

7th and 8th Grade Jackson Cross Country

FREE Camps/Summer Training 2024

Cross Country Camps are for anyone interested in running Cross Country this fall. If you are entering grades 7-12 and would like to compete in the sport of Cross Country, attend camp!

For races, JH runners consistently run 1.5-2.8 miles on flat to moderately hilly grass courses. These meets/races are held on Saturdays and some Tuesdays and Thursdays.

Camp #1: June 10-13th, Monday-Thursday (see calendar)

Camp #2: July 29-August 1st, Monday-Thursday (see calendar)

We will meet at the pavilion #2 by the upper tennis courts (above the swimming pool) in the City Park. Come dressed to run, bring a water bottle, and please wear your running shoes. We *may* add a swim workout to some of the camp nights; more info about this will be given later.

In addition to camps, we will begin running together as a junior high team on T/TH beginning June 18th at the high school. These days are optional but also organized, pre-season training, led by coaches, which is great for beginners or seasoned runners. On off days, you should jog 1-2 miles or bike/swim/lift with core exercises on your own in June, and then in July, you should be running up to 2-3 miles. Remember to take at least ONE rest day each week.

Aug 19: First day of Practice for Junior High (7th and 8th grades) after school in the Old Gym of the JH. You must have the *MSHSAA physical & paperwork completed by the first day!*

Your coaches will be Coach Lipe, Coach Wortmann, and Coach Jeffers.

During the season, mandatory after-school practices will consist of both distance, speed, and core workouts Monday-Friday after school through mid-October.

How to get more information?

1. Please send us your email address to get updates at jacksoncrosscountry@gmail.com.
2. If you have questions, text/call **Coach Lipe** at 573-382-7423 or jlipe@jackson.k12.mo.us.
3. Join the **JJHS XC Band App!**



JJHS Cross Country

Scan this QR code and join!

June

M	T	W	TH	F
3 Run on your own!	4	5 Run on your own!	6	7 Run on your own!
10 XC Camp 7:00-8:30 PM @ Jackson City Park	11 XC Camp 7:00-8:30 PM @ Jackson City Park	12 XC Camp 7:00-8:30 PM @ Jackson City Park	13 XC Camp 7:00-8:30 PM @ Jackson City Park	14
17	18 JH Contact Morning 6:30-7:30 AM @HS trail of honor	19	20 JH Contact Night 7:00-8:00 PM @HS trail of honor	21
24	25 JH Contact Morning 6:30-7:30 AM @HS trail of honor	26	27 JH Contact Night 7:00-8:00 PM @HS trail of honor	28

July

M	T	W	TH	F
1 DEAD WEEK→	2 Run on your own!	3 Run on your own!	4 Independence Day 5k @ Healthpoint	5 ←DEAD WEEK
8	9 JH Contact Morning 6:30-7:30 AM @HS trail of honor	10	11 JH Contact Night 7:00-8:00 PM @HS trail of honor	12
15	16 JH Contact Day 6:30-7:30 AM @HS trail of honor	17	18 JH Contact Night 7:00-8:00 PM @HS trail of honor	19
22	23 JH Contact Day 6:30-7:30 AM @HS trail of honor	24	25 JH Contact Night 7:00-8:00 PM @HS trail of honor	26
29 XC Camp 7:00-8:30 PM @ Jackson City Park	30 XC Camp 7:00-8:30 PM @ Jackson City Park	31 XC Camp 7:00-8:30 PM @ Jackson City Park	1 XC Camp 7:00-8:30 PM @ Jackson City Park	2

August

M	T	W	TH	F
5 DEAD WEEK→	6 Run on your own!	7 Run on your own!	8 Run on your own!	9 ←DEAD WEEK
12 First HS practice JH DEAD WEEK→	13 Run on your own!	14 Run on your own!	15 Run on your own!	16 ←JH DEAD WEEK
19 PHYSICAL DUE First JH practice 3:00-4:45 PM at the Junior High	20 JH practice 3:00-4:45 PM at the Junior High	21 JH practice 3:00-4:45 PM at the Junior High	22 JH practice 3:00-4:45 PM at the Junior High	23 JH practice 3:00-4:45 PM at the Junior High

(This last week repeats until October 18th unless told otherwise.)