



SJHS Cross Country (XC) is a team sport where athletes complete a 5K race. More than a team, it is a community where each athlete is expected to work hard and perform their personal best.



Important Information

- Complete this [XC Athlete Interest Form](#) or use QR Code
- **August 11th is mandatory practice for returners. New runner deadline Aug. 29th**
- Cross Country in-season practices are 5 days a week starting at 4:00. Season-long practice calendars are available. [Click Here for a calendar link.](#)
- **Current** sports physicals (dated after April 1, 2025) must be uploaded to Big Teams. All forms must be completed to practice or be eligible to participate. More physical info is located on the [HCS Athletics page](#).
- Middle school athletes can ride the Athletic Bus to the high school after school. To ride your physical and bus form must be complete. [Click here for the bus form.](#)
- Athletes must complete 10 practices prior to participating in a meet.

Summer Running

Summer running is vital to a successful season. It prevents injury, acclimatizes athletes, and has performance benefits. Summer practices also provide team time, fellowship, and extra instructional time. There are incentives for attendance, mileage, and recording workouts. Flexible June and July training accommodates travel and work. See Google Classroom for workout plans and links.

R.o.y.o. (Run on your own)- Whether you're traveling or working there are no excuses to build mileage. Log and share weekly runs with coaches to monitor progress. **Log your runs either with pen & paper or digitally. Submit in Google Classroom.**

Team Practices- Begin 6/16 @ 7:00 am. They will be Mondays and Wednesdays at St. James High School Track. Check the [Calendar](#) for Exact Dates & Changes.

100 Mile Club- Logging 100 or more miles from the last day of school (6/6) to the first (8/18) gets a “My Season Never Ends” t-shirt and more. More mileage = More incentives

[Hoka One One Summer Mile Club-](#) Double summer mileage rewards join on [Athletic.net](#). Also serves as a running log. [Click for info here.](#)

Contact Info

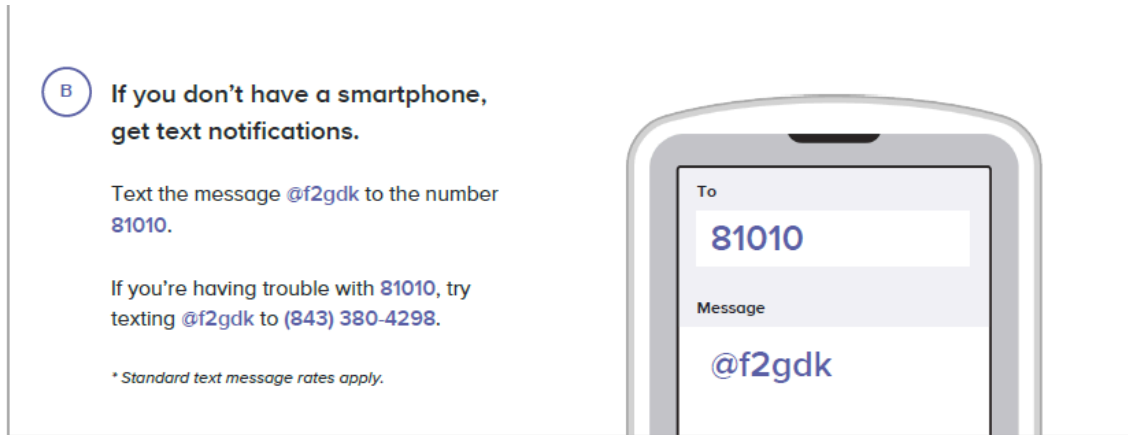
Coach Grega @ JGrega@horrycounty_schools.net 843-655-3998
Coach McSorley @ KMcSorley@horrycountyschools.net

Remind.com code: [@f2gdk](#)

Google Classroom Code: [7tetp75](#)

Remind for messages

Join Remind.com to get the latest SJH Cross Country information and updates with any phone that receives text messages or computer.



Don't have a mobile phone? Go to rmd.at/f2gdk on a desktop computer to sign up for email notifications.

Building Region Championship

A Recruiting Challenge for Returning Runners. Sign up 5 new runners below to join the team. Recruit people by collecting contact information. Coaches will keep the new recruits informed throughout the summer of opportunities. This is a contest. An award will be presented to the person who has the most recruits make it to the County Championship.

Full Name	Contact information	Grade in Aug. 2025
	Cell Number:	
	Email	
	Cell Number:	
	Email	
	Cell Number:	
	Email	
	Cell Number:	
	Email	

Your Name: _____