

JXC

2020

Website: JacksonCrossCountry.com

Jackson X-Country (Facebook group for announcements and pics)

Remind101 - enter this number 81010

Text this message @jacksoncr

Twitter: Follow Coach Walsh @walsh87187012

“You are what you do, not what you’ll say you’ll do.”

“In life you are either in the game or a spectator, it’s your choice.”

Jackson Cross Country 2020

The 2020 season approaches us with many more questions than answers, but the bottom line is we will all rally together to create a memorable and positive season for everyone. **I have no doubt that some of our information in this packet will include changes - both big and small.**

Please sign up for my Remind and pay attention to updates. Those updates will also be found on our team website and Facebook page, but the Remind 101 will be your best source of confirmed information. I am going to create the preseason packet based on information I have and what we have done in the past.

Everything is subject to change!!!

We approach this year with a great deal of enthusiasm as we hope to welcome in a large group of new runners to add to a deep and talented roster. My goal is that everyone takes full advantage of what Jackson Cross Country has to offer and that you embrace all the things that have made this team so special over the years. Running is not always easy; however with some determination and drive you can accomplish amazing things. Yes, it might take some time, energy, sacrifice, and effort, but the more you run the better you become. The reason this team has had success is directly linked to just how committed each runner is to training, racing, school work, being a team player, and most importantly, being a quality individual. Those runners who have come before you have accomplished an amazing amount of success, not just on the course but in the classroom and community as well. Fortunately those runners have also left behind the blueprint for success and will be cheering you on every step of the way. You see, the blueprint is very simple -- the harder you work the more success you will have – not just in running, but in life!

Jackson Cross Country 2020 Coaching Staff

| | |
|----------------|--------------|
| Coach Walsh | 330-495-1186 |
| Coach Akers | 330-212-2584 |
| Coach Sidel | 330-327-3174 |
| Coach Dillick | 330-603-5449 |
| Coach Stayer | 330-936-5116 |
| Coach Hartnett | 330-309-2513 |
| Coach Vigars | 330-837-3501 |

You may also contact Coach Walsh, Coach Akers, Coach Dillick, Coach Vigars by way of school phone 330-837-3501 or from the Jackson High School staff directory for school email addresses.

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

| | |
|------------------------------------|---------------------------------|
| FLC Champions: | 16 times |
| Stark County Champions: | 20 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: | 26 Jackson Teams have Qualified |

We have won 86 Regular Season Invitational Championships

We have had 55 runners go on to run at the college level

We have produced one NCAA Division I All American

We have produced 16 1st team All-Ohio runners

We have produced 75 1st team All- FLC runners

We have produced 93 1st team All-Stark County runners

We have had 14 Mr. & Miss Jacksonite winners (most outstanding senior grad.)

Jackson CC Team History

Federal League Champions

| Boys | Girls |
|------|-------|
| 1976 | 1992 |
| 1982 | 1998 |
| 1983 | 1999 |
| 2011 | 2000 |
| 2015 | 2001 |
| 2017 | 2003 |
| 2018 | 2004 |
| | 2005 |
| | 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 |

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 |
|-------------|
| 1982- 18th |
| 1995- 11th |
| 2001- 6th |
| 2003- 10th |
| 2004- 5th |
| 2011- 14th |
| 2014- 15th |
| 2015- 10th |
| 2016- 15th |
| 2017 - 6th |
| 2018 - 5th |
| 2019 - 19th |

| Girls | |
|------------|------------|
| 1995- 4th | 2018 -11th |
| 1997- 15th | 2019 - 9th |
| 1998- 7th | |
| 1999- 3rd | |
| 2000- 5th | |
| 2001- 7th | |
| 2002- 10th | |
| 2003- 9th | |
| 2004- 4th | |
| 2005- 2nd | |
| 2007- 3rd | |
| 2012- 10th | |
| 2015- 6th | |

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 parents 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)
- 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
- respect and take care of my uniform; return my uniform(s) PROMPTLY when the season ends
- communicate with the coaches on a regular basis
- behave like a mature, young adult in the locker room

"You can run the miles to get better, or make a wish, see which one happens first."

