

# JEROME BOYS CROSS COUNTRY: PRESEASON ACTION STEPS

Head Coach: David Wadenstierna | [wadenstierna\\_david@dublinschools.net](mailto:wadenstierna_david@dublinschools.net)

## Communication:

- By May 30th, go to <https://www.jeromexc.com/>
  - Click on “Athlete Information” tab and fill out
  - Click on “Booster Dues” tab and pay dues
- Boys Athletes must join team Schoology Group
  - Search “Dublin Jerome Boys Cross Country”
- Download Remind app
  - Tap “Join a Class”
  - Boys Athlete Code: @runjxc. Boys Parent code: @jxcboys

## Detailed Team Overview:

Go to: [tinyurl.com/jxcoverview2019](http://tinyurl.com/jxcoverview2019)

OR

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 three 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)
- ❑ **Volunteer sign-up (parents)** - navigate to [jeromexc.com](http://jeromexc.com) > Volunteering. Please sign up for at least two events for the 2019 season. Thanks in advance!

**\*\*If you plan to participate for the 2019 season, there is a mandatory Athlete-only meeting Thursday, May 30th 6:30-7:15pm at Dublin Jerome.**

Consider supporting JXC's own JJ Thomas by signing up for the JJ strong 5k on June 15th at the Dublin Rec Center.

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

Sign up link: <https://runsignup.com/jjstrong>

