

Welcome to the 2019 JXC Ice Cream Social!

Boys Athlete
Remind code:
[@runjxc](#)



Girls Athlete
Remind code:
[@jxcgirls](#)

Today's Goals:

- Exposure to the program and all it offers
- Gain a greater understanding of team and family expectations
- Address logistical matters - communication, volunteering
- Determine if this is something you want to commit to

Your XC Booster Committee....

- President: Kelly Weigle
- Vice President: Tom Guehl
- Treasurer: Daniel Like
- Communications: Sandy McLoughlin
- Website: Anna Mu

Your 2019 XC Head Coaches:

- ❑ Girls Head Coach: Kaitlyn Willette
 - ❑ 3rd year, 1st as HC
- ❑ Boys Head Coach: Dave Wadenstierna
 - ❑ 10th year, 8th as HC

Dublin Jerome XC - Boosters

What We Do:

- ❑ Host Ice Cream Social
- ❑ Purchase Supplies and Equipment For The Team
- ❑ Provide Weekly Team Communications to Parents & Athletes
- ❑ Coordinate Pasta Parties
- ❑ Host Smoothie Nights
- ❑ Plan, Organize & Operate the Celtic Clash Race
- ❑ Host Middle School XC State Meet (Course Setup, Concessions, Parking)
- ❑ Organize Travel & Hotel Accommodations (Out of State Meets)
- ❑ Host Senior Recognition Night (Dinner for All Athletes, Gifts to Seniors)
- ❑ Host End of Season Awards Banquet (Purchase Athlete Awards)
- ❑ Assist in Coordinating Varsity Summer Camp in Hocking Hills

Dublin Jerome XC - Events

- ❑ Current Planned Events for 2019
 - ❑ Fund Raising
 - ❑ Staffing a booth at the Irish Festival August 2-4
 - ❑ Sign up early, this is a fun event!
 - ❑ Races held at Jerome High School
 - ❑ Fun Activities
 - ❑ Pasta Parties & Smoothie Nights
 - ❑ Bonfire, Senior Dinner, Awards Banquet
 - ❑ Kids will arrange additional fun gatherings

Dublin Jerome XC - Booster Dues

- ❑ Booster Dues (**Separate from District Pay-to-Play Fee)
 - ❑ One athlete: \$100
 - ❑ Two athletes: \$175
 - ❑ Three athletes: \$225
- ❑ Payable by:
 - ❑ Link on our website under the 'Booster Fees' tab
 - ❑ Check made out to: Dublin Jerome Cross Country Boosters
 - ❑ Credit Card at this event

Dublin Jerome XC - Booster Dues

❑ Booster Dues pay for the following:

❑ Ice Cream Social

❑ Smoothie Nights

❑ Senior Gifts

❑ Equipment (New Tent this year!)

❑ End of Season Awards Banquet

❑ Earned Summer Mileage Shirts

❑ Thursday Night Pasta Dinners

❑ Senior Recognition Dinner

❑ Team Uniforms

❑ Team T-Shirt

❑ Club Fees & Insurance

❑ Team Trailer (Purchased last year)

Dublin Jerome XC - Celtic Clash

- ❑ Third Annual Celtic Clash hosted by Dublin Jerome XC
 - ❑ September 21, 2019
 - ❑ Middle School races start at 5:00
 - ❑ High School races start at 6:15
- ❑ 51 High School and Middle School Teams signed up as of April 18th
- ❑ “All Hands On Deck”
 - ❑ Course Set Up
 - ❑ Ticket Sales
 - ❑ Concessions
 - ❑ Race Management
 - ❑ Parking
 - ❑ Course Teardown

What Do We Need? - We need YOU!

- ❑ Asking for each family to participate/volunteer time for at least two events!
- ❑ The following volunteer opportunities are available:
 - ❑ Dublin Irish Festival - Fundraiser for our program!
 - ❑ Pasta Party Hosts - Thursday Nights
 - ❑ Smoothie Night - Making smoothies for athletes after practice in the commons
 - ❑ Celtic Clash Race - Our own invitational on our home course!
 - ❑ Senior Recognition Dinner - Helping with food line, set up/take down
 - ❑ Middle School State Meet - Fundraiser for our program!
 - ❑ End of Season Awards Banquet - Celebrate our amazing Athletes!

**To sign up, just visit our website: www.jeromexc.com, go to the 'Volunteering' webpage and use the Signup Genius links that correspond to each volunteer opportunity.

What Next?

- ❑ Be sure to register your athlete on our website:
 - ❑ Go to www.jeromexc.com
 - ❑ Then go to the 'Athlete Information' webpage

- ❑ Get involved in any way possible, sign-up on the website.

- ❑ Spirit Wear - Look for Link on the Homepage of our website.
 - ❑ **Store will be open until 5/19/19.**
 - ❑ There will be a second opportunity in August 2019

- ❑ Pay your Booster Dues / Purchase t-shirts!

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Overview of Handouts

Boys:

- Summer Training, logging mileage, target times, KEY summer workouts (pages 1-2)
- Important Communication (page 2)
- Action Steps to complete ASAP (page 3)
- Celtic Youth Running Camp flyer
 - All incoming 9th graders encouraged to sign up

Girls:

- Action Steps to complete ASAP

Things to keep in mind for Regular Season...

- You must have a physical and forms completed by August 1st
- All practices and meets are required for all athletes, including injured athletes
- Boys policy: Each athlete gets 5 absences per season
- The choices you make this Summer will determine how your season goes

Determining if this is for you:

Y - Can you commit to the team and play your part?

E - Do you show grit and embrace challenges?

S - Are you eager to experience growth and success through working hard and taking care of your body?

What now?

- Consider if you want to commit to the team.
- If you do want to commit:
 - Address items on the “Action Steps” List ASAP
 - Continue training or start training now, buy good shoes
 - Return for mandatory athlete-only meeting
Thursday, May 30th at 6:30pm at Dublin Jerome commons. Girls & Boys team.

Before you leave today....

- ❑ Pay Booster Fees
- ❑ Purchase a T-Shirt
- ❑ Obtain an “Action Steps” List. Find a coach if you have questions.
- ❑ Talk to CRC Representative
- ❑ Get Information on JXC Youth Camp
- ❑ Enjoy Ice Cream!