-Dr. Sidel

"Do something worth remembering" -Elvis Presley

Jackson Cross Country Forms- 2020

JHS/OHSAA Forms - mandatory to participate, **MUST HAVE BY AUGUST 1st !**

Physical Form - 6 pages total, please staple all pages together and turn in physicals to the main office (physicals offered for \$10 at the High school on May 27th 2:00- 4:00 pm, this is a great deal; don't miss out)*****subject to change

Pay to Participate Form – Please turn into the Main Office (payment and form) *** do not mail this in with camp registration or other forms, please take it directly to the main office

Please Turn both the Physical Form and the Pay to Participate Payment directly to the high school main office- do not mail them with camp forms or hand to coaches *this will ensure that these important documents/ payments go directly to the school where they will put on the file by the athletic department,,,this will keep payments and physicals being misplaced. Thanks in advance for your assistance with this process.**

Online Athletic Registration: This is the same system used in the spring of 2020, It is located on the Jackson Local Schools webpage (click on JHS tab and you should see it) click

[Athletic Registration Open](#) or type

<https://www.jackson.stark.k12.oh.us/site/default.aspx?PageType=3&DomainID=145&ModuleInstanceID=17021&ViewID=6446EE88-D30C-497E-9316-3F8874B3E108&RenderLoc=0&FlexDataID=50462&PageID=732>

Camp Shaggy XXVII Forms Camp Shaggy is our team building camp and is a cornerstone of our program. I have included in this packet all the information and forms that you need for camp. Please do not miss out on camp as we would like everyone to attend. Thanks to the Night Glow Run we can provide financial assistance to anyone who may need it to help pay for camp. The school board requires that all of the overnight field trip forms are completed and turned in two weeks before we leave for camp. You will find all of the Camp Shaggy forms and information in this packet -. Please pay attention to the deadline (July 18th- we can handle about 200 runners; if you miss the deadline you will be placed on a waiting list to make sure we have a spot for you at camp)

In order to attend camp, the following must be turned in

1. Updated physical - **take advantage the \$10 physicals offered at JHS**
2. Athletic Registration Online forms
3. Camp Forms (all included in 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 medicine)

4. pay to participate does not need to be turned in to attend camp - once again turn in directly to the main office

Important Dates

Jackson Cross Country 2020

Please read over the following dates - keep in mind that everything is very tentative and subject to change. Please take advantage of following along with our social media. I based things off of a normal year - this is not a normal time (stay strong and safe) I will keep everyone updated

May ????? – informative meeting for all current high school athletes who are interested in running cross country (sign up list, forms, training calendars, schedule, camp information, etc.) *** **More than likely this meeting will not be held, please read this packet and sign up for my remind101 to stay updated with any and all information. Typically the main focus of the meeting is covering this packet so if you read over the packet you should be set.*** please email coach Walsh with any questions kjw2jc@jackson.sparcc.org**

May ?????— informative meeting for all those interested in running middle school cross country next year –south cafeteria
***** **Please pay attention to Middle School Announcements and Coach Gregory. Like the high school meeting we have to push things out electronically**

May ????? informative meeting for all current 8th grade students who are interested in running cross country at the high school (sign up list, forms, training calendars, schedule, camp information, etc.) north cafeteria *** **More than likely this meeting will not be held, please read this packet and sign up for my remind101 to stay updated with any and all information. Typically the main focus of the meeting is covering this packet so if you read over the packet you should be set.*** please call or email Coach Walsh with any questions kjw2jc@jackson.sparcc.org**

We typically have a parents informational meeting in mid May to cover preparations for the upcoming season, night glow run, camp, etc. This year we will not be having this meeting - I will be pushing all information electronically. Feel free to email or call me with any questions or concerns.

