_\_ Yes, I have signed the Parent Consent for Trip Form.

(Included on the next page in the preseason packet)

\_\_\_\_\_ Yes, I have signed the Over-the-Counter Medication Field Trip Form. **ONLY IF NEEDED**

(Included on the following pages in the preseason packet and on the Jackson Local Schools Website)

\_\_\_\_\_ Yes, I have signed the School Medication Administration Authorization Form. **ONLY IF NEEDED**

(Included on the following pages in the preseason packet and on the Jackson Local Schools Website)

Please list any food items that you have an allergic condition that needs to be addressed (example: peanut butter). This may be attached to this form.

**Please return this registration form and all others listed above to one of the coaches by July 18th**

**\*\*\*\* If needed you can drop off your camp forms to the main office or email them to Coach Walsh at**

**[kjw2jc@jackson.spracc.org](mailto:kjw2jc@jackson.spracc.org)**



# Jackson Local Schools

*Striving for Excellence*



## PARENT CONSENT FOR TRIP

I, \_\_\_\_\_ permit my child \_\_\_\_\_  
(Parent/Guardian Name) (Child's Name)  
to participate in the trip to: Cross Country Camp (Camp Shaggy)

I understand that this trip is part of the District's educational program and provides a learning experience of educational value to my child.

I further understand that the staff member(s) who will accompany the student(s) on this field trip will exercise the necessary and appropriate duty of care for them pursuant to Board Policy #3213, including, but not limited to, administering medication, if required, or seeking emergency attention, if need be.

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date

**Additional information regarding trip:**

NEOLA 2003:

BOARD OF EDUCATION OFFICE  
7602 Fulton Drive NW, Massillon, OH 44646  
Superintendent - (330) 830-8000 • Treasurer (330) 830-8002

JACKSON  
HIGH SCHOOL  
7600 Fulton Dr. N.W.  
Massillon, Ohio 44646  
(330) 837-3501

JACKSON MEMORIAL  
MIDDLE SCHOOL  
7355 Mudbrook St. N.W.  
Massillon, Ohio 44646  
(330) 830-8034

AMHERST  
ELEMENTARY SCHOOL  
8750 Jane St. N.W.  
Massillon, Ohio 44646  
(330) 830-8024

LAKE CABLE  
ELEMENTARY SCHOOL  
5335 Villa Padova Dr. N.W.  
Canton, Ohio 44718  
(330) 494-8171

SAUDER  
ELEMENTARY SCHOOL  
7503 Mudbrook St. N.W.  
Massillon, Ohio 44646  
(330) 830-8028

STRAUSSER  
ELEMENTARY SCHOOL  
8646 Strausser St. N.W.  
Massillon, Ohio 44646  
(330) 830-8056

SPECIAL  
SERVICES  
7602 Fulton Dr. N.W.  
Massillon, Ohio 44646  
(330) 830-8006

FOOD  
SERVICES  
7602 Fulton Dr. N.W.  
Massillon, Ohio 44646  
(330) 830-8031

**Jackson Local Schools**  
School Medication Administration Authorization

Student's Name: \_\_\_\_\_ DOB: \_\_\_\_\_  
Grade: \_\_\_\_\_ Building: \_\_\_\_\_ Teacher: \_\_\_\_\_ School Year: \_\_\_\_\_  
Medication Allergies/Interactions: \_\_\_\_\_

***This form must be completed fully, in order for schools to administer the required medication. A new medication administration form must be completed at the beginning of each school year, for each medication, and each time there is a change in dosage or time of medication administration.***

- ◆ Prescription medication must be in a container labeled by the pharmacist or prescriber.
- ◆ Non-prescription medication must be in the original packaging with the label intact and contain the student's name.
- ◆ A parent/guardian **must** bring the medication to school. Students **are not** permitted to bring medication to school.
- ◆ The school nurse will call the prescriber, as allowed by HIPAA, if a question arises about the child and/or child's medication.

