September 5th 2016 Hilliard Davidson Boys Cross Country Report

Asics Hot Summer Bash 9-3-16

Name 1M 2M 5K Place PR @M Improve

1. Andrew Taylor-11 5:07 10:38 16:37 12 16:37 5:21 -42
2. Chris Egolf-12 5:09 10:52 17:01 24 17:01 5:28 -27
3. Brian Egolf-12 5:13 10:53 17:02 25 17:02 5:28 -32
4. Andrew Tighe-11 5:09 10:50 17:05 28 17:05 5:30 -14
5. Jack Altman-10 5:14 10:54 17:11 29 17:11 5:32 -37
6. Reed Farmer-12 5:11 10:53 17:14 32 17:14 5:33 -48
7. Conner Johanssen-10 5:14 10:53 17:15 33 17:15 5:33 -31
8. Ian Cook-12 5:16 11:27 17:54 49 17:54 5:45 -11
9. Nick Sauvey-10 5:27 11:24 18:12 9-4 18:12 5:51 -18
10. Max LeClair-9 5:16 11:27 18:13 59 18:03 5:48 +10
11. Xavier Gallo-9 5:40 11:47 18:16 9-6 18:16 5:52 -40
12. Nick Dauer-11 5:30 11:38 18:22 O-11 18:22 5:54 -39
13. Mitchell Montgomery-9 5:43 12:00 18:29 9-9 18:29 5:57 -45
14. Colin Buckley-9 5:43 11:59 18:32 9-12 18:32 5:58 -1:08
15. Peter Burback-10 5:43 11:59 18:35 9-13 18:35 5:59 -45
16. Mitchell Messer-9 5:42 12:04 18:48 9-15 18:48 6:03 -1:22
17. Thomas Lynch-9 5:41 12:01 18:54 9-17 18:54 6:05 -1:36
18. Layne Marshall-11 5:52 12:09 18:59 O-24 18:59 6:06 -1:24
19. Carson DeCarlo-10 5:43 12:17 19:18 O-28 19:18 6:12 -1:22
20. Kirk Myers-9 6:01 12:24 19:20 O-32 19:20 6:13
21. Manny Jenkins-10 6:01 12:25 19:21 19:21 6:13
22. Andrew Schueler-11 6:02 12:34 19:37 19:37 6:19 -1:00
23. Luke McWherter-10 6:06 12:41 19:43 19:43 6:20
24. Zach Lewis-9 6:08 12:44 19:50 19:50 6:23
25. Nick DeSilva-9 6:19 12:55 20:04 20:04 6:27
26. John Steitz-10 6:07 12:51 20:06 20:06 6:28
27. Colin Taggart-11 6:19 12:57 20:18 20:18 6:32
28. Dane Farmer-9 6:11 13:07 20:22 20:22 6:33
29. Bret Lehwald-9 6:37 13:03 20:24 20:24 6:34
30. Nick Caiazza-12 6:15 13:00 20:24 20:24 6:34
31. Ray Chung-10 6:37 13:03 20:33 20:33 6:37
32. Phil Nolette-10 6:31 13:45 21:27 21:27 6:45
33. Brian Stroh-9 6:34 13:45 21:34 21:34 6:56
34. Seth Altman-9 6:40 13:50 21:36 21:36 6:57
35. Emmitt Hoying-10 6:29 13:45 21:36 21:36 6:57
36. Anas Nur-11 DNR
37. Anthony Bray-9 DNR

**Stats:** 6th Place out of seven teams

**Split:** 16:37 to 17:11 = 34 seconds seven guys was 38 seconds. This is very good!

**Score:**

St Ignatius 3 9 13 18 23 = 66 26 30

Pick Central 2 4 5 22 35 = 68 39 43

Gahanna 7 11 14 20 38 = 90 44 46

Centerville 10 16 19 21 34 = 100 37 40

Lakota East 1 15 17 27 41 = 101 48 49

**Davidson 12 24 25 28 29 = 118 32 33**

Jerome 6 8 31 36 42 = 123 45 47

Should have 12 13 16 20 27 = 88!

**Recap:** After digging deep into the results and evaluating our race, I see many good things but our fight to be where we need to be by the mile is not there. The fire to race and be in the front comes from within and **that fight must develop**. Andrew Taylor-11 had a race that was solid. Taylor was where he needed to be but no other Davidson runner pushed. Runners that we beat two weeks ago surged to the front of the Hot Summer Bash and hung on. That is what racing is all about. The Davidson front got out great for seven seconds then did not watch the field and stay in the top 10, when those runners got to the Davidson pack, they ran away from us. Racing requires thought early and our desire to be where we should have been was lacking. As the race left the stadium, I observed a gap from the second group of runners (We should have been there), to Davidson being stuck in the third pack at places 20 to 30. I think we were too comfortable here. The flow of the race is important because the second pack drifted away and we had to play catchup when everyone was floating the middle mile. As a pack, Davidson was great. 34 seconds is very good when you have more runners close to the number 1 guy. Davidson has a deep team through seven but we are 15 seconds too far back in the field at this time.

Davidson has the talent to be very good but our desire to commit to a plan is lacking. The average improvement was 34.83 seconds with the top end of the range 48 seconds and that is expected. Statistics would tell us that runners who were between 34 and closer to 48 seconds faster than the Pre Season meet had a good race from the Davidson sample. If I recalculate using the above formula and our plan carried out and everyone fought like Andrew Taylor, the results would be very different and what I expected. The following desire push times: Chris Egolf-12 16:46 16 place, Brian Egolf-12 16:52, 20th place, Andrew Tighe-11 16:37 13th place, Jack Altman-10 17:06, 28th place, Conner Johanssen-10 17:04, 27th place. Now the numbers look like this:

Davidson 12-13-16-20-27 = 88 points 3rd place. Realistic numbers on that day:

16:37 16:37 16:46 16:52 17:04 17:06 17:14 This is what should have been expected and we are fully capable.

**The 9-10 race** was very good and the boys of Davidson fought hard and were runner up. I am so proud of this group. The times here showed improvements of over one minute. These improvements are also expected because your fitness has really taken off. The freshmen team will be very good at Trinity and many of these runners will be in the 17 minute range. Great job Nick Sauvey-10 and Xavier Gallo-9 for finishing in fourth and sixth place.

**The Open Race:** Great job Nick Dauer-11, 14th 18:22 and Layne Marshall-11, 40th 18:59, for much better races.

**What’s ahead:**

Now the effects of training and not racing must be fully understood going into the next two weeks. Davidson runners must improve their fitness and that means grinding out tempo work. Pushing to a new level that is controlled. Each runner must crave fitness. On the other hand, more racing makes you sharper and the Davidson plan has us taking our time to get that pop. I would expect another improvement of 34 seconds at the Trinity meet. Tuesday’s Repeat miles should be a great workout and our last one before we transition into a new phase of work. We must also develop speed and I have a session for you Thursday that will fire you up. As for the team chemistry, I feel that we are very strong here and very supportive to one another. Davidson just needs to adapt and move up in the field.

Steady improvement is our goal!