



THOMAS WORTHINGTON Cross Country Overview



The Thomas Worthington Cross Country Program is a year-round program, designed for the high school runner who will compete in the 5K (3.1 mile) race in the fall. Although 3.1 miles may seem significantly farther than middle school races, the training that is accomplished over the summer and during the pre-season will successfully prepare runners for the upcoming competition. In cross country, all runners must develop an aerobic base prior to speed-specific training. To build this aerobic base, our program develops the runner's cardiovascular system through a 24-week training cycle, which begins with the summer long runs and progresses to more specialized training which includes threshold, interval, and repetition runs.

The Thomas Worthington Cross Country Program focuses on general strength, flexibility, developing an efficient running form, racing tactics, practicing proper nutrition, hydration, and sleep habits, as well as teamwork and camaraderie, understanding the commitment to one another and their "running family."

The most important part of the cross country season is actually the summer. Once competition begins, there are only eleven weeks of racing, including the state championship. Therefore, it is essential that the athletes attend the summer training sessions on Mondays through Fridays. Student-athletes meet at 6:00 p.m. at the "tree" by the field house. Athletes are strongly encouraged to run with their teammates on these days. If you are on vacation, please follow your training calendar. We continue to made great strides in gaining overall strength in the weight room. Weight room hours will be posted on the new team website. twxc.weebly.com

IMPORTANT DATES:

Mandatory Parent/Athlete Meeting
Team Cross Country Camp

August 1st
August 2nd – 4th

TWHS Cafeteria
Camp DeWine

All Forms are due on August 1st: <https://worthington-oh.finalforms.com/>

- Current Physical (good for one calendar year)
- ATOD / Residency Form
- Cross Country Liability
- Participation Fee (\$125 payable online by Aug. 31st)
- Complete Roster Google Form
- Join Remind101

Girls Remind101 Sign Up
text this number - 81010
text this message - @girlsxc

Boys Remind101 Sign Up
text this number - 81010
text this message - @btwxc14

XC ROSTER GOOGLE FORM SIGN-UP
[2019 Team Registration](#)

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Parents' Booster Club Facebook
<https://www.facebook.com/groups/twhsxc/>

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Andy Cox - Girls Head Coach
(614) 638-9091
acox@wscloud.org

Bill Darling - Boys Head Coach
(614) 906-3646
williamtdarling@gmail.com

**"Ability is what you're capable of doing. Motivation determines what you do.
Attitude determines how well you do it." Lou Holtz**

Coaching Biographies

Andy Cox, Girls' Head Coach

Cell Phone: 614 638-9091 Email: acox@wscloud.org

Andy is a graduate of Olentangy High School, The Ohio State University and earned his Masters in Sports Science from Ashland University. This year Andy is teaching three Native American Cultural Studies classes and two United States History classes at Thomas Worthington. He enters his twenty-seventh year of teaching and coaching at Thomas Worthington. He serves not only as the cross girls country coach, but also the girls' head track & field coach. He continues to represent Thomas Worthington as a member of the Executive Board of the Ohio Association of Track and Cross Country Coaches.

Andy, wife Kelly, daughters Kathleen (19) and Tricia (17), and son Ryan (15) usually spend time in Florida each summer.

Bill Darling, Boys' Head Coach

Cell Phone: 614 906-3646 Email: williamtdarling@gmail.com

Bill Darling is in his 5th season as the head boys cross country coach, after serving three years as an assistant. He ran collegiately at Southern Illinois University and Miami University.

Bill is the director of Assistive Technology of Ohio (A.T. Ohio), a statewide disability technology program located in The Ohio State University College of Engineering.

Bill and his wife Jill have lived in Worthington since 1993 are the parents of six children, three of whom are graduates of Thomas Worthington High School and former runners for the TWHS cross country program.

Alyssa Cardinal, Girls' Assistant Coach

Alyssa is from Cleveland, Ohio and a graduate of Baldwin Wallace University. She majored in History/Education and served as a captain for the BWU cheerleading squad. She is currently pursuing her Masters degree at Ashland University. This will be Alyssa's third year at TWHS where she teaches A.P. Psychology and United States History. Go Cards!

