

# Dublin Jerome Boys Cross Country 2024



## Coaching Staff:

Head Coach: David Wadenstierna  
wadenstierna\_david@dublinschools.net



Assistant Coach: Alex Irwin, Andrew Bitter

**Mission Statement:** "With a humble and selfless approach, members of the Dublin Jerome Men's Cross Country Team will dedicate themselves to the daily process of learning the skills, knowledge, and attitudes required to develop into better distance runners and more principled young men."

## The Celtic Way:

**C**ommit to the team and your teammates

**E**mbrace a team-first mentality

**L**ift away the physical limitations you've placed on yourself.

**T**rust your preparation and the process. Big successes come from a long series of small successes.

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

**C**ompel others to be better teammates and young men.

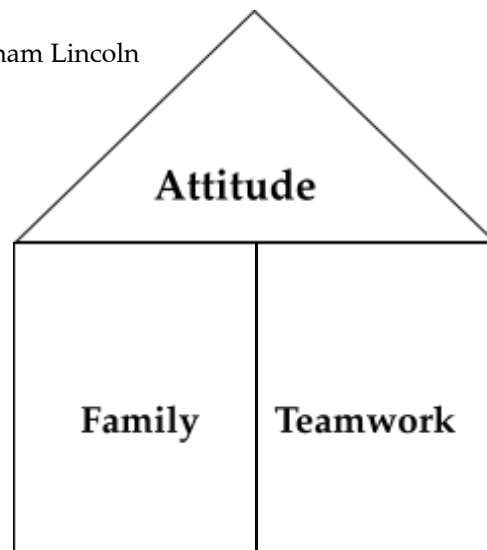
## Team Goals:

1. Members will experience the peace of mind that comes from always giving maximum effort.
2. Members will focus on the daily process and pay attention to the details that lead to optimal performance; favorable team outcomes will ensue.
3. Members will be good teammates in all respects.
4. Members will gain a respect and understanding for the sport of Cross Country.

## The Team Concept:

"A house divided against itself cannot stand." Abraham Lincoln

1. Attitude
  - a. Be humble
  - b. Give 100% in practice and work hard at all times
  - c. Be responsible
  - d. Be trustworthy
  - e. Courage, determination, and resolve will help us face our fear
  - f. Have fun
2. Family
  - a. Get to know your teammates
  - b. Go out of your way to help your teammates
  - c. Give positive feedback to your teammates
  - d. Resolve conflicts w/ teammates quickly
  - e. Negativity and positivity are highly contagious
  - f. Communicate clearly, honestly and openly



### 3. Teamwork

- a. Everyone is a team player whether they know it or not, in cross-country, school, work, family, life
- b. Teamwork does not appear magically just because we talk about it, we must work and be conscious of our goal
- c. Team members are in or out, there are no in-betweens
- d. Sacrifice for the benefit of the whole

## Training:

### 1. Terminology:

- a. Maintenance Run (MR) (around 45% of weekly mileage) - Aerobic development; increase in size of mitochondria; increase in development of capillaries
- b. Threshold Run (TR) - improves ability to clear lactate (20-30% of weekly mileage)
  - i. Tempo (T) - Duration run at threshold pace
  - ii. Cruise Intervals (CI) - repeated runs at threshold pace
  - iii. Interval Training (IT) - Improves VO<sub>2</sub>
- c. Repetition Training (RT) - short intervals; requires full rest; speed; improves running economy (5-10% of weekly mileage)
- d. Long Run (LR) - Maintenance run effort (20-25% of weekly mileage)

### 2. Principals:

- a. New stresses = change; stresses include:
  - i. Amount of mileage run, Intensity, Change in rest (recovery), Frequency of training
- b. Don't change all stresses at once
- c. Change amount 1st (Increasing weekly mileage is summer focus)
- d. Breathing Rhythm
  - i. breath in for 2 steps - breath out for 2 steps
  - ii. ratio changes to 2-1 or 1-2 when intensity increases
- e. Steps per minute (SPM) - Goal is 180 SPM

## Pre-Season Expectations:

### Training -

- Summer Mileage starts May 20th. Summer mileage goals are dependent on the age & experience of the runner.
  - 1<sup>st</sup> year runner – 250 miles
  - 2<sup>nd</sup> year runner – 300 miles
  - 3<sup>rd</sup> year runner – 350 miles
  - 4<sup>th</sup> year runner – 400 miles
- Throughout the Summer, there will be 14 “Key workouts,” in which the team and coaches will meet together for 10 of those workouts. Outside of the key workouts, Summer running is the athletes’ responsibility to complete on their own time alongside teammates.
- Athletes are asked to log miles on the [Team Strava Group](#).
- All athletes have the opportunity to be a “Summer Running Champion” by meeting their summer mileage goal.