May 27th- high school commons area for \$10; please bring physical form with you; physicals are only good for one calendar year so please take advantage of this opportunity (2:00-4:00pm)***This has been postponed - I will keep you posted

June 2nd (Tues) day of cross country conditioning; we will have conditioning on Mondays (starting 6/8) at the Towpath (Lake Avenue), Tuesday and Thursday at South Park, near the High School.

8:00am to 10:00 am ***middle School runners are welcome on Tues/Thurs...**this is now TBA but let's hope for the best**

June 25th – Night Glow Run set up, South Park 7:00 PM. (build luminaries, etc) - we should be done by 7:30pm ***more than likely the race will not take place this year

June 26th – Night Glow Run setup – 11:00 AM (we need your help) South Park Shelter - we will be done by 12:00pm ***more than likely the race will not take place this year

June 26th Night Glow Run; part of Jackson Township Community Celebration. This is our major fundraiser of the year.race time will be at 9:30pm registration starts at 3:00pm High School Commons

July 18th- Camp Shaggy Forms are Due

July 27th – 7:00 pm **Mandatory** Drug & Alcohol / Season Kickoff Meeting, High School Auditorium

****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, prepare for camp and more. ****UNIFORMS WILL BE DISTRIBUTED****

July 31st - Team Yearbook photo day (8:00am at South Park Pavilion) ***Lifetouch photos will be a later date

July 31st– Alumni Race and Picnic, 6:00 pm at the JXC Course at JMMS. JMS XC will join JHS XC for this event. This race is open to JXC alumni, parents, younger siblings, friends, etc.!

August 1st Start of the Official Mandatory Season ***OHSAA/JLSD forms due!***
****CURRENT physical must be ON FILE by this date to practice and attend camp!****

August 2nd - 7th Camp Shaggy XXVII

August 10th - 15th Last week of summer vacation ****Mandatory afternoon practice begins****
Monday - Friday at JHS 2:45-5:00pm (meet at south park pavillion)

August 17th - 21st First week of school ****Mandatory after school practice begins****
Monday - Friday at JHS 2:45-5:00pm

August 18th - Lifetouch Picture Day 3:00pm

August 29th– First Meet of the year at GlenOak **Must have attended at least 15 of the mandatory official practices before you can run your first meet. Official Mandatory practices begin on August 1 - see Excused Absence section of team rules for a complete explanation.*

Jackson Cross Country 2020

| Date | Race/Location | Time |
|-------------|---|-------------|
| 7/31 | Alumni Race - JMMS # | 6:30 PM |
| 8/29 | GlenOak Golden Eagle Invitational # | 9:30 AM |
| 9/2 | East Canton Invitational (JV only) # | 5:20 PM |
| 9/5 | University of Akron Tommy Evans Invitational* | 11:30 AM |
| 9/12 | Wooster Invitational # | 9:00 AM |
| 9/19 | McDonough Invitational - VASJ # | TBA |
| 9/26 | Centerville Saturday Night Lights Race (Top 20 runners only)* | 7:15 PM |
| 10/3 | Stark County Meet at GlenOak* | 10:40 AM |
| 10/10 | Stow Bulldog Invitational * | TBA |
| 10/17 | Federal League Championships* | 11:00 AM |
| 10/24 | District Tournament- GlenOak | TBA |
| 10/31 | Regional Tournament- Boardman | TBA |
| 11/7 | OHSAA State Tournament- Fortress Obetz | TBA |

Go Bears!

***= Invitational only runners**

= non invitational an invitational runners

“Hard work beats talent when talent doesn't work hard.” – Tim Notke.

“There are better starters than me but I’m a stronger finisher.”

