

# ANCHOR BAY FRIDAY NIGHT INVITE

## Friday, Sept. 25, 2020

### Anchor Bay High School

**Time Schedule:**

Boys Dismissed from class: 1:06 pm  
 Boys Bus: 1:30 pm  
 Girls Bus 2:30 pm  
 Boys Varsity – 3:30 pm  
 Boys JV – 4:00 pm  
 Girls Varsity -- 4:30 pm  
 Girls JV – 5:00 pm

**Awards:** Medals to top 20 in each varsity race. Medals to the top 20 in the junior varsity races. Plaques to champion, runner-up teams in both varsity races

**Course:**




Flat 2 loop course with several long straight-aways and a short wooded trail. Start is an open 450 meter straight and finish behind the track. Very spectator friendly with much of race visible from start and finish areas. Only 2 spectators per athlete and they must wear a mask. Stay away from the team camps, start and finish areas, please.

**Box Assignments:** Boys = box 4                      Girls = box 2

<b>Dakota Team Results</b>					
<b>BOYS</b>			<b>GIRLS</b>		
<b>YEAR</b>	<b>PLACE</b>	<b>PTS</b>	<b>YEAR</b>	<b>PLACE</b>	<b>PTS</b>
2005	3 <sup>rd</sup> of 10	99	2005	6 <sup>th</sup> of 12	147
2006	2 <sup>nd</sup> of 11	69	2006	11 <sup>th</sup> of 12	209
2007	6 <sup>th</sup> of 12	158	2007	7 <sup>th</sup> of 9	179
2008	2 <sup>nd</sup> of 9	77	2008	6 <sup>th</sup> of 10	155
2009	2 <sup>nd</sup> of 9	69	2009	3 <sup>rd</sup> of 7	58
2013	4 <sup>th</sup> of 14	83	2013	4 <sup>th</sup> of 13	108
2016	2 <sup>nd</sup> of 18	86	2016	7 <sup>th</sup> of 19	201
2020					

**WEATHER FORCAST: FRIDAY & SATURDAY**

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Fri 25      **77°/59°**       Sunny       10%       SSW 10 mph

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**DAKOTA CROSS COUNTRY**  
Race Planning Sheet



Name: \_\_\_\_\_ Grade: \_\_\_\_\_ Year: 2020

Race: James Cleverly Friday Night Invite Course: Anchor Bay High School

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 Focused Strong Excellent Bold Fast Determined Powerful Grit Awesome Brave Skillful Epic  
Outstanding Fearless Competitive Smart Hardworking Relaxed Great Exquisite Talented Vibrant Bold  
Elite Enjoyable Electrified Fascinating Refute Happy Breakout Confident Fabulous Boundless Daring**



DAKOTA CROSS COUNTRY  
Post Race Analysis Form



Name: \_\_\_\_\_ Grade: \_\_\_\_\_ Year: 2020

Race: James Cleverly Friday Night Invite Course: Anchor Bay 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 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? \_\_\_\_\_

\_\_\_\_\_

# 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	
<b>55 min</b>	10 min light jog on course (w/ training groups)	
<b>45 min</b>	Stretch / restroom	
<b>30 min</b>	5 min Progressive run	
<b>25 min</b>	Ind. Stretching / restroom	
<b>20 min</b>	Change shoes/put jersey on	
<b>18 min</b>	3-minute jog to starting line	
<b>15 min</b>	Arrive at Starting Line	Run-outs, Strides, Drills
<b>10 min</b>	Team Huddle (6' apart)	
<b>2 min</b>	Strip down to Uniform	
<b>0 min</b>	Bang!!!!	

