October 19th 2015 Hilliard Davidson Boys Cross Country Report

OCC 10-17-15 @ Darby

 **Name 1M 2M 5K Place Wkout PR….**

1. Andrew Tighe-10 4:54 10:13 16:05 8 16:15 16:05 2nd Team OCC
2. Chris Egolf-11 4:54 10:16 16:09 11 16:11 16:09 2nd Team OCC
3. Adam Hoover-12 4:54 10:16 16:22 19 15:58 16:22 3rd Team OCC
4. Patrick Keck-12 5:03 10:30 16:35 23 16:29 16:35 Hon Mention OCC
5. Matt Rose-12 5:02 10:34 16:41 27 16:09 16:41 Hon Mention OCC
6. Max LeClair-9 5:06 10:36 16:46 28 16:24 16:46 Hon Mention OCC
7. Andrew Taylor-10 5:10 10:45 16:58 34 16:41 16:58
8. Reed Farmer-11 5:12 10:56 17:10 O-1 17:14 17:10
9. Brian Egolf-11 5:20 11:02 17:16 42 17:02 17:03
10. Matt Apodaca-11 5:20 11:07 17:22 O-6 16:53 17:22
11. Jack Altman-9 5:16 11:02 17:24 45 17:02 17:19
12. Nick Sauvey-9 5:26 11:19 17:44 O-13 17:34 17:44
13. Ryan O’Rorke-12 5:20 11:15 17:50 58 16:26 17:42
14. Conner Johanssen-9 5:30 11:28 18:01 O-24 17:57 18:01
15. Ian Cook-11 5:08 11:27 18:21 O-31 17:15 18:21
16. Nick Caiazza-11 5:36 11:43 18:24 18:24 18:24
17. Peter Burback-9 5:33 11:41 18:36 18:30 18:36
18. Colin Taggart-10 5:52 12:09 19:01 19:27 19:01
19. Anas Nur-10 5:52 12:09 19:12 19:45 19:12
20. Carson DeCarlo-9 5:57 12:29 19:43 19:29 19:43
21. Emmitt Hoying-9 6:10 12:40 19:50 20:22 19:50
22. Aakash Patel-12 5:57 12:46 20:11 21:04 20:11
23. Koichi Nakazawara-10 6:18 12:52 20:20 x 20:20
24. Luke McWherter-9 6:23 13:05 20:28 19:58 20:22
25. Layne Marshall-10 6:23 13:19 20:55 x 20:55
26. John Steitz-9 6:28 13:30 21:12 21:12 21:12
27. Manny Jenkins-10 6:35 13:49 21:30 20:39 21:19
28. Phil Nolette-9 6:41 14:07 22:14 20:29 22:14
29. Scott Earley-11 DNR shin 17:01
30. Issac Getz-11 DNR shin 17:47
31. Drew Sauvey-12 DNR hip 18:13

Team Stats: 4th Place 1. Coffman-39 2. Thomas-43 3. Liberty-72 4. Davidson-88

 Record: 3 Wins 3 Lost Total Record: 88 Wins 13 Lost

 Split: 16:05 to 16:41 = 36 seconds. This team will need 20 seconds!

 Score: 8, 11, 19, 23, 27 = 88 points

**Outstanding Runners:** Andrew Tighe-10, Chris Egolf-11, Patrick Keck-12, Reed Farmer-11, Nick Sauvey-9, Conner Johanssen-9, Nick Caiazza-11, Peter Burback-9, Colin Taggart-10, Anas Nur-10, Emmitt Hoying-9, Koichi Nakazawara-10, Layne Marshall-10, John Steitz-9,

**OCC Thoughts:** Long ago I said that this team would be ready at regionals and would have trouble at the OCC. We also took a week off before the OCC which makes you flat. Championship racing takes about three weeks to get callused to the thrill of racing for dreams. Davidson’s desire must build and we must fight for every point. The last 300 meters is about will power and finding out how much each runner has. The fight is against an equal and you must know that you can defeat him. The middle of the race is about perseverance. Being in position to bring home your goal. The middle is long with many changes of mood. This is when a runner with conviction prevails. The start is about confidence. You know who you are and what you have to do to attain your dreams. If you have been dreaming, you will reach your destination. The OCC race tells us that we must stay tight and ran harder each week. Your training plan is solid and at regionals you will be ready. Now, let’s work on perseverance, you are hungry. Believe!

**OCC Recap:** After taking a week off before the OCC the varsity became a bit flat or not sharp. The Open runners who ran last week on the flat did much better as compared to their workout times, which means the varsity will be **much better** at districts. I thought Andrew Tighe-10, Chris Egolf-11 and Adam Hover-12 got out and competed well which is a learned characteristic. Adam Hoover was great until the demon got to his head in the last mile. Adam was with Andrew and Chris at the 2 mile but let them slip away and that made him a target for the runners behind him to chase after. This will not happen in the approaching races. Matt Rose was off his game and we will need him healthy. Patrick Keck-12 fought hard and is determined to improve. This is the area that we need to move up about 15 to 20 seconds like we have been all season. This critical four and five man is what makes teams good. We have to stay connected and that means when the going gets tough, at the mile and half, we GET GOING! (No falling back). Max LeClair-9 found out that championship racing is about focus and staying with his teammates. Max will get better because only 16 runners get invited to the ALL-District banquet. Andrew Taylor-10 wanted to engage but ran tight. Andrew has to go with flow and relax as you chase your dreams. Workout paces make race paces possible.

**Travel Team:**

Andrew Tighe-10 Max LeClair-9 Jack Altman-9 Scott Earley-11

Chris Egolf-11 Andrew Taylor-10 Nick Sauvey-9 Isaac Getz-11

Adam Hoover-12 Reed Farmer-11 Ryan O’Rorke-12 Drew Sauvey-12

Patrick Keck-12 Matt Apadocca-11 Conner Johanssen-9

Matt Rose-12 Brian Egolf-11 Ian Cook-11

**District Open Meet** Teays Valley High School **Wednesday** 10-21-15

Bus Leaves 3:00 PM

Girls 4:45 PM Race

Boys 5:15 PM Race

**Varsity District Section II 4:00 PM**

Bus Leaves 12:45 PM

There 1:00 PM

Race 4:00 PM