-Usain Bolt

“I am lucky that whatever fear I have inside me, my desire to win is always stronger. -Serena Williams

2020 Training Plan

Suggested Weekly Mileage

| | |
|----------------------------------|-----------------------------------|
| 1 st year boys- 20-30 | 1 st year girls- 20-25 |
| 2 nd year boys- 30-40 | 2 nd year girls- 25-30 |
| 3 rd year boys- 40-50 | 3 rd year girls- 30-35 |
| 4 th year boys- 45-60 | 4 th 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 great on 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. - **helpful hint: create a google document to keep your mileage so you can share it with the coaches**

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

| | Boys | Girls |
|-----------------------------|---------------|--------------|
| May 25th - 31st | 22-32 miles | 17-26 miles |
| June 1st- 7th | 24-35 miles | 18-29 miles |
| June 8th-14th | 27-40 miles | 21-32 miles |
| June 15th-21st | 29-44 miles | 23-35 miles |
| June 22nd - 28th | 31-46 miles | 25-38 miles |
| June 29th - July 5th | 34-50 miles | 27-40 miles |
| July 6th- 12th | 36-55 miles | 29-43 miles |
| July 13th- 19th | 39-60 miles | 31-45 miles |
| July 20th - 26th | 27-45 miles | 20-33 miles |
| July 27th-Aug 2nd | 34-55 miles | 27-40 miles |
| August 3rd-9th (Camp) | 30-50 miles | 24-38 miles |
| August 10th - 16th | 35-60 miles | 28-45 miles |
| August 17th - 23rd (School) | 27-45 miles | 20-33 miles |
| August 24th - 30th | 34-55 miles | 27-40 miles |
| August 31st- Sept.6th | 30-50 miles | 24-38 miles |
| September 7th- 13th | 30-50 miles | 24-38 miles |
| September 14th- 20th | 30-50 miles | 24-38 miles |
| September 21st - 27th | 30-50 miles | 24-38 miles |
| September 28th -Oct.4th | 25-40 miles | 20-39 miles |
| October 5th -11th | 30-50 miles | 24-38 miles |
| October 12th- 18th | FLC Week | |
| October 19th - 25th | District Week | |
| October 26th - November 1st | Regional Week | |
| November 2nd -November 7th | 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 15 official practices even if you have excused absences. Practice becomes official on Aug 1st and the first meet will take place on August 29th

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. **In addition you can be moved from the invitational team to the non invitational team.** This should never be an issue as the coaching staff can be reached by email (either school or at home), Remind101, 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!**

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 t.o 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/yourself 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.

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.

Organizational Structure for JXC

Invitational Team & Non Invitational Team

- We are one of the largest cross country programs in Ohio, as well as in the nation. This is a great tribute to the many great people that have been part of JXC - runners, parents, alumni, etc. However it brings some challenges on how to best organize such a large group
- There are two options for each runner to choose from - Invitational Team or Non Invitational team. This is based solely on the level of commitment you are willing to make. *However coaches will have the discretion to move runners from one classification to another if deemed necessary by the coaching staff
- Your level of commitment will be made by the end of Camp Shaggy. We will meet with all the runners at camp to have a one-on-one discussion about what level will be in the best interest of each runner. Runners not attending camp MUST meet with Coach Walsh on Aug.10th to complete this process.

What is the difference?

Non Invitational Team - Starting the week of August 17th (Start of School) only obligated to attend practices on Monday, Thursday, and Friday. Unexcused absences from practice and meets will result in being removed from the team. Non Invitational team members will be excused from Holiday practices and any teacher in-service days.

***** If you look at the 2020 meet schedule we have front loaded the schedule so the those choosing the non invitational option will be done with the season on 9/19/2020

Invitational Team goes to all invitational meets through the FLC meet. No unexcused absences from practice, no leaving early for work, no missing meets unless a family emergency or illness is permitted. Practice may be extended, on rare occasions, slightly past 5:00 pm. Understand that we will be practicing Mon-Fri and perhaps an occasional Saturday.

****SENIORS need to be part of the INVITATIONAL TEAM to earn the automatic VARSITY LETTER****

“Most people never run far enough on their first wind to find out they’ve got a second.”
-William James

“First, think. Second, dream. Third, believe. And finally, dare.”