**◆ PRESCRIBER'S AUTHORIZATION ◆**

(this section must be completed by the prescriber)

Condition for which medication is being administered: \_\_\_\_\_

Medication: \_\_\_\_\_ Strength: \_\_\_\_\_ Dose: \_\_\_\_\_

Amount: \_\_\_\_\_ Route: \_\_\_\_\_ Time: \_\_\_\_\_ If PRN, frequency: \_\_\_\_\_

If PRN, for what symptoms: \_\_\_\_\_

Relevant side effects: ☐ None expected ☐ Specify: \_\_\_\_\_

Medication administration begin date: \_\_\_\_\_ Medication administration end date: \_\_\_\_\_

*\*Note: orders are only valid for one school year*

Prescriber's Name/Title: \_\_\_\_\_

Telephone: \_\_\_\_\_ Fax: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Prescriber's Signature: \_\_\_\_\_

(Original signature or signature stamp ONLY)

(Use for Prescriber's Address Stamp)

Date: \_\_\_\_\_

A verbal order was taken by the school nurse, \_\_\_\_\_ for the above medication on \_\_\_\_\_  
(name) (date)

**◆ PARENT/GUARDIAN AUTHORIZATION ◆**

I/We authorize designated school personnel to administer the medication as prescribed by the above prescriber. I/We certify that I/we have legal authority to consent to medical treatment for the student named above, including the administration of medication at school. I/We understand that the medication must be in the **original** container and be properly labeled with the student's name, prescriber's name, date of prescription, name of medication, dosage, strength, time interval, route of administration, and the date of drug expiration when appropriate. I/We understand that at the end of the school year, an adult must pick up the medication; otherwise it will be properly discarded. I/We authorize the school nurse to communicate with the health care provider/prescriber or pharmacist to clarify the above listed medication order as allowed by HIPAA.

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Contact Phone #1: \_\_\_\_\_ Contact Phone #2: \_\_\_\_\_

Order reviewed by the school nurse: \_\_\_\_\_  
Signature Date

**Jackson Local Schools**  
 Certification of Authorization for Administration of Over-the-Counter Medication  
 Field Trip Form (JHS)

**◆DEMOGRAPHIC INFORMATION◆**

|                                |                     |                      |
|--------------------------------|---------------------|----------------------|
| Student Last Name:             | Student First Name: | Student Middle Name: |
| Street Address:                | City:               | Zip Code:            |
| School:                        | Grade:              | Birth Date:          |
| Emergency Telephone Number(s): |                     |                      |

**Does this student have any allergies to foods or medications?** ☐ yes ☐ no

If so, please list: \_\_\_\_\_

**◆OVER-THE-COUNTER MEDICATION◆**

The Jackson Local Schools staff members accompanying students on the trip will have the following medications available. Please review the list and **INITIAL** next to the medication that you consent to be administered to your child.

| Parent Initial | Medication   | Parent Initial | Medication                           |
|----------------|--|----------------|--------------------------------------|
|                | Acetaminophen (ex. Tylenol)  |                | Antacids (ex. Tums, Maalox, Mylanta) |
|                | Ibuprofen (ex. Advil, Motrin)  |                | Antihistamine (ex. Benadryl)         |
|                | Antidiarrheal (ex. Imodium)  |                | Cough drops/Throat lozenges          |
|                | If there are other OTC medications that your child might need, please <b>list them below</b> and initial the box. (Note: Parent is responsible for providing medication indicated) |                |                                      |

**◆PARENT/GUARDIAN AUTHORIZATION◆**

Authorization to administer the above listed over-the-counter medication lasts for the duration of the trip only.

With full knowledge of emergencies, dangers, and risks related to the administration of such medication by Jackson Local Schools' district employees, officers, or agents, we the undersigned, hereby waive all claims, which might arise from said administration of such medication to said minor child and the results thereof. We agree to indemnify and hold harmless Jackson Local Schools' employees, officers, or agents, from any and all liability relative to the administration of such medication.

I understand I must submit a revised statement and sign it if any information changes prior to the departure of the trip.

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_