

Carthage Jr. High Cross Country Summer 2022

Free Physicals

This is for incoming 7th through incoming 12th graders for the 2021-22 school year. This will be held on **Monday, May 23** in the CHS main and aux gyms from 5:30pm-7:30pm. **Your physical must be signed and completely filled out prior to the examination.** Please remember that physicals are good for two years. If you got a physical earlier this school year, the physical will cover 2022-23.

Summer Conditioning

Our summer conditioning program is open to any incoming 7th - 12th grade student. Meet at the **high school stadium** from **6:00 am** until about **7:15 am**. Junior high will be meeting there on **Mondays** and **Thursdays** starting June 2. July dates will be announced later depending on athlete interest and coach availability. **You will need a physical for summer conditioning.**

Boom Run 5k

We will be holding our annual Boom Run 5K & Fun Walk at Carthage Municipal Park on Monday July 4rd starting at 7:00am. I would encourage everyone to run the race since the proceeds go toward the high school cross country program.

SWMO Running Camp

Some athletes from our team would like to attend the SWMO Running Camp as a fun way to learn more about running, bond with teammates, and get to know other runners. Talk to your teammates if you're interested in signing up together. More information and signups can be found online at <https://www.swmorunningcamp.com/>.

First Practice

The first official practice for junior high cross country will be on Monday, August 15th (the week before school starts) at the CJHS Auxiliary Gym at 3:30 pm. We will practice from 3:30-4:45 pm Monday - Friday that first week. You will need a physical and your signed paperwork to practice. This first week of practice is important to start getting into shape and making sure you have enough practices to compete in the first meets. Athletes need 14 practices before they can compete in a meet.

Remind

Please join our Remind to receive messages through email or text with updates throughout the summer. I also use Remind to communicate information during the season. Join by texting **@cjhxc** to **81010** or go to <https://www.remind.com/join/cjhxc>.

Hope everyone has a great end to their school year and I hope to see you soon!

Sincerely,

Coach Mendell

417-388-9065 Call or Text

mendells@carthagetigers.org

Coach Lankford

lankfords@carthagetigers.org

Verano de 2022 de Carthage Jr. High Cross Country

Gratis Físicos

Esto es para los estudiantes que ingresan del 7.º al 12.º grado para el año escolar 2021-22. Esto se llevará a cabo el **lunes 23 de mayo** en los gimnasios principal y auxiliar de CHS de 5:30 p. m. a 7:30 p. m. **Su examen físico debe estar firmado y completamente llenado antes del examen.** Recuerde que los exámenes físicos son buenos por dos años. Si obtuvo un examen físico este año, el examen físico cubrirá 2022-23.

Acondicionamiento de verano

Nuestro programa de acondicionamiento de verano está abierto a cualquier estudiante que ingrese a los grados 7 a 12. Reúnase en el **estadio de la escuela secundaria** de **las 6:00am** hasta las **7:15am**. La secundaria se reunirá allí los **lunes y jueves** a partir del 2 de junio. Las fechas de julio se anunciarán más adelante según el interés de los atletas y la disponibilidad del entrenador. **Necesitaremos un examen físico para participar.**

Boom Run 5k

Tendremos nuestra carrera anual Boom Run 5K y caminata divertida en el Parque Municipal de Carthage el lunes 4 de julio a partir de las 7:00 am. Animo a todos a participar en la carrera, ya que las ganancias se destinan al programa de campo travesía de la escuela secundaria.

Campamento de carrera SWMO

Algunos atletas de nuestro equipo les gustaría asistir al Campamento de carrera SWMO como una forma divertida de aprender más sobre correr, crear vínculos con compañeros de equipo y conocer a otros corredores. Habla con tus compañeros de equipo si estás interesado en inscribirse juntos. Puede encontrar más información e inscripciones en línea en <https://www.swmorunningcamp.com/>.

Primera práctica

La primera práctica oficial para el equipo de Track de secundaria será el lunes 15 de agosto (la semana antes de que comiencen las clases) en el gimnasio auxiliar de CJHS a las 3:30 pm. Practicaremos de 3:30pm a 4:45 pm de lunes a viernes esa primera semana. Esta primera semana de práctica es importante para comenzar a ponerse en forma y asegurarse de tener suficientes prácticas para competir en los primeros encuentros.

Recordatorio

Únase a nuestro Recordatorio para recibir mensajes por correo electrónico o texto con actualizaciones durante todo el verano. También uso Remind para comunicar información durante la temporada. Únase enviando un mensaje de texto **@cjhxc** al **81010** o vaya a <https://www.remind.com/join/cjhxc>.

¡Espero que todos tengan un gran final de año escolar y espero verlos pronto!

Atentamente,

Entrenador Mendell

417-388-9065 Llame o envíe un mensaje de texto

mendells@carthagetigers.org

Entrenador Lankford

lankfords@carthagetigers.org

Cross Country Clinic

Cross Country Clinic after school at the 6th Grade Center on Friday, May 20 until 4:45 for any student interested in running junior high cross country next year.

Cross country is a running sport with races in the grass that are 1.5-2 miles long. You don't have to have any experience running to join. We'll train you to be able to run a race! Bring clothes, shoes, and a water bottle for a light workout to show what kinds of activities we do in practice. Athletes will also receive information about summer opportunities and fall practices. Meet in the gym, and parents can pick up outside the school. For more information, please contact Coach Mendell (CJHS) at mendells@carthagetigers.org or Coach Lankford (CIC) at lankfords@carthagetigers.org.



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Cross Country Clinic

This clinic is geared toward incoming 7th graders, but if incoming 8th graders would like to come to share your experience with cross country and help recruit teammates, we'd love to have you! We are meeting at the 6th grade center on **Friday, May 20** in the gym and then walking over to Central Park to show incoming 7th graders what a practice is like. We will meet after school until 4:45 pm. Incoming 8th graders will need a ride over to the 6th grade center or permission to walk there. Wear athletic clothes and tennis shoes and bring water!