Mileage Goal	May 20 (Week 1)	May 27 (Week 2)	June 3 (Week 3)	June 10 (Week 4)	June 17 (Week 5)	June 24 (Week 6)	July 1 (Week 7)	July 8 (Week 8)	July 15 (Week 9)	July 22 (Week 10)
250	18	20	22	22	26	23	28	28	30	33
275	20	22	24	24	28	26	31	31	33	36
300	22	24	26	26	30	29	34	34	36	39
325	24	26	28	28	32	32	37	37	39	42
350	26	28	30	30	34	35	40	40	42	45
375	28	30	32	32	36	38	43	43	45	48
400	30	32	34	34	38	41	46	46	48	51
425	32	34	36	36	40	43	49	49	51	54
450	34	36	38	38	42	46	52	52	55	57
475	36	38	40	40	44	49	55	55	58	60
500	38	40	42	42	46	52	58	58	61	63

**Summer Running: Calendar** *\*\*any changes will be communicated through a Remind 101 text, or email.*

◀ April 2023		May 2024					June 2023 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
<b>19</b> JXC Athlete and Parent Meeting 9th grade - 16 10th grade - 20 11th grade - 24 12th grade - 27	<b>20</b> 4-6 miles steady distance	<b>21</b> 3-4 miles steady distance + strength training	<b>22</b> 4-6 miles with a set of 4-6 :30 pickups following by 3 minutes regular pace in the middle of the run	<b>23</b> 3-4 miles steady distance + strength training	<b>24</b> 3-4 miles steady distance	<b>25</b> Long Run 20%-25% of your weekly mileage  Optional meet up run at Jerome 9am!	
<b>26</b> 9th grade - 20 10th grade - 23 11th grade - 27 12th grade - 30	<b>27</b> 4-6 miles steady distance	<b>28</b> 3-4 miles steady distance + strength training	<b>29</b> 4-6 miles with a set of 4-6 :45 pickups following by 3 minutes regular pace in the middle of the run	<b>30</b> 3-4 miles steady distance + strength training	<b>31</b> Ohio State Track Meet  3-4 miles steady distance		

◀ May 2023		June 2024					Jul 2023 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
<b>28</b>	<b>29</b>	<b>30</b>		<b>1</b>	<b>2</b>	<b>1</b> Ohio State Track Meet  Long Run 20%-25% of your weekly mileage	
<b>2</b> 9th grade - 22 10th grade - 26 11th grade - 30 12th grade - 34	<b>3</b> Celtic Youth Running Camp @ Jerome  4-6 miles steady distance	<b>4</b> Celtic Youth Running Camp @ Jerome  4-5 miles steady distance + strength training	<b>5</b> Celtic Youth Running Camp @ Jerome  5-7 miles with a set of 4-6 :45 pickups followed by 3 minutes regular pace in the middle of the run	<b>6</b> Celtic Youth Running Camp @ Jerome  4-5 miles steady distance + strength training	<b>7</b> Celtic Youth Running Camp @ Jerome  3-5 miles steady distance	<b>8</b> Long Run 20%-25% of your weekly mileage	