Mallory Tecklenburg, Boys' Assistant Coach

Mallory is from Springfield, Ohio and graduated from Northwestern High School. She is a graduate of Ohio Dominican University with degrees in mathematics and math education. While at ODU, Mallory ran both cross country and track for 4 years. She earned her master's degree from Wright State University in administration. Mallory continues to enjoy running as she trains for her fifth marathon.

Mallory is entering her fifth year teaching and coaching at Thomas Worthington. She will be on Freshmen Team 2 this year teaching Math I and Honors Math II.



THOMAS WORTHINGTON CROSS COUNTRY



TENTATIVE 2019 SCHEDULE

May 7 th	Mandatory Parent/Athlete Meeting	6:00 – 7:30 p.m.	@ TWHS Room 185
Aug. 1 st	Mandatory Practice Begins	7:30 a.m.	@ HOME
Aug. 1 st	Mandatory Parents' Mtg	6:00 p.m.	@ HOME
Aug. 2 nd - 4 th	TEAM CAMP	7:30 a.m.	@ Camp DeWine
Aug. 5 th	Team Photos	9:30 a.m.	@ HOME
Aug. 6 th	Mum Sale	6:00 p.m.-8:00 pm	@ HOME
Aug. 7 th	School Schedule Pickup		@ HOME
Aug. 7 th	Mandatory OHSAA Parent/Athlete	8:00 p.m.	@ Auditorium
Aug. 8 th	Mum Sale	6:00 p.m.-8:00 pm	@ HOME
Aug. 9 th	Freshmen Orientation	TBA	@ HOME
Aug. 10 th	Red vs. Blue Race	7:30 a.m.	@ HOME
Aug. 12 th	Mum Sale	6:00 p.m.-8:00 pm	@ HOME
Aug. 16 th	Fleet Feet 2 mile Challenge	6:00 p.m.	@ HOME
Aug. 17 th	OHSAA State Meet Preview	7:30 a.m.	@ Nat Trail Raceway
Aug. 24 th	Pickerington North Invitational	9:00 a.m.	@ Pick North HS
Aug. 31 st	Dual at the Dewine's	8:30 a.m.	@ Cedarville, OH
Sept. 7 th	Wooster Invitational	9:00 a.m.	@ Wooster HS
Sept. 8 th	Mum Delivery	8:00 a.m.	@ HOME
Sept. 12 th -13 th	Michigan State Invitational (Friday)	2:20 p.m.	@ Forest Akers E. Golf Course
Sept. 21 st	Saturday Night Lights X	5:00 p.m.	@ Centerville HS
Sept. 28 th	Midwest Meet of Champions	9:00 a.m.	@ Hilliard Bradley HS
Oct. 5 th	Les Eisenhart Invitational	10:00 a.m.	@ HOME
Oct. 12 th	O.C.C. Championships	10:00 a.m.	@ Hilliard Davidson HS
Oct. 19 th	District Championships	TBA	@ Watkins HS
Oct. 26 th	Regional Championships	12:35 p.m.	@ Pick North HS
Nov. 2 nd	State Championships	12:35 p.m.	@ Nat Trail Raceway
Nov. 3 rd	XC Team Banquet	4:00 p.m.	@ Jessing Center
Nov. 16 th	Mid-East Championships	TBA	@ Kettering
Nov. 23 rd	Midwest Footlocker Championship	TBA	@ Kenosha, WI

ACT DATES:

June 8, 2019
July 13, 2019
September 14, 2019
October 26, 2019 – Do not schedule test
December 14, 2019
February 8, 2020

SAT DATES:

June 1, 2019 – Do not schedule test
August 24, 2019
October 5, 2019 – Do not schedule test
November 2, 2019 – Do not schedule test
December 7, 2019
March 14, 2020

Only those who risk going too far can possibly find out how far one can go.

TS Elliot

Criteria for Thomas Worthington Cross Country Student Athletes

To be a member of the Cross Country Program is a tremendous honor - one of the greatest honors at Thomas Worthington High School.

