

Muskrat Invitational CC Classic

September 11, 2021

7:15 am Girl's Bus Leaves DHS
7:45 am MS Bus Leaves DHS
8:30 am Boy's Bus Leaves DHS
9:00 am MS Girls Race
9:15 am MS Boys Race
9:30 am Girls Varsity D1 Race
10:30 am Boys Varsity D1 Race
11:00 am Girls Class B-C Race
11:30 am Girls D1 JV Race
12:00 pm Boys D1 JV Race
After all races Team Awards



The Course: ALGONAC HIGH SCHOOL
5200 TAFT ROAD
ALGONAC MI 48001

The course is flat and fast, especially if it is dry. There is a loop around the ball fields, then a loop in the woods, another larger loop around the ball fields, back into the woods. Then a finish on the track at the 50-yard line.

Awards

- Trophies to the top 3 teams in each varsity race
- Medals to the top 40 in each Varsity race
- Medals to the top 20 in the JV races
- Ribbons to places 21-50 in the JV Races
- Medals to the top 15 in the MS races

Notes

- T-shirts will be for sale
- NO DOGS are allowed on school property.

BOX Assignments: TBD

WEATHER FORECAST for Algonac, MI

Sat 11

81°/67°

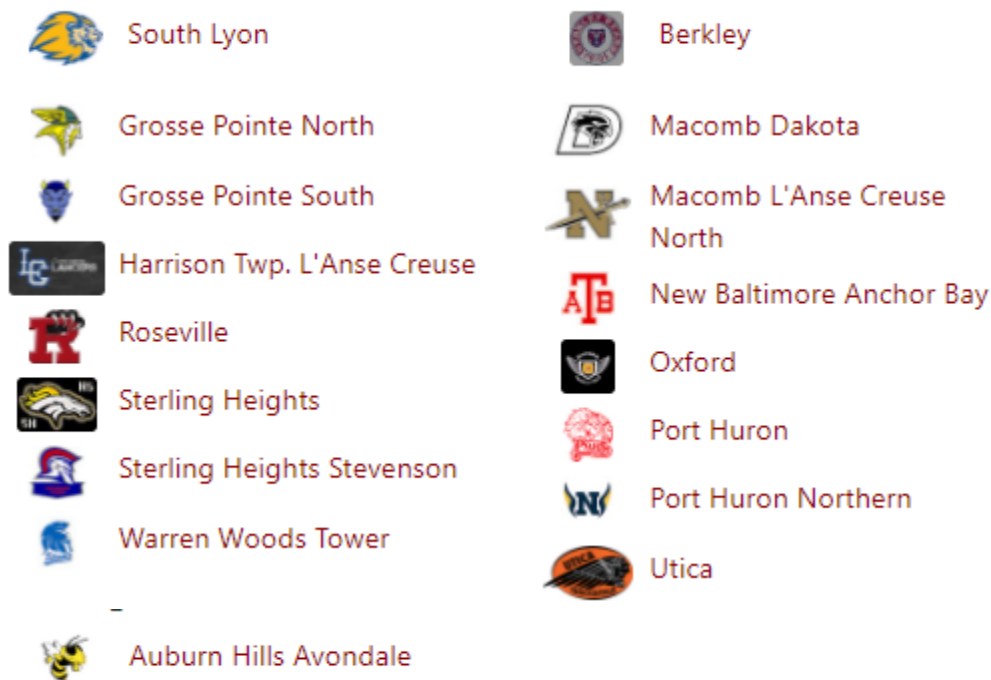


Mostly Sunny

4%

SSW 19 mph

Teams competing



Dakota Top Times at Algonac						
BOYS				GIRLS		
Joe Jaster	15:55	2018		Jenni Culbertson	19:31	2002
Jeff Green	16:17	2003*		Emma Myziuk	19:44	2018
Phil Baldick	16:23	2008		Hannah Faustyn	19:56	2017
Nick Culbertson	16:24	2008		Heidi Palmer	19:56	2018
Josh VanSlambrouck	16:30	2017		Katelyn Slone	20:01	2018
Jacob Williams	16:32	2018		Jacqui Culbertson	20:17	2003*
David Carnago	16:36	2017		Rylie Yager	20:33	2017
Chris Vagasky	16:38	2003*		Angie Giordimaina	20:47	2003*
Vince Ferranti	16:44	2008		Alyssa Reeves	21:07	2003*
Karl Dunn	16:45	2003*		Jenni Culbertson	21:12	2000
Bryan Neate	16:46	2003*		Rachel Patterson	21:20	2018
Ethan Soave	16:59	2018		Tara Geralt	21:21	2008
Jacob Harberts	17:01	2018		Sarah Ball	21:23	2008
Joseph Jaster	17:04	2017		Jenni Culbertson	21:26	2001
Jimmy Moylan	17:08	2003*		Chelsea Piper	21:27	2008
Rob Mette	17:10	2001		Heather Johnston	21:28	2002
Jake Williams	17:18	2017		Emma Myziuk	21:34	2017
Kyle Fedolak	17:19	2017		Julie Sachs	21:38	2000
Chris Vagasky	17:22	2002		Jennie Froelich	21:44	1999
Nathan Vohs	17:26	2018		Jenny Buczek	21:46	2003*

* Short Course



DAKOTA CROSS COUNTRY

Pre-Race Planning Sheet



Name: _____

Grade: _____

Year: 2021

Race: Muskrat Classic

Course: Algonac High School

What is your Personal Record time for cross country?