<b>9</b> 9th grade - 22 10th grade - 26 11th grade - 30 12th grade - 34	<b>10</b> Senior led practice @ DJ 8am.  Distance Run (75% of HR Max - no tempo) 4-6 miles steady distance	<b>11</b> Key Workout #1 Distance Run with Tempo (75-85% of HR Max) in the last half. Meet 8am @ DJHS  4-6 miles steady distance + strength training	<b>12</b> Captains Practice: run then Ultimate Frisbee 8-10am @ Jerome  4-5 mile day (not including frisbee distance)	<b>13</b> KEY Workout #2: Hills @ Glacier (4-8 x 400m high effort). Meet 8am @ DJHS.  5-7 mile day	<b>14</b> Senior led practice @ DJ 8am.  Distance Run with a friend  3-5 mile day	<b>15</b> Long run Long Run (75% of HR Max - no tempo)  6-8 miles
<b>16</b> 9th grade - 26 10th grade - 30 11th grade - 34 12th grade - 38	<b>17</b> Senior led practice @ DJ 8am.  4-6 miles steady distance	<b>18</b> KEY Workout #3: 4 x 4min at 80-85% of HR Max  4-6 mile day + strength training	<b>19</b> Captains Practice: run then Ultimate Frisbee 8-10am @ Jerome  4-5 mile day (not including frisbee distance)	<b>20</b> KEY Workout #4: 6-10 X 300m around the field hockey field at Jerome. Meet 8am @ DJHS.  5-7 mile day	<b>21</b> Senior led practice @ DJ 8am.  Distance run 4-6 mile day	<b>22</b> Long run with a friend (75% of HR Max - no tempo)  6-9 miles
<b>23</b> 9th grade - 25 10th grade - 29 11th grade - 35 12th grade - 41	<b>24</b> Senior led practice @ DJ 8am.  4-6 miles steady distance	<b>25</b> KEY Workout #5: Hills @ Scioto. Meet 8am at DSHS  2 min at around 1 mile race effort  Tier 1 - 6 full loops Tier 2 - 4-5 full loops, 6 hill bursts Tier 3 - 3 full loops, 12 hill bursts  5-8 mile day + strength training	<b>26</b> Captains Practice: run then Ultimate Frisbee 8-10am @ Jerome  4-5 mile day (not including frisbee distance)	<b>27</b> KEY Workout #6: Mile Repeats on course loop  Tier 1: 1200, mile, 1200 Tier 2: 1200, mile, mile Tier 3: 1200, mile, 8 x 100m strides on track  5-8 mile day	<b>28</b> Senior led practice @ DJ 8am.  Distance Run with a friend. 4-6 mile day	<b>29</b> Long run with a friend (75% of HR Max - no tempo)  6-10 miles

◀ Jun 2023		July 2024					Aug 2023 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
<b>30</b> 9th grade - 28 10th grade - 34 11th grade - 40 12th grade - 46	<b>1</b> Senior led practice @ DJ 8am.  Distance run  5-7 mile day	<b>2</b> 6-8 miles  KEY Workout #7: Tempo Run – long(er) and strong  Tier 1 – 2 WU, 2 T, 1 recovery, 2 T, 1 CD Tier 2 – 2 WU, 2 T, 1 recovery, 1 T, 1 CD Tier 3 – 3 out easy, 3 back picking it up (T Pace)  5-8 mile day + strength training	<b>3</b> Captains Practice: run then Ultimate Frisbee 8-10am @ Jerome  4-6 mile day (not including frisbee distance)	<b>4</b> 6-8 miles  KEY Workout #8: Hills @ Glacier (4-8 x 400m high effort)  Meet 8am at Jerome  5-8 mile day	<b>5</b> Senior led practice @ DJ 8am.  Distance Run with a friend. 4-7 mile day	<b>6</b> Long run with a friend  7-12 miles	
<b>7</b> 9th grade - 28 10th grade - 34 11th grade - 40 12th grade - 46	<b>8</b> Senior led practice @ DJ 8am.  5-7 miles	<b>9</b> KEY Workout #9: 3-5 Mile Repeats at Avery Park  5-8 mile day + strength training	<b>10</b> Captains Practice: run then Ultimate Frisbee 8-10am @ Jerome  4-6 mile day (not including frisbee distance)	<b>11</b> KEY Workout #10: 6-10 X 300m around the field hockey field at Jerome. Meet 8am @ DJHS.  5-8 mile day	<b>12</b> Senior led practice @ DJ 8am.  Distance Run with a friend. 4-7 mile day	<b>13</b> CRC Mile Dash in the morning  Long and easy to follow.  6-10 mile day total	
<b>14</b> 9th grade - 30 10th grade - 36 11th grade - 42 12th grade - 48	<b>15</b> Senior led practice @ DJ 8am.  Longer Distance Run with a friend. 5-8 mile day	<b>16</b> KEY Workout #11 Threshold ladder @ Avery Park. Meet 8am @ DJHS	<b>17</b> Captains Practice: run then Ultimate Frisbee 8-10am @ Jerome  5-7 mile day (not including frisbee distance)	<b>18</b> Pre Race distance and strides  4-5 mile day  (good day for cross train if needed)	<b>19</b> KEY Workout #12: 2 mile time trial @ ERMS 7pm  Popsicles and ice cream to follow	<b>20</b> Recovery Distance run with a friend  3-5 mile day  (varsity wrapping up weekly mileage)	

