

2019 JOHN JAY XC

Welcome JJXC!

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IMPORTANT DATES

7/1 Start Running

7/19 On-Line Registration opens through FamilyID at <https://www.familyid.com/signup>

8/4-9 New Paltz Running Camp (JJXC Running Camp) HIGHLY RECOMMENDED!!

Register at <https://www.runnewpaltz.com/Default.aspx?tabid=2159620>

Sign up by 7/1 to avoid late fees.

8/19 Summer Practice Begins

5-7pm Monday-Thursday

8-10am Friday & Saturday

During school year practice will run M-F 3:15 to 5:15 with meets on Saturdays.
Season schedule TBA

JJXC has freshman, JV, and Varsity teams for boys and girls. We do not make cuts. All runners that attend practice consistently will have the opportunity to participate in practice and meets for a full regular season

If you want to run JJXC this Fall, it is important that you begin running over the summer starting in July. If you do not run over the summer, you will risk injury when practice begins in August, and it will be difficult to make the JV and/or Varsity Top 7. Additionally, if you do not attend practices beginning 8/19 (start date for sports) you risk your eligibility to be on Varsity. If you plan to be on varsity... please do not schedule other activities during regular scheduled practice times. (Drivers ed, etc) This may affect your eligibility to compete.

The top seven runners are the starting A team. That team will be determined by a time trail after the second week of practice. If it is your goal, it will help to follow the JJXC training program that will be distributed via the **JJXC SportsYou app. Use code XU7YQHTW** to sign up.

There is no excuse not to know the training schedule.

Please make sure that you wear a good pair of running shoes. We recommend being fitted by an experienced shoe salesperson. We recommend Westchester Road Runner in White Plains. Mention JJXC and get a 15% discount. The Ridgefield Running Company is another good option.

If you want to run and get in shape and run with your team... attend the New Paltz running Camp.

Enjoy your Summer! Be Ready!