

Welcome to the 2024 JXC Boys Athlete & Parent Meeting!



Meet The Coaches

- Head Coach – Dave Wadenstierna
 - 15th year coaching XC at Jerome, 13th as head coach
- Assistant Coach – Andrew Bitter, 1st season at Jerome
- Assistant Coach – Alex Irwin, 2nd season at Jerome



Communication: Download Remind app



1. Athlete Remind texts from coach: @runjxc24
**required
2. Parent Remind texts from coach: @jxcboys24
**required
3. Parents - fill out Final Forms ASAP. This is the official contact list. (<https://dublin-oh.finalforms.com/>)

Where we've been



- Team established in 2004
- OCC Champions last 4 seasons
- District Champions 3 of last 4 seasons
- Qualified for regionals 11 of the last 12 years
- State runner-up as a team in 2013
- 3 state meet team qualifications (2013, 2020, 2021).
- 8 All-Ohio Runners, including the state runner-up individual in 2022. Two All-Ohio individuals in 2022, 2023.

Where we're going



- Continue building positive culture of trust, improvement, and shared success
- Perennial competitor at the state level
- Moving into the top echelon



“Good culture happens on purpose.”

The Celtic Way



Commit to the team and your teammates

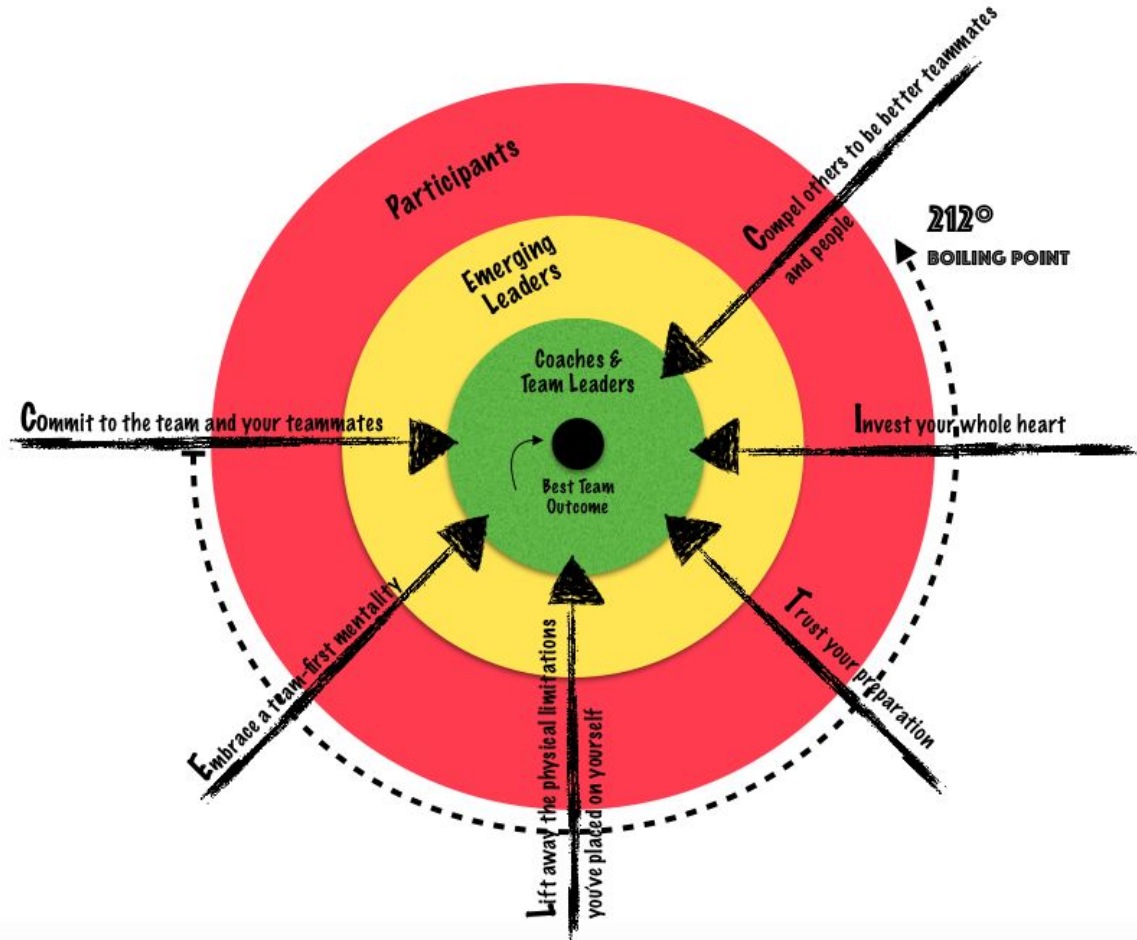
Embrace a team-first mentality

Lift away the physical limitations you've placed on yourself.

Trust your preparation and the process. Big successes come from a long series of small successes.

Invest your whole heart. Let this dictate how hard you work and the way to interact with teammates.

Compel others to be better teammates and young men.





Profile of a Dublin Jerome runner:

- Attention to “the little things” - sleep, diet, stretching, strength
- Time management
- Keeping up on your studies
- Commitment to XC team and your teammates
- Engagement while you are at practice and meets
- Trusting the coaches and the process of improvement



Summer Mileage recommendations

- o 1st year runner – 250 miles
- o 2nd year runner – 300 miles
- o 3rd year runner – 350 miles
- o 4th year runner – 400 miles

Summer Training



- What's the point?
- What's the training progression?
- Join Strava group (Dublin Jerome Boys XC 2024) to track your mileage:
 - [Team Strava Group](#)

Summer - continued



- Count mileage starting May 20th after track break if applicable
- Youth Camp - June 3rd-6th for rising 3rd-9th graders
- Key workouts throughout the summer (Tuesday, Thursdays)
- Lifting 11am at Jerome Tuesdays, Thursdays
- The role of the coaches
- Wednesdays

Varsity Camp is back!



- Sunday, July 21st-Tuesday, July 23rd. Two nights, three days.
- Invite only (Sophomores, Juniors, Seniors)
- Opportunity for returning varsity and those who have shown high commitment through the last calendar year

Pre-Season Fitness Requirements - by Friday, 8/9/24



- 2 mile time standard:
 - Senior - 14:30
 - Sophomore or Junior - 15:00
 - Freshman - 15:30
- 6 mile time standard
 - All grades - 56 minutes or less (9:20/mile pace)

Key upcoming events and dates

- Irish festival – volunteers needed!
 - Email djcelticclash@gmail.com

- Celtic Clash 9/21/24
 - Every family expected to have at least one person volunteer




What Now?

- ❑ Increase your focus on healthy habits: sleep, eating, etc
- ❑ Start base training after post-track break
- ❑ Join remind groups and Strava group
- ❑ Fill out final forms ASAP
- ❑ Make sure physicals are up to date by 7/31/24
- ❑ Incoming freshmen are welcome to sign up for youth camp June 3-6
- ❑ Camp volunteer meeting at my house on Sunday, June 2nd at 2pm

JXC Overview document

- vision/goals
- Schedule
- Fitness requirement
- Rules, expectations
- Lettering





Be well and stay tuned! It's
going to be a great season!