What training or mental benefit do you hope to gain by running in this race?

What is your race plan for the first mile of the race, in terms of time or position?

What will you do if the race goes out *slower* than expected?

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

What will help you be mentally prepared to move up (pass runners) during the last mile?

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

What is your individual expectation as far as Time and 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: 2021

Race: Muskrat Classic

Course: Algonac High School

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 100? Yes No

What were the strengths of your race?

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

Was this the same word as you picked PRERACE? Yes No

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

How would you grade your *commitment* 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 you would like to tell us or want us to know?

PRE-RACE SCHEDULE

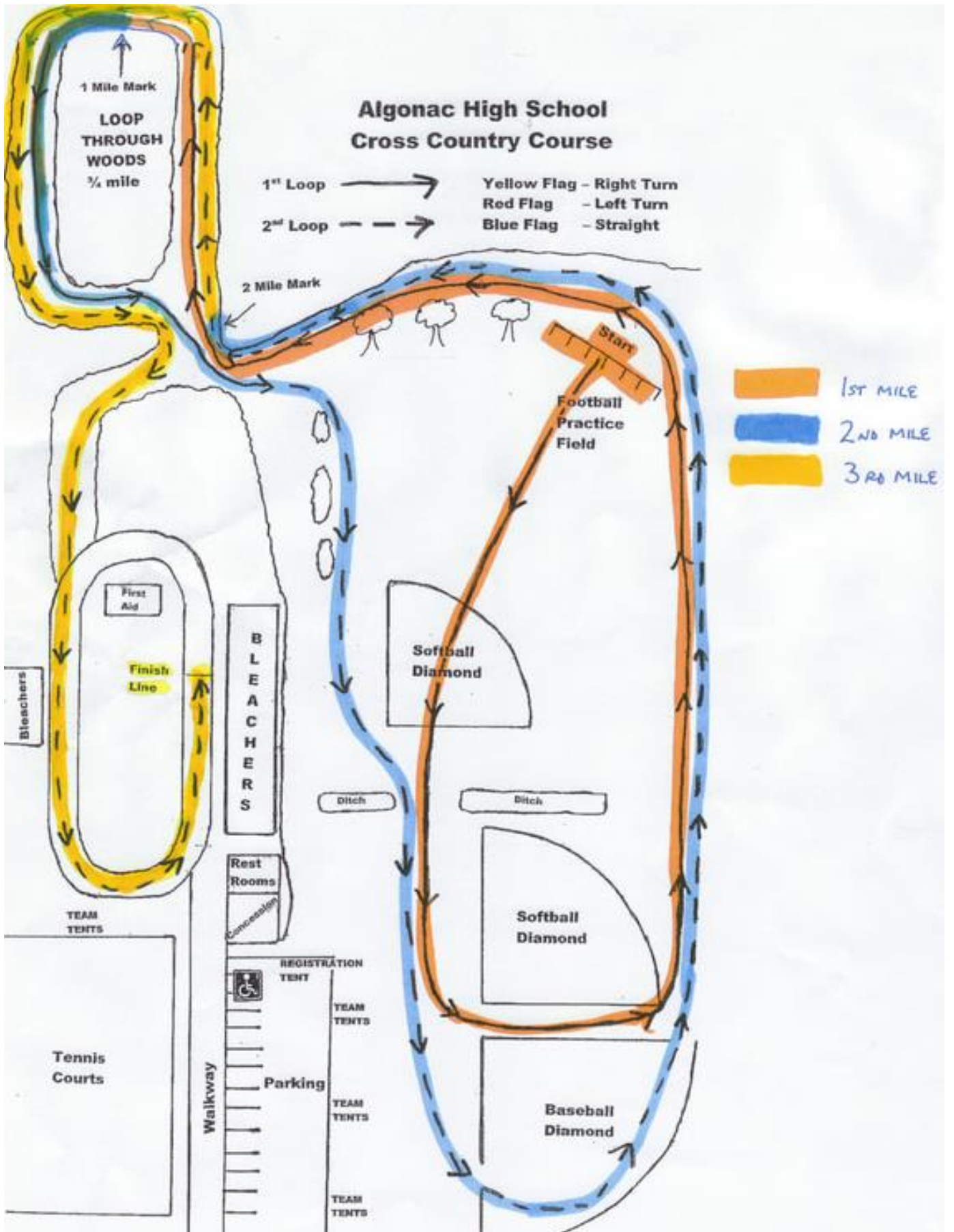
Minutes Before Race	What To Do	
At Home or on the bus	Adjust spikes	
Upon arrival	Set up tent/ Find Bathrooms	
10 Minutes after arrival	Meet w/ Coaches (Put race # on Uniform) Get additional instruction	
55 min	10 min light jog on course (w/ training groups)	
45 min	Stretch / restroom	
30 min	5 min Progressive run	
25 min	Dynamic Stretching / restroom	
20 min	Change shoes/put jersey on	
18 min	3-minute jog to starting line	
15 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
	Abs / core strength /lower leg exercises
	Attend Awards
On bus	Complete post-race analysis form
At home	Ice, additional stretching, etc.