		<p>Tier 1 - Mile, 2 miles, mile, 4 x 400m</p> <p>Tier 2 - Mile, 2 miles, 1200, 4 x 400m</p> <p>Tier 3 - Mile, mile, 4 x 400m</p> <p>5-8 mile day + strength training</p>			6-8 mile day	with Sunday run)
<p><b>21</b></p> <p>9th grade - 33 10th grade - 39 11th grade - 45 12th grade - 51</p> <p>Varsity camp runs at Clear Creek Metro Park (~8 mile day)</p>	<p><b>22</b></p> <p>Varsity Camp in Hocking Hills.</p> <p>Non-attending athletes run on their own today.</p> <p>Long Run (75% of HR Max - no tempo). Likely at Old Man's Cave (~12 mile day)</p>	<p><b>23</b></p> <p>KEY Workout #13 4 X 1200m T Pace @ Avery Park. Meet 8am @ DJHS</p> <p>5-8 mile day + strength training</p> <p>Varsity camp attendees will take off or do some light distance miles.</p>	<p><b>24</b></p> <p>Captains Practice: run then Ultimate Frisbee 8-10am @ Jerome</p> <p>5-7 mile day (not including frisbee distance).</p>	<p><b>25</b></p> <p>KEY Workout #14: 6-10 x 400m at Red Oak Trail</p> <p>(Hills @ Scioto - maybe 2nd week of practice)</p>	<p><b>26</b></p> <p>Senior led practice @ DJ 8am.</p> <p>Distance Run 4-7 mile day</p>	<p><b>27</b></p> <p>Long run with a friend</p> <p>8-13 miles</p>
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	<p>1</p> <p>First day of mandatory practice</p> <p>Long Run (75% of HR Max - no tempo)</p>	Captains vote second week of practice	

## Making the Team

1. All athletes will complete a 2-mile time trial to show they have the aerobic fitness to sustain the intensity of high school cross country. All athletes will have up to two chances to meet the criteria during the first two weeks of mandatory practice. Athletes who fail to meet the criteria will be dismissed from the team on Friday, August 9th. The criteria is dependent of years of high school running experience:

Year in school:	2-mile target time:
Freshmen	15:30
Sophomore or Junior	15:00
Senior	14:30

2. Run 6 miles in 56 minutes.

## Mandatory Practice: General Information

- Mandatory practice begins **Thursday, August 1st**
- Physical, online forms (<https://dublin-oh.finalforms.com>) and pay-to-play are due. Failure to complete these requirements in a timely manner could lead to disciplinary action. See #1 under "Team Rules and Expectations."
- Overnight Trip(s)
  - Nike Regionals in Terra Haute Indiana (11/9-11/10)
    - This will be a team sponsored trip if **5 or more varsity runners have a time of 17:00 or below after the Celtic Clash meet on 9/21**. If this is not the case, individuals are welcome to sign up and race individually.

**Mandatory Season Calendar:** *\*\*any changes will be communicated through a Remind 101 text, or email.*

Typical weekly schedule:

**\*\*If there are changes they will be communicated at practice and also sent out in remind101.**

Day:	Varsity:	JV:
Monday	5:30-7am	3:00-5:15pm
Tuesday	3:00-5:15pm	3:00-5:15pm
Wednesday	6-7am or on your own	3:00-5:15pm or on your own
Thursday	3:00-5:15pm	3:00-5:15pm
Friday	6-7am	6-7am
Saturday	Race - times will vary	Race - times will vary
Sunday	Off or cross train	Off or cross train



