

WHS Falcon Cross-Country Pre-Season Parent & Athlete Info Meet Coaches

- Vision for the 2025 season: **“The Pursuit of Excellence” Book-Inner Excellence by Jim Murphey**. Athletes are required to obtain this book and read through the summer and season. We will be doing a workbook that Coach Bolibol will be providing. Please make sure to purchase or check out at your local library
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Meeting Topics

- Training philosophy & season expectations (Trust the process/follow the plan)
 - Sample weekly schedule & meet calendar- The weekly schedule will be attached to this email as well as the appropriate training plan that you choose. If you have any questions please make sure to talk to your coaches.
 - Communication tools (email, Final Forms, REMIND) Strava please make sure to join the free strava team page to log your summer miles.
 - Athletic.net- Team meet Schedule will be posted here. Coach Bolibol will send you the team link
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Falcon XC Coaching Philosophy

Our Coaching centers on developing student-athletes who embody excellence, integrity, and resilience—both on and off the course. We believe in building a culture rooted in team unity, personal growth, and purposeful effort. Every athlete, regardless of ability, has value and potential to contribute meaningfully to our team.

We pursue competitive excellence through disciplined training, smart racing, and a relentless commitment to improvement. But more importantly, we cultivate character—teaching athletes to lead with humility, compete with courage, and support one another with respect.

Our goal is to not only win races but to shape young people who will leave our program more confident, accountable, and prepared for life’s challenges. Championships are earned, but legacy is built through how we work, how we treat others, and how we rise together.

Summer Logistics

-  **Register on Final Forms ASAP** to receive summer communication
 - Practices on Tuesday and Thursdays from 8-9:20am -locations are on the practice attachment
 - Saturday long runs with captains or a running buddy
 -  **Summer Reading: *Inner Excellence*** by Jim Murphey
 - Available via Amazon, bookstores, or library
 - Workbook provided by Coach Bolibol once registered
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Important Dates

-  **Summer Running Challenge – Starts June 16th**
-  **Summer Training Begins – June 17th**
-  **Team Gear Store Opens – TBA**
-  **Official Practice Begins – August 25th** (Mandatory)
-  **Team Camp @ Tolt-MacDonald – August 26–28th registration forms coming soon. Payment for camp will be on Touchbase through WHS**

Invitationals are a requirement and occur on Saturdays.

The Portland invite will be the traveling team only and a time qualifier. Cost for this invite will be \$120 which will cover the travel, food and hotel.

All other invites are included in the WHS Athletic team fee.