



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

- **August 7th is mandatory for returners. August 30th is the new runner deadline.**
- 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, 2023) must be uploaded to PlanetHS.com. All forms must be complete to participate. Information is located on the Athletics page at https://www.horrycountyschools.net/St_James_High_School . Or click [here for physical info.](#)
- 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.](#)

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.

Team Practices- 6/17-8/7 M,W, F @ 7:30 am (Check [Calendar](#) for Dates & Changes)

- Monday- St James High School
- Wednesdays- Sam's Corner, Garden City near Go-Karts
- Fridays- Springmaid Pier- Run beach & State Park trails

100 Mile Club- Logging 100 or more miles from the last day of school (6/5) to the first (8/19) gets a “My Season Never Ends” t-shirt and name in the 100 Mile Club. More mileage = More incentives



Hoka One One Summer Mile Club- To double summer mileage rewards join on athletic.net. [Click for info here.](#) Team Code: TBA

Contact Info

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

Building Region Championship

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

Google Classroom Code: [7tetp75](#)

Saint James Cross Country “The Fastest Fins on Two Feet!”

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. 2023
	Cell Number: Email	
	Cell Number: Email	
	Cell Number: Email	
	Cell Number: Email	
	Cell Number: Email	

Your Name: _____

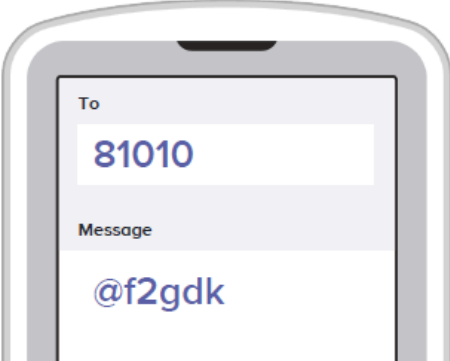
Join Remind.com to get the latest SJH Cross Country information and updates with any phone that receives text messages or computer.

B If you don't have a smartphone, get text notifications.

Text the message [@f2gdk](#) to the number **81010**.

If you're having trouble with **81010**, try texting [@f2gdk](#) to **(843) 380-4298**.

* Standard text message rates apply.



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

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