-Walt Disney

***** As of May 6th the race has not been cancelled, We are part of the Community Celebration and if they cancel the festival we will be cancelled as well**

Jackson Township Night Glow 5K Run



Fri June 26, 2020(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!

Kids ½ mile Fun Run 9:15pm- 5k Race & 5k walk to Follow at 9:30pm

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

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, glow stick stop, the illuminated balloons that lift you up the most challenging hill on the course, the 300 foot arch way of lights, the thousands of rowdy spectators in the neighborhood streets cheering you on, the amazing race shirts, the glow necklaces each runner receives at registration, the fact that you finish inside the Jackson Park surrounded by the Jackson Festival carnival atmosphere, or maybe it is you and your friends having a blast and making unforgettable 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, the entire time.* 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

Fun Run Awards: Ribbons will be given to all the kids who finish the Fun Run

| Registration: | before June 21st: | from the 22nd -25th: | on race day: |
|-------------------------------------|--------------------------|-----------------------------|---------------------|
| 5k Run/ Non Competitive Walk | | | |
| 19 and up | \$25 | \$30 | \$35 |
| 15 to 18 | \$20 | \$25 | \$30 |
| 11 to 14 | \$15 | \$20 | \$25 |
| 10 and under (5k only) | \$12 | \$15 | \$20 |
| 5k Competitive Walk | | | |
| 19 and up | \$25 | \$30 | \$35 |
| 15 to 18 | \$20 | \$25 | \$30 |
| 11 to 14 | \$15 | \$20 | \$25 |
| 10 and under (5k only) | \$12 | \$15 | \$20 |
| Kids Fun Run | \$10 | \$10 | \$10 |

Race Shirts:

Official race shirts will only be guaranteed for those who pre-register by midnight of June 19th.

Registration:

You can register on line by following either link or register at the event. Double check that you click on the 2020 registration link!

<http://bit.ly/2020nightglow5k>

Packet Pick Up and Day of Race Registration:

Will take place from 3:00pm – 9:00pm Friday, June 26th in the Jackson High School commons.

Enter the building through the main entrance.

*Jackson High School.
7600 Fulton Drive NW
Massillon OH 44646*

Starting Line: The start line for the 5k run and walk will be located on Fulton Road near the Jackson High School electronic sign. The start line for the kids half mile fun run will be located on Community Parkway near the finish line.

(Look for the finish Structure and you will be in the right place. You will be able to watch your children run the fun run and still make it up to the starting line for the start of the 5k race.)

Finish & Awards: The 5K run and walk will finish on Community Parkway near the main entrance to the Jackson Community Celebration. Awards will be given out near the finish area (purple tents located to the north of finish line)

Parking: Please arrive plenty early as we are anticipating another record number of participants for the race and the festival. Parking for the race will be located on the west side of Jackson High School.

Course: The 5k course is certified by the Road Running Technical Council of USA Track and Field. Course maps will be available at

<https://www.jacksoncrosscountry.com/night-glow-information>

Live Results: You can follow live results for the Night Glow Run at

<https://raceday.enmotive.com/#!/events/2020-night-glow-5k>

Follow us on Facebook at

<https://www.facebook.com/jacksonnightglow5>

Jackson Youth Running Programs

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

Youth Meets:

Course Marshalls, 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
(not sure the status of the program)**

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

Who: Boys and Girls entering Kindergarten-6th grade

Dates: Tentatively July 7th – July 23rd ****Please check with the YMCA for official dates****

****A similar program will take place in the Fall****

Days of Week: Tuesday/Thursday

Time: 5:30-6:30

Location: Meet at the Jackson YMCA

Fee: Member \$26/Non-member \$52

Goal: Fun and Fitness:

Jackson 6th Grade Running Program

Dates: Tuesdays / Thursdays starting shortly after the start of the 2020-2021 school year

Philosophy: Fun training two days per week with race opportunities

Cost: \$20 which includes a tee-shirt

Location: JMMS

Contact information:

Lori Stern

las4jc@bearworks.jackson.sparcc.org

7th Grade Language Arts Teacher

Jackson Memorial Middle School

6th Grade Running Club Coach

P: 330.830.8034 ext. 3206

Camp Wakonda is not closed for the season but it is a possibility...don't turn in any forms until we announce Camp is a go

Jackson High School Cross Country Camp 2020

Camp Shaggy XXVII

When do we leave?