A member of the Thomas Worthington Cross Country team:

1. should be a leader by example, both on and off the course - in and around the school, in the community and everywhere the team travels.
2. treats all teammates and other students fairly and equally, regardless of their athletic ability, talent or age.
3. understands the importance of balance in all aspects of life, including academics, family, sports, work, relationships, faith, and moral philosophy.
4. exhibits a tremendous work ethic in all aspects of training - in summer workouts, in the strength room, in morning runs, in calisthenics and drills, and in running workouts, and expects teammates to follow their example.
5. demonstrates good personal judgment which instills trust with their teammates and coaches that they will represent the team in a positive manner at all times.
6. demonstrates a tremendous personal competitiveness and a refuse to lose attitude that inspires confidence and determination in their teammates.
7. believes in, and is willing to follow the school's ATOD policy. They will not tolerate code violations by his teammates.
8. keeps in close contact with the coaches on all matters that concern the best interest of every member of the squad.
9. demonstrates through personal and family sacrifice that the success of the TWHS XC team is extremely important.
10. demonstrates appropriate conduct in the classroom and works diligently to succeed in his academics.
11. demonstrates an understanding of good sportsmanship, ethics, and integrity - Winning is important, but secondary to an athlete's well-being and sportsmanship.
12. demonstrates the willingness to put the best interests of the team ahead of their own personal goals and will expect teammates to do the same.

TEAM

Me

Cardinal Girls Summer Training 2019 VARSITY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly Total Mileage
5/26/19	5/27/19	5/28/19	5/29/19	5/30/19	5/31/19	6/1/19	32
REST	7 miles @ E	5 miles @ E	4 mile @ T	5 miles @ E 6 x grass hill	7 miles @ E	4 miles @ E	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly Total Mileage
6/2/19	6/3/19	6/4/19	6/5/19	6/6/19	6/7/19	6/8/19	34
REST	7 miles @ E	5 miles @ E	5 mile @ T	5 miles @ E 6 x grass hill	7 miles @ E	5 miles @ E	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly Total Mileage
6/9/19	6/10/19	6/11/19	6/12/19	6/13/19	6/14/19	6/15/19	36
GARY SMITH 5 MILER @ TWHS	REST	7 miles @ E	6 mile @ T	5 miles @ E 6 x grass hill	6 miles @ E	7 miles @ E	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly Total Mileage
6/16/19	6/17/19	6/18/19	6/19/19	6/20/19	6/21/19	6/22/19	32
REST	6 miles @ E Highbanks	5 miles @ E	6 mile @ T	5 miles @ E	5 miles @ E 6 x grass hill	5 miles @ E	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly Total Mileage
6/23/19	6/24/19	6/25/19	6/26/19	6/27/19	6/28/19	6/29/19	36
REST	8 miles @ E Highbanks	5 mile @ E	6 mile @ T	5 mile @ E	5 miles @ E 6 x grass hill	7 mile @ E	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly Total Mileage
6/30/19	7/1/19	7/2/19	7/3/19	7/4/19	7/5/19	7/6/19	38
REST	8 miles @ E Highbanks	am run 3 miles 5 miles @ E	3 miles @ E	COLONIAL HILLS 5K	am run 3 miles 5 miles @ E	6 miles @ E	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly Total Mileage
7/7/19	7/8/19	7/9/19	7/10/19	7/11/19	7/12/19	7/13/19	40
REST	8 miles @ E Highbanks	am run 3 miles 6 miles @ E	6 mile @ T	am run 3 miles 6 miles @ E	4 mile @ E 6 x grass hill	4 mile @ E	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly Total Mileage
7/14/19	7/15/19	7/16/19	7/17/19	7/18/19	7/19/19	7/20/19	36
REST	7 miles @ E	6 miles @ E	5 mile @ T	6 miles @ E 6 x grass hill	7 miles @ E	5 miles @ E	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly Total Mileage
7/21/19	7/22/19	7/23/19	7/24/19	7/25/19	7/26/19	7/27/19	44
REST	8 miles @ E Highbanks	am run 4 miles 6 miles @ E	6 mile @ T	am run 4 miles 6 miles @ E	6 mile @ E 6 x grass hill	4 mile @ E	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly Total Mileage
7/28/19	7/29/19	7/30/19	7/31/19	8/1/19	8/2/19	8/3/19	46
REST	7 miles @ E	am run 4 miles 6 miles @ E	4 mile @ E	TIME TRIAL	XC CAMP	XC CAMP	

