

# JEROME BOYS CROSS COUNTRY: PRESEASON ACTION STEPS

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## Communication:

- By May 30th, go to <https://www.jeromexc.net/>
  - Click on “Parent Resources” and fill out Athlete Information
  - Scroll down to “Booster Dues” tab and pay dues
- Download Remind app
  - Tap “Join a Class”
  - Code: **@runjxc**. All athletes join this group
  - Parent Remind Group - Code: **@jxcboys**

## Detailed Team Overview:

Go to: <http://tiny.cc/jxcoverview2021>

Scan QR Code:



## Summer To-do List (**\*\*please complete ASAP**):

- ❑ **Complete Athlete Physical** by August 1st. Must be updated to participate. Note: physicals completed in 8th grade do carry over. All physicals are valid for one calendar year.
- ❑ **Complete all forms** on Final Forms (<https://dublin-oh.finalforms.com/>) by August 1st
- ❑ Each family is asked to **volunteer twice for the season**. Opportunities include Dublin Irish Festival, pasta parties, smoothie nights, or one of our home races. Look for emails from the Booster board regarding these opportunities.
- ❑ **Secure mandatory equipment ASAP**: team jacket, appropriate running shoes (we recommend Columbus Running Company), reusable water bottle, and watch (GPS not required)

## Upcoming Dates:

- Friday, June 4th -
  - first day of optional summer training. Meet at Jerome stadium 9-10:30am
  - Youth Camp volunteers meeting followed by Athlete Leadership Meeting for interested 11th-12th graders 8-9pm at my house.
- Monday, June 7th - Thursday, June 10th - JXC Summer Youth Camp. Incoming 9th graders welcome!
- Saturday, July 17th - Optional Road Race Opportunity - “**Anaconda Race**” starting at Dublin Rec Center.
  - Sign up by navigating to the CRC website and click on Races
  - Can be used to satisfy pre-season fitness requirement time

Consider supporting JXC's own JJ Thomas by signing up for the **JJ Strong 5k** on August 14th at the Dublin Rec Center.

**\*\*Athletes can satisfy their pre-season fitness requirement through meeting their pre-season target times in this race!**

Stay tuned for registration information or go to the CRC website and click on Races.

