

Join THE TRADITION

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This year marks the 25th year of Jackson Cross Country. Timberwolf Cross Country has compiled the winningest record in the conference and one of the top records in the State. We have won NW district titles, Wesco titles, and been ranked “top 10 in State” during 22 of the seasons. Our program has also been mentioned as All-Region and All-American by “Nike” HS rankings and “Cross Country Journal.” Individually we have had NW district champions, Wesco champions, State champions and All Americans. Many Jackson Cross Country runners have gone on to run in college.

Jackson Cross Country has earned a tremendous amount of success and respect. This success was a by-product of hard work, dedication and commitment by many athletes, parents and fans. ***The Tradition*** is not merely winning races, but rather each individual, working for self-improvement in the race as well as in the classroom. This improvement, collectively, is what has made Jackson a powerhouse in the state and respected regionally.

After reading these accomplishments someone might think that perhaps they may not be good enough to make such a successful team. It might interest you to know that the majority of these young men and women did not run cross country in middle school. We rely on youngsters that are swimmers, soccerplayers, football players and basketball players, etc. to build our teams. Some of our very best athletes never participated in any sport in middle school. How do we do it? *We do it the old-fashioned way. We have a good plan and we work hard.*

Cross Country is one of the only places where you see direct results from work... *size is not important* and speed is not that important. The ***heart*** is what we look for and for 25+ years we have found young men and women with plenty of ***heart!***

With more than 50 boys and 35 girls annually turning out for JHS cross country, we have runners of all ability levels. From individual champions to beginners that are just getting started and others that are trying to get in better shape for other sports and activities. Some of the most inspirational teammates have been those that are just trying to develop healthy habits of eating better and exercising regularly. There is a spot for everyone and every ability level with opportunity for all to compete in meets.

We look forward to meeting you and hope you will help the tradition continue!

Coach Hruschka

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Summer Conditioning/Running

Optional summer running and conditioning is available for student/athletes that want some help getting started and motivated. This is a great opportunity to meet other teammates too. Is summer running required? No, but traditionally most of our team members show up regularly throughout the summer (except when they are out of town on family holiday). Nearly ALL xc runners attend on a regular basis.

When: M-W-F 8:30am-Weight lifting (June - July)
 9am-10:30am Running (June - Aug)
Where: @ Jackson HS Weight room (behind gym)

Run of the Mill 5k Fun Run- June 29th

Please register online @ www.mcrunofthemill.com

Our program has supported and helps put on the annual race in Mill Creek, WA. This is a great opportunity to get involved by jogging the race with us and asking your parents to help volunteer. All the money raised goes to charity with most going to cancer victims in Snohomish County and the rest to Hs cross country.

When does the season officially begin?

Midnight miles...traditionally we run an optional midnight practice at 12:01am...if interested ask coach for details at summer conditioning or use contact info below..."let's start first"

1st Practice – 2:30pm Monday August 26th at JHS Track.

Practices are from 2:30pm-4:45pm daily in August and September until school starts. If you already have vacation plans please contact Coach Hruschka and we will see you when you get back.

State & Everett SD Athletic forms must be turned in to the JHS main office before anyone can turnout for a sport. This includes getting a physical exam (good for 2 years). Please schedule these early. It is extremely helpful to get this paperwork turned as early as possible. (To guarantee eligibility for the 1st practice forms should be in no later than August 10th.)

How do I register or get the forms?

NEW– ONLINE REGISTRATION at JHS/ESD website = Rank one sports

We are really excited about the upcoming season and hope to have you join us. If you also participate in other sports/activities (ex: soccer, swimming, etc). please contact Coach Hruschka so we can make individual adjustments to practice schedules to meet your needs and help make you as successful as possible.

See you August 26th at the JHS baseball field @ 2:30pm!

Coach Hruschka