**Team Meet Schedule:**

<b>Date:</b>	<b>Meet:</b>	<b>Bus Time:</b>	<b>Notes:</b>
Sat. 8/17	OFF		Long run
Sat. 8/24	Pickerington North XC Classic		Regional Course preview!
Sat. 8/31	Var & JV - Hot Summer Bash @ Hilliard Davidson High School	7:00am	Includes t-shirt exchange & potluck. All athletes will be asked to bring something to contribute to the potluck.
Sat. 9/7	OFF		Long run
Fri. 9/13	Varsity - Spartan Invitational @ Michigan State University		Travel meet against elite competition from the Midwest. Varsity goes long on Saturday
Sat. 9/14	JV - Central Ohio Cross Country Invitational @ Three Creeks Park		
Sat. 9/21	HOME MEET - Celtic Clash @ Dublin Jerome High School		The 8th edition of our home meet!
Sat. 9/28	Var & JV - Bear Den Invitational @ Hilliard Bradley		Fast local course with great competition from the region.
Sat. 10/5	All OFF		Varsity long run
Sat. 10/12	Var & JV - OCC. Location: TBD		Time to compete for a 5th consecutive conference title!
Sat. 10/19	District @ Hilliard DARBY (Varsity and select JV)		We have won districts three years in a row! Select JV (20:00 and under) will be invited to participate in the JV District meet.
Sat. 10/26	Varsity - Regional @ Pickerington North High School		Top 5 teams qualify for state; Lets be the 4th Jerome team in DJHS history to qualify for States! This is also an ACT Testing Day. (??)
Sat. 11/2	Varsity - State @ Obetz Fortress		This is the year! Go Celtics!!
Sun. 11/10	Varsity - Nike Regional Meet		This race is invite only.

## Team Rules and Expectations:

1. In order to participate in practice beginning on August 1st, you must have a valid physical and all appropriate paperwork completed through Final Forms. Failure to complete your physical or your forms could result in an absence, suspension, or eventual dismissal from the team.
3. As of August 1st, practice and meets are mandatory for all athletes. Excessive tardiness throughout the season could lead to dismissal from the team. For anyone who gets cut from another sport or decides to join late, the final date to join the team is Friday, August 9th. After this date, the roster is set.
4. Pre-Season Fitness Standards
  - a. All athletes will complete a 2-mile time trial to show they have the aerobic fitness to sustain the intensity of high school cross country. All athletes will have up to two chances to meet the criteria during the first two weeks of mandatory practice. Athletes who fail to meet the criteria will be dismissed from the team on Friday, August 9th. The criteria is dependent of years of high school running experience:

Year in school:	2-mile target time:
Freshmen	15:30
Sophomore or Junior	15:00
Senior	14:30

- b. During the first two weeks of practice, all athletes must also run 6 miles in 56 minutes or less. Inability to do so by Friday, August 9th will result in dismissal from the team.

- **Special Cases -**

- At the discretion of the coaching staff, an injured runner may be granted extended time to meet the necessary criteria. The decision by the coaching staff will be made based on factors such as (but not limited to): commitment to the team, attitude, effort, and pre-season training.
- An athlete with special needs or a disability will be given a modified preseason requirement. In some cases, it may be determined that an athlete with special needs or a disability will be excused from the preseason requirements. This will be determined on a case by case basis by the coaching staff.

5. Attendance & Participation – Commitment to the team is a priority

- a. **More than 5 absences will result in disciplinary action.**

- All absences are to be communicated as soon as possible through emailing Coach Wadenstierna ([wadenstierna\\_david@dublinschools.net](mailto:wadenstierna_david@dublinschools.net))
- Be mindful of appointments, clubs, etc. You can use a half (.5) excused absence provided you can be at practice for at least 45 minutes
- An absence due to sickness **does count** towards the 5-absence limit. Make every effort to maintain good health. In unique situations, there may be exceptions to this rule. If you think your situation may qualify, you would need to contact Coach Wadenstierna.
- Injured athletes are required to attend practice. First, they will need to check in with a coach, and then see the athletic trainers for instructions on stretches, drills, and cross training.
- If you would like to request additional excused absences for any reason, please contact Coach Wadenstierna. More leniency will be granted to first-year runners.
- Disciplinary action for excessive absences:
  - 1<sup>st</sup> offense (6<sup>th</sup> absence) – An apology letter to coaching staff and team
  - 2<sup>nd</sup> offense (7<sup>th</sup> absence) – **Coach Wadenstierna will not sign a P.E. waiver for any athlete who incurs 7 or more absences.**

- 3<sup>rd</sup> offense (8<sup>th</sup> absence) – Dismissal from team
- If you miss practice due to in-school misconduct or exhibit a continual lack of absence communication with the coaching staff, it could result in a two-day suspension from all team activities. After multiple incidents, Coach Wadenstierna will determine your status on the team. This is at his discretion.

