

Junior High Athletics – Fall 2025

We're excited to kick off a great year of Bulldog athletics! Please review the details below for Cross Country, Football, and Volleyball.

Cross Country (JH)

- **Meet/Check-in:** 3:15 PM in the JH Commons (arrive dressed and ready)
 - **Pick-up:** 5:00 PM
 - **Bring:** Water/fluids
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8th Grade Football

- Equipment and paper calendars have already been distributed.
- **New players:** join our **Remind** for updates — **@cjfb2030**

August 2025 Schedule

- **Aug 18 – First Day of School**
 - After School Practice: 3:30–5:30 PM @ HS Baseball Field
 - Parent Meeting: 5:35 PM
 - **Aug 19** – After School Practice: 3:30–5:30 PM @ HS Baseball Field
 - **Aug 20 – Morning Practice:** 5:50–7:30 AM @ New Turf Field
 - **Aug 21** – After School Practice: 3:30–5:30 PM @ HS Baseball Field
 - **Aug 22 – Morning Practice:** 5:50–7:30 AM @ New Turf Field
 - **Aug 25 – Team Pictures:** 3:00–4:00 PM @ HS Baseball Field
 - After School Practice: 4:00–5:30 PM @ HS Baseball Field
 - **Aug 26** – After School Practice: 3:30–5:30 PM @ HS Baseball Field
 - **Aug 27 – Morning Practice:** 5:50–7:30 AM @ New Turf Field
 - **Aug 28** – After School Practice: 3:30–5:30 PM @ HS Baseball Field
 - **Aug 29 – Morning Practice:** 5:50–7:30 AM @ New Turf Field
 - Recognition at halftime of Varsity Game vs. Cap City
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7th Grade Football

Practices

- Time: 3:30–5:30 PM after school
- **First Practice:** Monday, Aug 18 (first day of school)
- Equipment checkout and team calendar: **issued on the first day**

Paperwork (due by first practice)

- Sports Annual Requirements
- Sports Physical
- **FinalForms:** <https://carljunction-mo.finalforms.com/>

Equipment Needed (not provided)

- Cleats (neutral or school colors preferred)
- Game-day undershirts (team colors or black)
- Water jug/bottle
- Mouthpiece (personal or school-issued)

Contact & Updates

- Coach Howard — **ehoward@cjr1.org**
 - Remind will be used; join info will be sent home after the first practice.
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Junior High Volleyball – 2025 Tryouts

Dates & Times

- **Mon, Aug 18** | 3:30–5:30 PM
- **Tue, Aug 19** | 3:30–5:30 PM
- **Wed, Aug 20** | 3:30–5:00 PM (team lists posted at the end)

Locations

- **7th Grade:** Intermediate Gym (ride the shuttle from JH)
- **8th Grade:** Junior High Gym

Requirements

- Complete **FinalForms** before tryouts: <https://carljunction-mo.finalforms.com/>

Questions

- Coach Phelps — **dphelps@cjr1.org**