August 29th 2016 Hilliard Davidson Boys Cross Country Report

This is the Hot Summer Bash week and Davidson has been steady in our preparation for this approaching race. The week will be busy with workouts and race plan prep. Wednesday will be an easy day while the varsity will complete its last week of two a days. Friday’s AM practice will be focused then after school the boys will help in making sure the course is ready to meet the great teams that will be attending the meet. Coach Stroh and I will **need parent help** Friday after school (3:00PM) to make sure everything is in order. If we work hard we can be done by 5:00 to 5:30 PM. Parents, please have ice water towels ready.

* **Time Table:**
* 6:00 AM Coach Schlecht arrives for finishing prep
* 7:30 AM Team sets up camp Know where ice water towels are!

9:00 AM - 9/10 Boys Race (unlimited entry)

9:30 AM - 9/10 Girls Race (unlimited entry)

10:05 AM - Boys Varsity Race (10 runners)

10:30 AM - Girls Varsity Race (10 runners)

11:00 AM - Boys Open Race (unlimited entry)

11:30 AM - Girls Open Race (unlimited entry)

12:15 PM - T-Shirt exchange followed by Awards Ceremony

**9-10 Boys 9:00 AM Varsity Boys 10:05AM Boys Open 11:00 AM**

All 9th & 10th grade boys, Andrew Taylor-11 Nick Dauer-11

not listed elsewhere. Andrew Tighe-11 Andrew Schueler-11

Nick Sauvey-10 Chris Egolf-12 Layne Marshall-11

Carson DeCarlo-10 Brian Egolf-12 Colin Taggart-11

Manny Jenkins-10 Max LeClair-10 Nick Caiazza-12

Peter Burback-10 Jack Altman-10

John Steitz-10 Conner Johanssen-10 Not Running- Anas Nur-11

Luke McWherter-10 Reed Farmer-12 Not Running-Anthony Bray-9

Emmitt Hoying-10 Ian Cook-12

Ray Chung-10

Phil Nolette-10

Xavier Gallo-9, Mitchell Messer-9, Mitchell Montgomery-9, Colin Buckley-9, Thomas Lynch-9, Kirk Myers-9, Zach Lewis-9, Nick DeSilva-9, Dane Farmer-9, Seth Altman-9, Brian Stroh-9, Brett Lehwald-9.

-Make sure to go to the rest room many times before you head to starting line.

-All runners to the horseshoe 10 minutes before start of each boy’s race.

-**Each team is to go to the starting line 30 minutes before the start of their race.**

-20 minutes before race starts, the teams runs a 3 minute tempo run then comes back and puts on spikes.

-Start of race will have a7 to 9 second sprint to the front then settle into their first mile pace.

-The start must be disciplined, 7 seconds HARD then group up and settle!

-Varsity- 7 seconds HARD then reaches the 400 in 75 to 77 seconds. This will take **being aware** after the sprint!

-Finish the race like you have something to prove! (How many can you pass the last 200 meters)

-Each team does 10 hard 100s after their race.

-Before any runner leaves the meet, they must make sure the grounds are cleaned and equipment is put away AND each runner must do a 20 minute warmdown!

Race hard and see where you are in your training. Our next race is in two weeks!