We will caravan down in our separate personal vehicles on Sunday, August 2nd. The caravan will leave from Jackson High School (front parking lot off Fulton, near the track) at NOON. All runners should have their bags and equipment marked with their names clearly written on the outside. Thanks to Jim Youngdahl, we will be using a National Guard truck to transport all of the personal gear down to camp. Please make sure that you eat lunch before leaving for camp. Our first meal at camp will not take place until dinner. Please **DO NOT ARRIVE AT CAMP BEFORE 1:00pm** and please **DO NOT LEAVE THE CAMP PARKING LOT UNTIL THE NATIONAL GUARD TRUCKS ARRIVE**. The camp road is too narrow for two way traffic and it is very dangerous to have cars leaving as the trucks are attempting to arrive.

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 7th. 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!!

Alternate Transportation

Those team members who must come to camp at a different time or who must leave early from camp should contact the coaching staff **before July 31st** so that approved transportation can be arranged.

NO TEAM MEMBER is permitted to drive to or from camp on their own. If your parents cannot be at the school to pick you up, please give a note to one of the coaches prior to the team leaving from camp.

Registration Forms:

To attend camp ALL RUNNERS **MUST** have a current physical form on file. ALL RUNNERS **MUST** complete the JHS/OHSAA Forms, Camp Registration Form, and Parental Consent for Trip Form.

We have a camp medical director on staff to administer medications:

IF you are taking prescribed medication, you must also complete the *School Medication Administration form* 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* 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****

Music

Because we will be staying in cabins, everyone should bring only personal listening devices. The camp has a camp wide PA system that we will be used to broadcast music and we will arrange for a few radios to be brought down.

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 some camp wide snacks at night.

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.

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 will have a medical director. *Again, NO RUNNER will be allowed to attend camp without an emergency medical form and a current physical on file.*

Camp Equipment List

- ___ 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)
- ___ H2O 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 arrive to camp and when we return home. Do not leave school without your gear once we arrive home!

“When I race my mind is full of doubts – who will finish second, who will finish third?” – Nouredine Morceli

“Run when you can, walk if you have to, crawl if you must; just never give up.” – Dean Karnazes

Camp Shaggy XXVII - 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. ALL RUNNERS **MUST** complete the JHS/OHSAA Forms found online at LINK, 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 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

Circle One: Boy Cabin
Girl Cabin

******If for health reasons you need housed inside another camp building please contact Coach Walsh**

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.

(Go to jackson.stark.k12.oh.us and click on “Athletic Registration Open” link.)

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)

I will be able to attend camp the entire week and need a ride to camp.

(I will ride down to camp in a teammate’s car and come back on the school bus.)

I will be able to attend camp the entire week and my parent’s will drive me to camp.

(I will ride down to camp in my parent’s car and come back on the school bus.)

I will be able to attend camp for part of the week and will be arriving LATE.

(My parent’s will bring me to camp on: CIRCLE ONE M T W Th F and I will come back on the bus.)

I will be able to attend camp for part of the week and will be leaving EARLY.

(I will ride to camp in my parent's car and my parent's will pick me up to go home on: CIRCLE ONE M T W Th F)

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

Camp Fee

Camp fees will stay the same as last year - \$210 per runner, \$400 for a family with 2 runners, \$550 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 insure 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.

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.

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)

Date: _____

(Use for Prescriber's Address Stamp)

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 list them below 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: _____