

# JXC

## 2021

***Website: JacksonCrossCountry.com***

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

***Remind101*** - enter this number 81010

*Text this message @jxcbears*

**Twitter: Follow JXC at JXCrun4gold**

**“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 2021

The 2021 season approaches us with still some uncertainty, but we certainly have a much better grasp on things compared to last season. 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. **Like last year, Everything is subject to change!!!**

WE HAVE INCLUDED EVERYONE WHO RAN LAST YEAR ON THE ACTIVE 2021 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 (We want to make sure we have you on the roster)

\*\*\*\* I know this is a busy time of year and we do want everyone to be informed as much as possible so I will be attempting to push out a screencastify video to add clarity to this document as well

## Jackson Cross Country 2021 Coaching Staff

Coach Walsh	330-495-1186
Coach Akers	330-212-2584
Coach Sidel	330-327-3174
Coach Dillick	330-603-5449
Coach Clement	216-407-6793
Coach Hartnett	330-309-2513
Coach Vigars	330-837-3501
Coach Samblanet	330-933-1715

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

FLC Champions:	17 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:	26 Jackson Teams have Qualified

We have won 87 Regular Season Invitational Championships  
We have had 59 runners go on to run at the college level  
We have produced one NCAA Division I All American  
We have produced 17 1<sup>st</sup> team All-Ohio runners  
We have produced 75 1<sup>st</sup> team All- FLC runners  
We have produced 97 1<sup>st</sup> 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
	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
	2015- 6th
	2018 -11th
	2019 - 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 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- 2021

Physical Form [link to physical form](#) (JHS will be providing physicals for \$10 on May 26th from 1:00pm-4:00pm in the lower galleria - you must bring your form already printed out with parent signatures) \*\*\*You need to have a physical on file before August 1st (you can not attend camp or begin official practice without this form)

Pay to Participate Form: [link to Pay to Participate form](#) please note that you will take this directly to the main office do not turn into the coaches. fees are due to the Athletic Office by the following deadlines:

Fall Sports: September 6<sup>th</sup>, 2021

Winter Sports: December 3<sup>rd</sup>, 2021

Spring Sports: April 11<sup>th</sup>, 2022

**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:** It is located on the Jackson High Schools webpage (click on the athletic tab and you will then be able to click on the athletic registration link). YOU WILL FILL OUT THE FORM AND SUBMIT IT ELECTRONICALLY (do not turn in a printed form - it has to be submitted electronically)

## **Camp Shaggy XXVII Forms:**

I am being very optimistic about having camp this year - with modifications. If the school board gives us approval (June Board Meeting) we will be following the school guidelines and camp guidelines. Please understand that if we choose not to follow the GUIDELINES we will not be able to have camp. We are establishing how many can safely attend camp (looking at a number around 140). Once camp registration is open we will be accepting camp registration forms. DO NOT TURN IN ANY CAMP FORMS AT THIS TIME WE WILL USE SOCIAL MEDIA TO MAKE THE ANNOUNCEMENT OF CAMP REGISTRATION BEING OPEN

If we have camp the school board requires that all of the overnight field trip forms are completed and turned in You will find all of the Camp Shaggy forms and information in this packet

**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 meds)

# ***Important Dates***

## ***Jackson Cross Country 2021***

### **Preseason Meetings:**

**High School Intro Meeting May 5th 2:45 room A101**

**8th Graders who are planning on running JXC May 20th**

**Current 6th and 7th graders who are planning to run JMMS XC May 20th**

**May 26th-** The high school will be offering physicals for \$10 in the lower gallery (lower hallway by door 16w). Make sure you have your form with you; physicals are only good for one calendar year so please take advantage of this opportunity (1:00-4:00pm)

**June 8th (Tues)-** first day of cross country conditioning; we will have conditioning on Mondays (starting 6/14) at the Towpath (Lake Avenue), Tuesdays and Thursdays at South Park, near the High School. 8:00am to 10:00 am \*\*\*middle School runners are welcome on Tues/Thurs

**June 24th** - Night Glow Packet Pick Up

**June 24th**– Night Glow Run set up, South Park 7:00 PM. (build luminaries, etc) - we should be done by 7:30pm

**June 25th** – Night Glow Race Day Run setup 11:00 AM (we need your help) South Park Shelter - we will be done by 12:00pm

**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, prepare for camp and more.

**\*\*UNIFORMS WILL BE DISTRIBUTED\*\***

**We will be working with the school, I imagine we will have to make some adjustments**

**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.

**August 1st** This is the Date of the Official Start of the 2021 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 1st- 6th** Camp Shaggy XXVII **This is on hold until approved by the School Board**

**August 10th - 13th** Mandatory Practice at the High School Mon, Tue, Wed, Thur, Fri from 2:45-5:00pm

**Lifetouch Picture Day 3:00pm**

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

**TBA** Lifetouch Picture Day 3:00pm

**August 28th**– 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 - see Excused Absence section of team rules for a complete explanation.*

