

# JMS Cross Country



## When does the season begin?

Our first mandatory practices will begin the week of July 29th

(see training calendar for all practice times and locations)

- Monday, July 29th from 8-9 AM at Jasper Middle School
- Wednesday, July 31st from 8-9 AM at the Parklands
- Friday, August 2nd from 8-9 AM at Bohnert Park
- Monday, August 5th from 8-9 AM at VUJC

Beginning August 8th, we will practice every weekday afterschool from 3:15-4:30 PM until the season ends (unless we have a meet)

Every athlete must have a current Physical before the first practice

(Jasper Middle School Physicals are Wednesday, May 8th)

## When will we compete?

Most meets will be run after school between 5-6:00 PM (see schedule below)

Bus transportation to and from Away meets will be provided by the school

## How far will we run?

In practice, athletes will run between 2-4 miles depending on the workout

Meet distances are 1.8 miles (3K) for both boys and girls

## How can we prepare ourselves for the season?

- Plan to attend Jasper Cross-Country Camp June 3rd-7th — register by May 24th
- Join us for Running Group every Monday and Wednesday night from June 10th-July 24th  
Meet each Monday at the Jasper MIDDLE School track for a Speed Workout 6-7 PM  
Meet each Wednesday at Downtown Fitness and Running for a Long Run 6-7 PM
- Strive to be a member of the **Wildcat 100 Mile Club**  
RUN and LOG 100 miles from May 26th-August 4th (10 wks)  
\*\*Anyone who meets this goal will earn a special **100 MILE CLUB** t-shirt
- Join us to run the Strassenfest Wettlauf 5k on Saturday, August 3rd at 8:00 AM

## How do we sign-up?

Complete and submit the attached registration by our first practice on July 29th. There is no fee to join the team (school uniforms are free).

### 2019 Meet Schedule

9/03	Dubois Invite	Away
9/10	Pike Central	JMS
9/14	Heritage Hills	Away
9/17	Forest Park	Away
9/19	Southridge	Away
9/23	County Invite	VUJC
9/26	Barr Reeve	Away
10/1	Castle Invite	Away

For questions or additional information, please contact any of the coaches:

Audrey Werner 631-3278 [audrey.werner@hotmail.com](mailto:audrey.werner@hotmail.com)  
Kyle Jahn 309-4550 [kjahn@gjcs.k12.in.us](mailto:kjahn@gjcs.k12.in.us)  
Melanie Krueger 630-2114 [mkrueger@gjcs.k12.in.us](mailto:mkrueger@gjcs.k12.in.us)

# JASPER MIDDLE SCHOOL CROSS-COUNTRY

## *Tips for Success*

1. Success is personal. Do not compare yourself to any other runner, teammate, or rival. Runners progress at their own pace. The only thing that matters is YOUR final result.
2. Be patient. Continue to work hard and your fitness will improve. Every mile you run over the summer will help you be more successful during the season.
3. Listen to your body. Some level of discomfort is necessary and expected. Learn when to push through discomfort to get stronger, but know when to rest if pain becomes intense or persistent.
4. Consistency is the key to success. Every day of training over the summer will lead to a more successful season.
5. Put forth your best effort, both on the cross country course and **in the classroom**. *JMS rules* mandate that an athlete maintain passing grades and good citizenship to be able to compete in sports.
6. Eat well-balanced meals and drink plenty of water. With endurance training, it is especially important for your body to be fueled properly and well hydrated. Your training will be more successful and you will feel better if your body has the proper nourishment it needs.
7. Get plenty of rest, at least eight hours every night. Fatigue will work against your best efforts to train and compete with intensity.
8. Anyone using or possessing tobacco, alcohol, or other drugs will be dismissed from the team.
9. Always warm up and cool down, stretching before and after your workout, and easy running before and after competition. *Never sit or lie* down after hard running. Keep moving until you have recovered adequately.
10. Dress properly for the weather. It will help your performance by keeping your body temperature regulated.

# June 2019

Name \_\_\_\_\_

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						St. Joe's 5k 8 AM @ St. Joseph's Church
2	3	4	5	6	7	8
JHS CC Camp 8:30-10 AM @ JMS	JHS CC Camp 8:30-10 AM @ JMS	JHS CC Camp 8:30-10 AM @ JHS	JHS CC Camp 8:30-10 AM @ VUJC	JHS CC Camp 8:30-10 AM @ VUJC	JHS CC Camp 8:30-10 AM @ VUJC	
9	10	11	12	13	14	15
Speed Work at JMS 6-7 PM		Long Run @ Downtown Run & Fit 6 PM				
16	17	18	19	20	21	22
Speed Work at JMS 6-7 PM		Long Run @ Downtown Run & Fit 6 PM				
23	24	25	26	27	28	29
Speed Work at JMS 6-7 PM		Long Run @ Downtown Run & Fit 6 PM				
30						

JMS Cross-Country Training Schedule/ Log

Run and log 100 miles on this calendar between May 26<sup>th</sup> and August 4<sup>th</sup> (10 weeks) to become an honorary member of the WILDCAT 100 MILE CLUB and earn a special club member t-shirt. Parent should initial next to each workout.