Total 374

Paces	Easy	Threshold		
Best Mile Time				
May 2019				
5:10	7:08-8:04	6:09	57	
5:20	7:15-8:11	6:15	56	
5:30	7:28-8:26	6:26	54	
5:40	7:42-8:41	6:38	52	
5:50	7:57-8:58	6:50	50	
6:00	8:05-9:06	6:56	49	

grass hill = hill from JV baseball field to the field house. These should be quick and controlled.

Cardinal Girls Summer Training 2019 Junior Varsity

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly Total Mileage
5/26/19	5/27/19	5/28/19	5/29/19	5/30/19	5/31/19	6/1/19	23
REST	5 miles @ E	3 miles @ E	6 miles @ E	4 miles @ E 6 x grass hill	5 miles @ E	REST	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly Total Mileage
6/2/19	6/3/19	6/4/19	6/5/19	6/6/19	6/7/19	6/8/19	25
REST	5 miles @ E	4 miles @ E	5 miles @ E	4 miles @ E 6 x grass hill	5 miles @ E	2 miles @ E	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly Total Mileage
6/9/19	6/10/19	6/11/19	6/12/19	6/13/19	6/14/19	6/15/19	27
GARY SMITH 5 MILER @ TWHS	REST	5 miles @ E	4 mile @ T	5 miles @ E 6 x grass hill	4 miles @ E	4 miles @ E	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly Total Mileage
6/16/19	6/17/19	6/18/19	6/19/19	6/20/19	6/21/19	6/22/19	24
REST	4 miles @ E Highbanks	3 miles @ E	5 mile @ T	4 miles @ E	4 miles @ E 6 x grass hill	4 miles @ E	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly Total Mileage
6/23/19	6/24/19	6/25/19	6/26/19	6/27/19	6/28/19	6/29/19	29
REST	6 miles @ E Highbanks	4 miles @ E	5 miles @ E	4 miles @ E 6 x grass hill	5 miles @ E	5 miles @ E	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly Total Mileage
6/30/19	7/1/19	7/2/19	7/3/19	7/4/19	7/5/19	7/6/19	31
REST	6 miles @ E Highbanks	5 miles @ E	5 miles @ E	COLONIAL HILLS 5K	6 miles @ E	6 miles @ E	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly Total Mileage
7/7/19	7/8/19	7/9/19	7/10/19	7/11/19	7/12/19	7/13/19	33
REST	6 miles @ E Highbanks	5 miles @ E	6 mile neg. return	4 miles @ E 6 x grass hill	6 miles @ E	6 miles @ E	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly Total Mileage
7/14/19	7/15/19	7/16/19	7/17/19	7/18/19	7/19/19	7/20/19	27
REST	4 miles @ E	4 miles @ E	6 miles @ E	4 miles @ E 6 x grass hill	4 miles @ E	5 miles @ E	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly Total Mileage
7/21/19	7/22/19	7/23/19	7/24/19	7/25/19	7/26/19	7/27/19	31
REST	6 miles @ E Highbanks	4 miles @ E	6 mile neg. return	4 miles @ E 6 x grass hill	6 miles @ E	5 miles @ E	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly Total Mileage
7/28/19	7/29/19	7/30/19	7/31/19	8/1/19	8/2/19	8/3/19	
XC CAMP	4 miles @ E	4 miles @ E	4 miles @ E	TIME TRIAL	XC CAMP	XC CAMP	

Total 250

Paces	Easy	Threshold		
Best Mile Time May 2019				
5:30	7:28-8:26	6:26	54	
5:40	7:42-8:41	6:38	52	
5:50	7:57-8:58	6:50	50	
6:00	8:05-9:06	6:56	49	
6:10	8:22-9:25	7:09	47	
6:20	8:40-9:44	7:25	45	
6:30	8:50-9:55	7:33	44	

grass hill = hill from JV baseball field to the field house. These should be quick and controlled.

