

# Welcome to the 2025 JXC Boys Athlete & Parent Meeting!



# Meet The Coaches

- Head Coach – Dave Wadenstierna
  - 16th year coaching XC at Jerome, 14th as head coach
- Assistant Coach – Andrew Bitter, 2nd season at Jerome
- Assistant Coach – Alex Irwin, 3rd season at Jerome



# Communication: Download Remind app



1. Athlete Remind texts from coach: @runjxc25  
\*\*required
2. Parent Remind texts from coach: @jxcboys25  
\*\*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
- Qualified for regionals 12 of the last 13 years
- 4 state meet qualifications
- State runner-up as a team in 2013
- 8 All-Ohio runners (top 25 in the State)

# Lately



- OCC Champions last 5 seasons
- District Champions 4 of last 5 seasons
- Qualified for regionals 12 of the last 13 years
- 3 state meet team qualifications (2020, 2021, 2024)
- State runner-up individual in 2022. Two All-Ohio individuals in 2022, 2023.
- 14th at Championship race at Nike Midwest in 2024 (2nd in Ohio)
- Top 20 “Nike All-Midwest Team” in 2023, 2024







# Where we're going



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





“Good culture happens on purpose.”



## 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 practices and meets
- Trusting the coaches and the process of improvement

# The Celtic Way

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

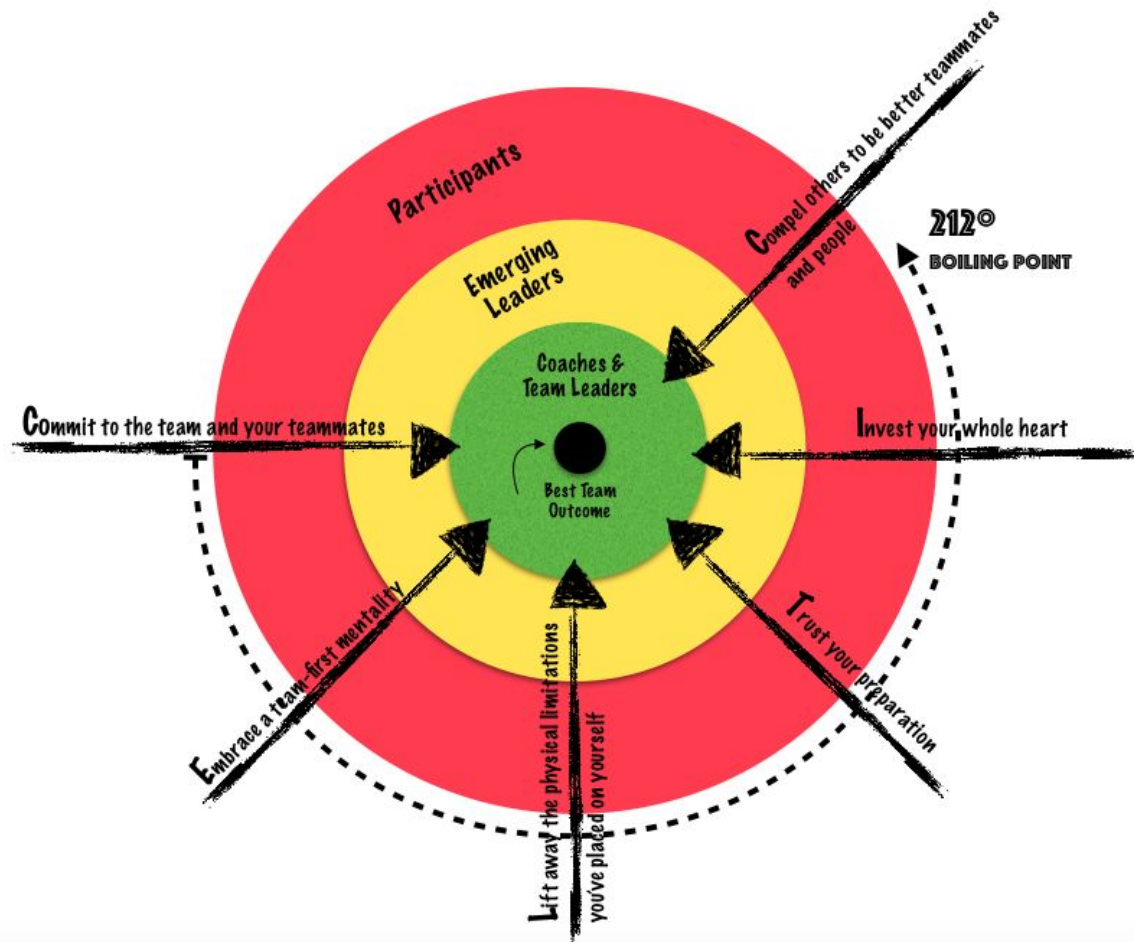
**E**mbrace a team-first mentality

**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.



# Summer Training

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- What's the point?
- What's the training progression?
- Join Strava group (Dublin Jerome Boys XC 2025) to track your mileage:
  - [Team Strava Group](#)



# Meet the Returning Captains

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- Speak to your running journey a bit.
- What's your favorite part about being a part of the team?
- Why is summer training so important? How have you seen it affect your in-season success? Team success?



## Summer Mileage recommendations

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

# Varsity Camp is back!



- Sunday, July 20th–Tuesday, July 22nd. 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

# Summer – continued

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- Count mileage starting May 19th after track break if applicable
- Youth Camp – June 2nd–5th for rising 3rd–9th graders
- Key workouts throughout the summer (Tuesdays, Thursdays)
- Lifting 11am at Jerome Tuesdays, Fridays
- The role of the coaches
- Wednesdays

# Pre-Season Fitness Requirements – by Friday, 8/8/25



- 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](mailto:djcelticclash@gmail.com)
- Celtic Clash 9/13/25
  - Every family needs to have at least one person signed up to volunteer by 8/1/25



# 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 2-5
- ❑ Camp volunteer meeting at school on Sunday, June 1st 2pm

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## JXC Overview document

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





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