Mileage Goal: \_\_\_\_\_

Miles Achieved: \_\_\_\_\_

# July

Name \_\_\_\_\_

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	Speed Work at JMS 6-7 PM		Long Run @ Downtown Run & Fit 6 PM			
7	8	9	10	11	12	13
	Speed Work at JMS 6-7 PM		Long Run @ Downtown Run & Fit 6 PM			
14	15	16	17	18	19	20
	Speed Work at JMS 6-7 PM		Long Run @ Downtown Run & Fit 6 PM			
21	22	23	24	25	26	27
	Speed Work at JMS 6-7 PM		Long Run @ Downtown Run & Fit 6 PM			
28	29	30	31	August 1	August 2	August 3
	Mandatory CC Practice 8-9 AM @ JMS		Mandatory CC Practice 8-9 AM @ Parklands		Mandatory CC Practice 6-7 AM @ Bohmerl Park	Strusentest Workout 8AM
August 4	August 5	August 6	August 7	August 8	August 9	August 10
Last day to record 100 MI CLUB mileage	Mandatory CC Practice 8-9 AM @ VUJC	First Day of School- NO PRACTICE	First Day of School- NO PRACTICE	First after school practice 3-4:30 PM		

**JMS Cross-Country Training Schedule/ Log**

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Mileage Goal: \_\_\_\_\_

Miles Achieved: \_\_\_\_\_

## 2019 JMS Cross-Country Registration Information



Student's Name: \_\_\_\_\_ Grade: \_\_\_\_\_

Parent/Guardians' Names: \_\_\_\_\_

Street Address: \_\_\_\_\_

Mom Cell: \_\_\_\_\_ Dad Cell: \_\_\_\_\_

Emergency Contact Name/ Number (during practices):  
\_\_\_\_\_

E-mail address(es) where you can be notified of changes or important announcements:  
\_\_\_\_\_

Does your child have a current physical on file with the JMS Athletic Department? Yes No

Is there any other information about your child we may need to know?  
\_\_\_\_\_

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### Liability Waiver

*My child \_\_\_\_\_ has my permission to participate in Jasper Middle School Cross-Country related activities, practices, and competitions. I will not hold responsible the Greater Jasper Consolidated School Corporation, any of its coaches or volunteers in the case of any injury incurred to, from, or during these activities.*

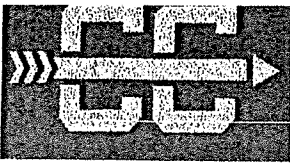
Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

**Please submit registration before attending Monday & Wednesday night**

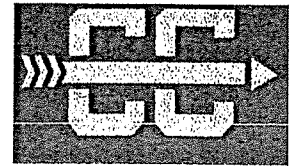
**Running Group, or before our first official practice on July 29<sup>th</sup>.**

Mail registration to Audrey Werner: 526 E. Burger Rd. Jasper, IN 47546

For questions contact Audrey at 812.631.3278 or [audrey.werner@hotmail.com](mailto:audrey.werner@hotmail.com)



# Jasper Cross Country Camp



## 2019

Jasper Cross Country camp aims to give kids entering grades 4-8 an introduction to the basics of distance running. The camp and its counselors will emphasize a training approach that is appropriate to each runner's experience. Counselors will instill in campers the importance of proper preparation (drills, stretching, and strength training) for the upcoming Cross Country season. The campers will be involved in many fun activities during the week. Running relays, swimming, group games, and running will all be part of their camp experience.

Camp counselors will include JMS and JHS coaches along with current Jasper Cross Country runners. Campers need to wear shorts, tee shirts or running tops, and running shoes each day. All Campers will receive a camp tee shirt. Water and Gatorade will be provided daily.

**When:** June 3rd- 7th 8:30AM-10:00AM

**Where:**  
**Monday:** JMS – Meet by the outside concession stand  
**Tuesday:** JMS – Meet by the outside concession stand  
**Wednesday** JHS – Wear your running shoes. Bring your swimsuits and towels! Meet by the Jasper High School Athletic Office.  
**Thursday** VUJC – Meet in the parking lot of the Ruxer Building (Gym/Baseball Hall of Fame)  
**Friday** VUJC – Race Day! (Awards will be presented) You are invited to watch.

**Cost and Payment:** (Please make checks payable to Jasper Cross Country)

- \$40 for individual
- \$65 for two runners from the same family
- \$85 for 3 or more runners from the same family

**Mail Payment & Information Slip to:**

Kevin Schipp  
674 N. Savannah Dr.  
Jasper, IN 47546

**If you have any questions contact Coach, Kevin Schipp at [kschipp@gjcs.k12.in.us](mailto:kschipp@gjcs.k12.in.us) or 631-9267.**

**(Detach and Return with Payment by May 24th)**

Name \_\_\_\_\_ Grade 2019-2020 \_\_\_\_\_ School \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Emergency Phone # \_\_\_\_\_

Home Phone \_\_\_\_\_ Circle One Boy Girl

Tee Shirt Size Youth: M L Adult: S M L XL

\_\_\_\_\_ has my permission to participate in the Jasper Cross Country Camp, and I will not hold the Greater Jasper Consolidated School Corporation or any camp staff members responsible in case of injury incurred during camp activities or transportation to and from the camp.

Parent or Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_