Cardinal Girls Summer Training 2019 Incoming Freshman / New Runners

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly Total Mileage
5/26/19	5/27/19	5/28/19	5/29/19	5/30/19	5/31/19	6/1/19	
REST	4 miles @ E	3 miles @ E	4 miles @ E	4 miles @ E 6 x grass hill	4 miles @ E	REST	19

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly Total Mileage
6/2/19	6/3/19	6/4/19	6/5/19	6/6/19	6/7/19	6/8/19	
REST	4 miles @ E	3 miles @ E	5 miles @ E	4 miles @ E 6 x grass hill	5 miles @ E	REST	21

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly Total Mileage
6/9/19	6/10/19	6/11/19	6/12/19	6/13/19	6/14/19	6/15/19	
GARY SMITH 5 MILER @ TWS	REST	4 miles @ E	4 mile @ T	4 miles @ E 6 x grass hill	4 miles @ E	3 miles @ E	24

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly Total Mileage
6/16/19	6/17/19	6/18/19	6/19/19	6/20/19	6/21/19	6/22/19	
REST	4 miles @ E Highbanks	4 miles @ E	4 mile @ T	3 miles @ E	4 miles @ E 6 x grass hill	2 miles @ E	21

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly Total Mileage
6/23/19	6/24/19	6/25/19	6/26/19	6/27/19	6/28/19	6/29/19	
REST	4 miles @ E Highbanks	4 miles @ E	5 miles @ E	4 miles @ E 6 x grass hill	5 miles @ E	3 miles @ E	25

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly Total Mileage
6/30/19	7/1/19	7/2/19	7/3/19	7/4/19	7/5/19	7/6/19	
REST	6 miles @ E Highbanks	4 miles @ E	4 miles @ E	COLONIAL HILLS 5K	5 miles @ E	4 miles @ E	26

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly Total Mileage
7/7/19	7/8/19	7/9/19	7/10/19	7/11/19	7/12/19	7/13/19	
REST	6 miles @ E Highbanks	4 miles @ E	4 mile neg. return	4 miles @ E 6 x grass hill	5 miles @ E	5 miles @ E	28

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly Total Mileage
7/14/19	7/15/19	7/16/19	7/17/19	7/18/19	7/19/19	7/20/19	
REST	4 miles @ E	4 miles @ E	4 miles @ E	4 miles @ E 6 x grass hill	4 miles @ E	4 miles @ E	24

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly Total Mileage
7/21/19	7/22/19	7/23/19	7/24/19	7/25/19	7/26/19	7/27/19	
REST	6 miles @ E Highbanks	4 miles @ E	4 mile neg. return	4 miles @ E 6 x grass hill	5 miles @ E	4 miles @ E	27

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly Total Mileage
7/28/19	7/29/19	7/30/19	7/31/19	8/1/19	8/2/19	8/3/19	
XC CAMP	4 miles @ E	4 miles @ E	4 miles @ E	TIME TRIAL	XC CAMP	XC CAMP	

Total 215

Paces	Easy	Threshold
Best Mile Time		
May 2018		
5:50	7:57-8:58	6:50
6:00	8:05-9:06	6:56
6:10	8:22-9:25	7:09
6:20	8:40-9:44	7:25
6:30	8:50-9:55	7:33
6:40	9:00-10:05	7:42
6:50	9:10-10:17	7:52
7:00	9:21-10:28	8:02
7:10	9:52-10:27	8:15
7:20	10:07-10:39	8:26
7:30	10:19-10:50	8:36
7:40	10:30-11:00	8:45
7:50	10:44-11:10	8:56

grass hill = hill from JV baseball field to the field house. These should be quick and controlled.