*b.* P.E. Waivers

- **In order for Coach Wadenstierna to sign a gym waiver, an athlete must:**
  - Have less than 7 absences
  - Run in at least 4 races
  - End the year in good standing

6. General Cross Country Meet Information

- a.* Athletes should be punctual and dressed appropriately for meets. Appropriate dress includes a team jacket and black sweatpants over the team uniform, unless otherwise noted by Coach Wadenstierna.
- b.* At meets, your participation does not end when your event is over. As soon as you finish your race, you need to re-hydrate, cool down and get dressed. You are then expected to continue to support and cheer for your teammates.
  - i.* Cool-down will begin 20 minutes after completion of 1st DJHS team finisher of each race. Cool-down will consist of a 15-minute run, drills, strides and static stretching. Athletes must wear a shirt during cool-down.
- c.* It is required that all athletes remain at the meet until the last race has completed and we have met as a team. All athletes should travel to and from the meet with the team. In a special circumstance, in which you need to leave the meet with a parent, a note or email from your parent must be submitted in advance. If your early departure causes you to miss at least one race that the team is participating in, the departure will count as a .5 absence.
- d.* Athletes must provide notice if alternative transportation to a cross-country meet is necessary. Athletes must arrive before warm-up for the first race of the meet.
  - i.* Athlete warm-up begins 45 minutes prior to their respective race. Warm-up is the same warm-up routine that is completed in practice and should be completed as a team (i.e. Varsity, JV, etc.)
- e.* If you choose to wear a shirt/short/undergarment under your singlet it must be a solid black.
- f.* The top-7 to 10 runners will be determined the week of the respective meet. Performance, attitude and attendance will all be considered while determining the top-7 runners each week.

- 7. Come prepared. All athletes must bring a watch (GPS not required) and a reusable water bottle to practice every day. Be ready for all weather conditions.
- 8. Respect and listen to your coaches. It is expected that you will follow directions and take instruction from your coaches at all times. Failure to do so will result in disciplinary action.
- 9. All Dublin City Schools and OHSAA rules will apply and be enforced. The use of alcohol, drugs and tobacco are strictly prohibited as a member of this team and district and school policies will be enforced. Make the commitment to yourself and your teammates to keep your body in top condition.

**Letter Requirements:**

**Possibility 1:** Accumulate 100 points to earn your varsity letter.

*Individual Point Opportunities:*

- 10 points – Finish in the top 14 overall in a 5K invitational race (does not include time trials or Dublin XC Preview)
- 15 points – Meet the summer mileage standard (1<sup>st</sup> year – 250, 2<sup>nd</sup> – 325, 3<sup>rd</sup> – 400, 4<sup>th</sup> – 475)
- 15 points – Satisfy the pre-season 2-mile time requirement before the season begins
- 20 points – Achieve perfect attendance
- 50 points – For each race in which an athlete runs 18:40 or faster

*Team Points (credited to each team member):*

- 5 points – For a top 2 team finish by Varsity or JV (up to 10 pts./week)
- 10 points – JV wins a race at an invitational
- 10 points – JV wins the Open race at OCC
- 10 points – Varsity Team wins OCC
- 15 points – Varsity Team finishes top 2 at District
- 20 points – Varsity Team finishes top 5 at Regional
- 25 points – Varsity Team places top 10 at State
- 40 points – Varsity Team wins State meet

**Possibility 2:** Coach's discretion.

**Special Awards:** Some Special Awards will be given at the banquet

We are looking forward to a positive and fun season!

Sincerely,

Coach Wadenstierna

Coach Irwin

Coach Bitter

**Text Communication: Athletes (\*required)**

Join Remind Group!

Text @runjxc24 to 81010

**Text Communication: Parents/Guardians (\*strongly recommended)**

Join Remind Group!

Text @jxcboys24 to 81010