# Jackson Cross Country 2021

<b>Date</b>	<b>Race/Location</b>	<b>Time</b>
7/30	Alumni Race - JMMS	6:30 PM
8/28	Painesville Riverside Night Invitational	6:40pm
9/1	East Canton Invitational (JV only)	5:20 PM
9/4	Hilliard Hot Summer Bash (Varsity only)	TBA
9/11	Wooster Invitational	9:00 AM
9/18	Wooster/ Hudson/ Jackson (Home)	TBA
9/25	TBA	7:15 PM
10/2	Stark County Meet at GlenOak	10:40 AM
10/8	Stow Bulldog Invitational	TBA
10/16	Federal League Championships	11:00 AM
10/23	District Tournament- GlenOak	TBA
10/30	Regional Tournament- Boardman	TBA
11/6	OHSAA State Tournament- Fortress Obetz	TBA

**Go Bears!**

**“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**

# 2021 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 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:

	<u>Boys</u>	<u>Girls</u>
May 24th - 30th	22-32 miles	17-26 miles
May 31st- June 6th	24-35 miles	18-29 miles
June 7th-13th	27-40 miles	21-32 miles
June 14th-20th	29-44 miles	23-35 miles
June 21st - 27th	31-46 miles	25-38 miles
June 28th - July 4th	34-50 miles	27-40 miles
July 5th- 11th	36-55 miles	29-43 miles
July 12th- 18th	39-60 miles	31-45 miles
July 19th - 25th	27-45 miles	20-33 miles
July 26th-Aug1st	34-55 miles	27-40 miles
August 2nd -8th	30-50 miles	24-38 miles
August 9th-15th	35-60 miles	28-45 miles
August 16th - 22nd	27-45 miles	20-33 miles
August 23rd - 29th	34-55 miles	27-40 miles
August 30th- Sept.5th	30-50 miles	24-38 miles
September 6th- 12th	30-50 miles	24-38 miles
September 13th- 19th	30-50 miles	24-38 miles
September 20th - 26th	30-50 miles	24-38 miles
September 27th -Oct.3rd	25-40 miles	20-39 miles
October 4th -10th	30-50 miles	24-38 miles
October 11th- 17th	FLC Week	
October 18th - 24th	District Week	
October 25th - October 31st	Regional Week	
November 1st -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 15 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 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!**

**Act Test:** test dates for this coming season June 12th, July 17th, Sept 11th, Oct. 23rd, Dec 11th, Feb 12 \*\*\*\*We have the Wooster Invitational on September 11th (please plan accordingly, plenty of test opportunities are outside of our meet schedule) Districts will be on Oct 23rd 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 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/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.

**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



The Race will be capped at 800-1000 runners this year  
No Race Day Registration

Please keep up with our latest Covid Guidelines [stay updated here](#)

**Fri June 25, 2021**(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 (We will be using a staggered start this year)**

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

**Sadly we will not have the Kids Fun Run this year, hope to back next year**

**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 each runner receives at registration, the fact that you finish inside the Jackson Park surrounded by the Jackson Festival, or maybe it is you and friends having a blast and making 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

## Registration:

### 5k Run/ Non Competitive Walk

19 and up	\$30
15 to 18	\$25
11 to 14	\$20
10 and under (5k only)	\$15

### 5k Competitive Walk

19 and up	\$30
15 to 18	\$25
11 to 14	\$20
10 and under (5k only)	\$15

**Race Shirts: Night Glow shirts will only be guaranteed for those who preregister by midnight of June 19<sup>th</sup>**

**Registration:** You can register on line by using the following link (Double check that you click on the 2021 registration link) \*\*\*\* Registration will close once we reach the cap or June 23rd. No day of race registration

<https://ohiochallengeseries.enmotive.com/events/register/2021-night-glow-5k/key:siaohqztlydzqgsc>

**\*New this Year\*** Packet pick up will take place from 5:00pm - 8:00pm on Thursday June 24th in the commons area of *Jackson High School (7600 Fulton Drive NW Massillon, Ohio 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. We will be staging runners in corrals and staggering the start times

**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

**Timing System:** please check the ohiochallengeseries website for results. All participants will receive a net time. All awards will be based on Net times. (we will be staggered the start this year so gun time will not be accurate, however your net time will be in the official results)

**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

<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](mailto: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  
(programs appear to be cancelled for the Summer)**

**<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\*\***

**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**

**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 2021-2022 school year (tentative)

**Philosophy:** Fun training two days per week with race opportunities

**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 2021

Camp Shaggy XXVII **do not turn in forms until we announce Camp is a go**

## When do we leave?

Sunday August 1st - as we establish the Covid Guidelines I will push out information about the transportation plan for the arrival to camp. (It may look differently this year)

## 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 6th. 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 physical form on file. ALL RUNNERS **MUST** complete the online Athletic Form, 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\*\***

### **Snacks \*\*\*subject to Covid Rules**

~~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 Fee**

Camp fees will stay the same as 2019 - \$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.**

## Camp Equipment List

- Mask (need to pack multiple masks for the week)**
- 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 -

**Do not turn in until I announce camp is a go**

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

\*

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](http://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)

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**



# 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**  
 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: \_\_\_\_\_