

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

### **Preseason Meetings:**

**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.