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

Algonac High School Cross Country Course

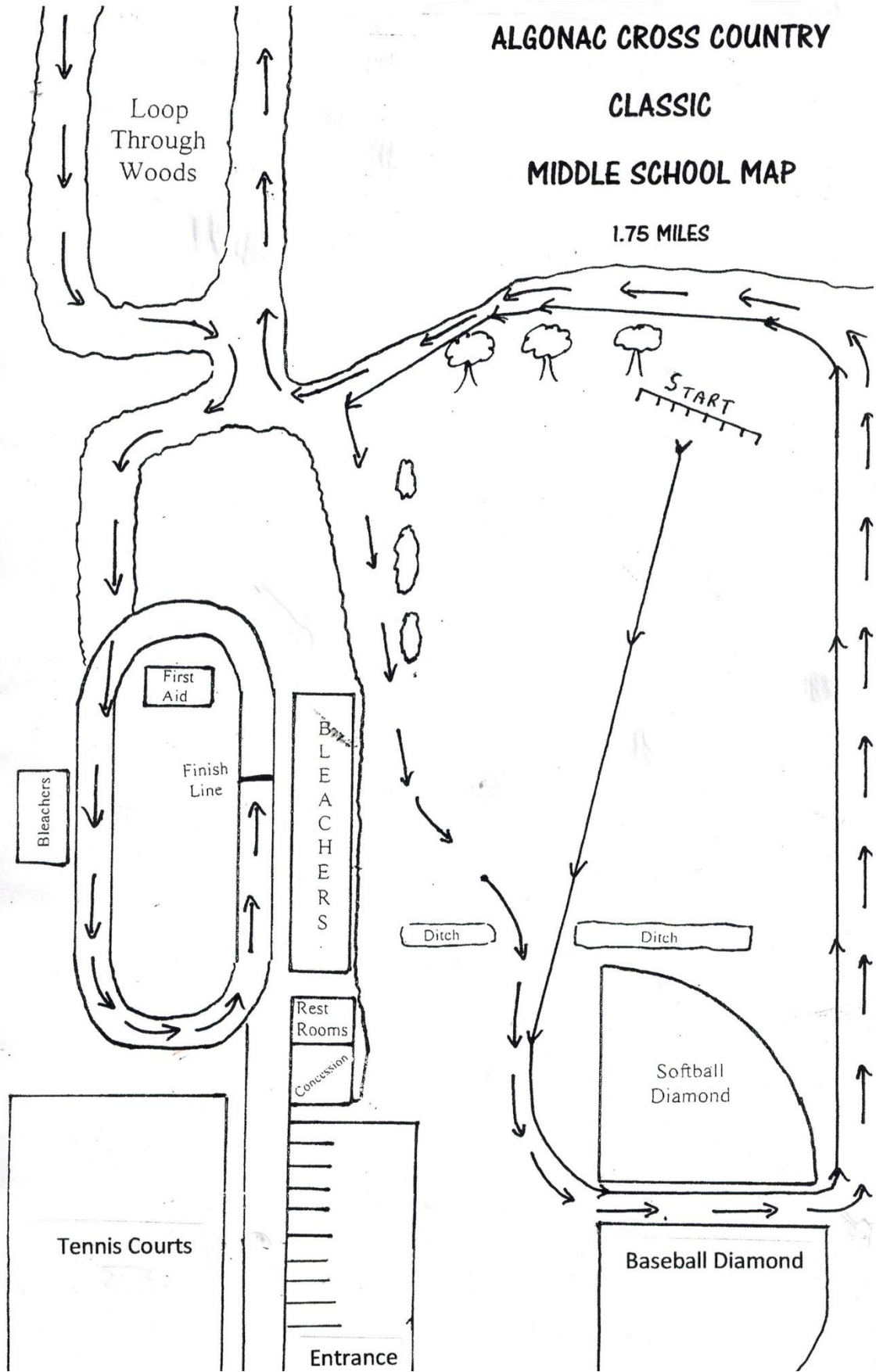


ALGONAC CROSS COUNTRY

CLASSIC

MIDDLE SCHOOL MAP

1.75 MILES



The background of the image is a dark, moody landscape. In the upper left, a large, bright full moon hangs in a dark blue, hazy sky. Below the moon, a group of people is seen running away from the viewer towards the horizon. The ground is dark and appears to be a dirt or gravel path. The overall tone is somber and urgent, fitting the theme of a zombie apocalypse survival guide.

RUN.
BECAUSE ZOMBIES WILL EAT THE
UNTRAINED ONES FIRST!

— ZOMBIE APOCALYPSE SURVIVAL GUIDE