



Wilson High School Summer Cross Country Training schedule

Head Coach Jeff DiPaolo (330-730-7661 / jeff.dipaolo@gmail.com)

Last day of school June 1st **Summer conditioning starts June 13**

Parent & runner information meeting June 13th @ 8:00am, which is first day of training

June Training Schedule

Monday & Wednesdays, 8:00-9:30 as a group. We will train @ Wilson HS meeting by the track on the west side by the bathrooms. The focus these days will be speed & strength conditioning days.

Bring 16 oz of water & 16 oz of electrolyte sport drink (Gatorade).

Tues, Thur & Sat distance days on own, see below, Friday & Sunday are full rest days.

July training schedule

Monday, Wednesday, Thursday; 8:00-9:30. We will train @ Wilson HS meeting by the track on the west side by the bathrooms. The focus these days will be speed & strength conditioning days.

Bring 16 oz of water & 16 oz of electrolyte sport drink (Gatorade).

Tues & Sat distance days on own, Friday & Sunday are full rest days.

2022 Season Information, the season starts August 1st.

- Training will be after school starting Monday August 1st
- Monday – Thursday @ 3:45 ending @ 5:30
- Friday 3:45 – 5:00
- Fall Break October 3-10, we will practice that week for those runners in town but will not have any meets



Wilson High School Cross Country Lettering

“Be more concerned with your character than with your reputation. Character is what you really are; reputation is merely what you are perceived to be” - Coach John Wooden

Finish in the top 7 on our team in 5 Varsity races OR finish a race with faster time then below.

Boys: First Year Runner 22:00, Second Year 21:00, Third Year 20:00 and Fourth Year 19:00

Girls: First Year Runner 24:00, Second Year 23:00, Third Year 22:00 and Fourth Year 21:00

A Student-Athlete must be in good athletic and academic standing, complete the season and be eligible academically.

Be of good character and a good teammate. Regularly attend practices and all meets unless excused by the coach. Contribute to the team’s overall success.

The coaching staff reserves the right to award a varsity letter to any athlete in a situation where he has not met the above criteria. Injured players may receive a letter if in the opinion of the head coach he/she would have participated enough if they had not been injured, as well served the team in some capacity while injured.