

MAC RED JAMBOREE

Tuesday September 12, 2023

NO BUSES (due to driver shortage)

4:00 pm Arrive at Baypoint Beach

5:30 pm Girls Race

6:00 pm Boys Race



The Course: Stony Creek Baypoint Beach
4300 Main Park Road
Shelby Township, MI, 48316

The course is primarily flat and on grass. It runs around several open fields and down by the water and you will have Stony Creek Lake in the background. There are a few inclines, but nothing you're not used to.

BOX Assignments: Girls ?? Boys ??

WEATHER FORCAST for Shelby Township, MI

63°



Mostly Cloudy

24%



NW 10 mph

Teams competing



Grosse Pointe North



Macomb Dakota



Grosse Pointe South



New Baltimore Anchor Bay



Romeo



Utica



St. Clair



Utica Eisenhower

Dakota Top Times at Stony Creek Bay Point Beach (Autumn Classic Course)

BOYS				GIRLS			
Jack Mathers	17:47	2022		Heidi Palmer	21:23	2019	
Matthew Singer	17:49	2019		Lindsay Harvey	21:47	2019	
Alex Kraus	17:56	2019		Katelyn Slone	22:04	2019	
Jacob Harberts	18:07	2019		Allison Ferguson	22:48	2019	
Cameron Stermer	18:14	2019		Chelsea Harvey	22:49	2019	
Noah Redman	18:16	2022		Shannon Blaszkowski	22:49	2019	
Simon Davis	18:17	2022		Ava LaMilza	22:54	2019	
Carter Fox	18:22	2022		Julia Timpa	23:25	2022	
Carson Gilbertson	18:22	2022		Nicole Campbell	23:40	2019	
Colton Howell	18:28	2022		Ryann Smitka	24:01	2022	
Jason Jaster	18:28	2022		Ella Garbarino	24:22	2019	
Alfonso Mocerri	18:29	2019		Kaitlyn Strukel	24:30	2019	
Logan Gilbertson	18:43	2019		Ava Harvey	24:41	2022	
Andrew Aude	18:48	2022		Sydney Timpa	24:43	2022	
New race for Dakota in 2019							



ALL TIME RECORD VS. MAC RED TEAMS

MEN

Anchor Bay	3-1
Utica	23-10
Eisenhower	27-12
GPS	22-16
GPN	22-17
Romeo	7-13
St. Clair	0-3

WOMEN

St. Clair	3-0
Anchor Bay	3-1
Utica	22-11
GPN	10-29
Eisenhower	10-29
Romeo	5-15
GPS	4-34

Racing teaches us to challenge ourselves.
It teaches us to push beyond where we
thought we could go.

It helps us to find out what we are made
of.

This is what we do.

This is what it's all about.



PRE-RACE SCHEDULE

Minutes Before Race	What To Do	
At Home or on the bus	Adjust spikes	
Upon arrival	Set up tent/ Find Bathrooms	
10 Minutes after arrival	Meet w/ Coaches (Put race # on Uniform) Get additional instruction	
60 min	5 min light jog on course (w/ training groups)	
55 min	Stretch / restroom	
40 min	10 min run with pickups	
30 min	Dynamic Stretching / restroom	
25 min	Change shoes/put jersey on	
20 min	2-minute jog to starting line	
18 min	Arrive at Starting Line	Run-outs, Strides, Drills
10 min	Team Huddle	
2 min	Strip down to Uniform	
0 min	Bang!!!!	

POST-RACE SCHEDULE

Minutes after Race	What To Do
0 min	Catch breath, cheer on team, get water
10 min	Meet with Coach at predetermined point on course
15 min	Return to tent, change shoes/clothes
15 min	Check in with family/friends
25 min	Cool Down w/ groups (5-20 min) away from the course
45 min	Static Stretching, Rolling (10 minutes minimum)
55 min	Clean up Tent /Garbage
	Depart from the area
At home	Abs / core strength /lower leg exercises
	Complete post-race analysis form

Note: Your race is not finished until you exit the chute!





DAKOTA CROSS COUNTRY

Pre-Race Planning Sheet



Name: _____ Grade: _____ Year: 2023

Race: MAC RED JAMBOREE Course: Stony Creek Baypoint Beach

If you ran this race last year, what was your Place? N/A What was Your Time? N/A

What is your Personal Record time for cross country? _____

What are your pre-race expectations? _____

What is your plan for the first mile of the race? _____

What is the one thing you will **FOCUS** on during the second mile of the race? _____

What is your **POSITIVE PHRASE** will you use to get you through the third mile of the race? _____

What plans do you have for adapting to *unplanned events*? _____

What do you anticipate your **MOTIVATION** will be in the last 0.1 mi? _____

What is your individual expectation as far as Time? _____ As far as place? _____

What's **one word** you would like someone to use to describe your race in this meet?

Amazing Awesome **Bold** Boundless **Brave** Breakout **Champion** Competitive **Confident** Daring **Dazzling** Determined
Electrified Elite **Enjoyable** Epic **Exquisite** Fabulous **Fascinating** Fast **Fearless** Focused **Fun** Great **Grit** Happy **Hardworking**
Impressive **Joy** Kick A\$\$ **Legendary** Lively **Marvelous** Masterful **Motivating** Natural **Optimistic** Outstanding **Phenomenal**
Poised **Polished** Positive **Powerful** Prepared **Quality** Quick **Refute** Relaxed **Remarkable** Rewarding **Skillful** Smart **Spirited**
Strong **Success** Super **Superb** Talented **Terrific** Thrilling **Upbeat** Vibrant **Victorious** Wonderful **X-cellent** Yes **Zealous**



DAKOTA CROSS COUNTRY
Post-Race Analysis Form



Name: _____ Grade: _____ Year: 2023

Race: MAC RED JAMBOREE Course: Stony Creek Baypoint Beach

What was your overall Place? _____ Time? _____

Grade your mental preparation for this race: A B C D E

Was your thinking **positive and focused** during the warm-up? Yes No

Did you follow your race plan? Yes No

Did you pass more people in the race than passed you? Yes No

Did you compete fiercely down the stretch? Yes No

Did you move up in the last mile? Yes No

Did you move up in the last 400? Yes No

Did you move up in the last 100? Yes No

What were the strengths of your race? _____

What were the weak points of your race? _____

What **ONE WORD** would you use to describe your race? _____

How would you grade your training last week? A B C D E

How would you grade your nutrition last week? A B C D E

How was your sleep last week? A B C D E

Is there anything differently **you** plan to do in preparation for the next race? _____

Is there anything your coaches can do to help you achieve your goals in the next race? _____

Is there anything else that you would like to tell the coaches? _____