# POST-RACE SCHEDULE

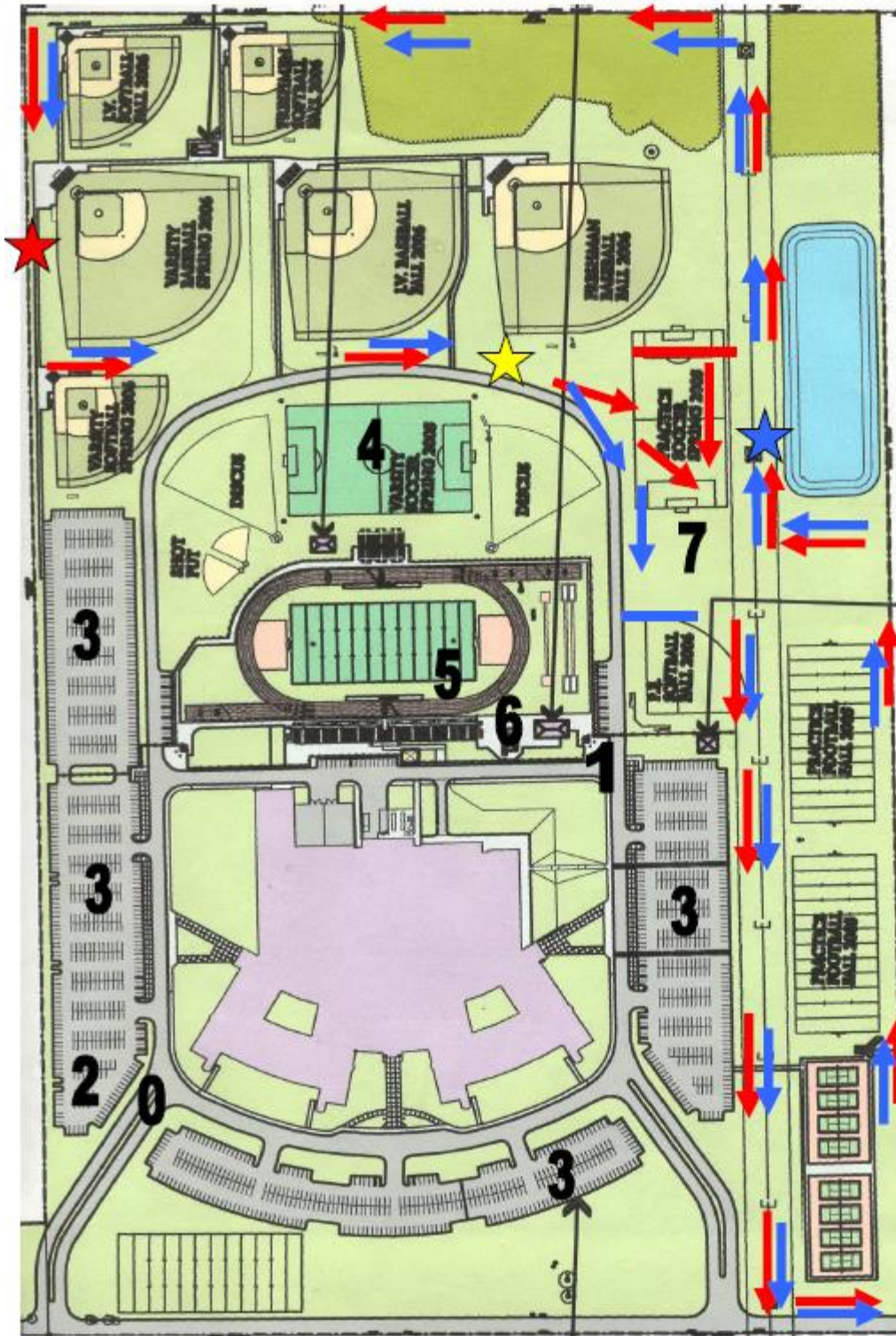
Minutes after Race	What To Do
0 min	Catch breath, cheer on team, get water, <b>put on a mask</b>
10 min	Meet with Coach at predetermined point on course
15 min	Return to tent, change shoes/clothes
15 min	Check in with family/friends <b>using physical distancing</b>
25 min	Cool Down <b>w/ groups (5-20 min) away from the course</b>
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.**





Anchor Bay High School  
Cross Country Map  
6319 County Line Rd  
Ira, MI 48023  
ALTERNATE COURSE (non-track finish)



★ Mile 1  
★ Mile 2  
★ Mile 3  
— Lap 1  
— Lap 2  
\*\* MIDDLE SCHOOL  
= 1 LOOP (1.5 Mile)

**James Cleverley (formerly AB Friday Night) Invite  
Team/Individual Champions**

**ABHS course records/Meet records:**

**Matt Schram, Rochester Adams 15:14 (ABHS)      Gabrielle Morton, St. Clair, 18:14 (ABHS)**

<b><u>Year Boys</u></b>	<b><u>Girls</u></b>	<b><u>Site</u></b>
<b><u>1992</u></b> -St. Clair Bill Schutt, Richmond	Romeo Julie Philaja, Rom	ABMS North
<b><u>1993</u></b> -L'Anse Creuse Kevin Jenkins, Richmond	Stevenson Michelle Terry, SH Stevenson	ABMS North
<b><u>1994</u></b> -L'Anse Creuse Mike Keyes, LC	Romeo Christina Colombe, Anchor Bay	ABMS North
<b><u>1995</u></b> -Pt. Huron Jason Wilkins, PH	Anchor Bay Christina Colombe, Anchor Bay	ABMS North
<b><u>1996</u></b> -Pt. Huron Moe Al-Attiya, PH	Romeo Michelle Terry, SH Stevenson	ABMS North
<b><u>1997</u></b> -Algonac Rick Hornbaker, Alg	Romeo Julia Schmidt, Rom	ABMS North
<b><u>1998</u></b> -Pt. Huron Doug Anderson, Anchor Bay	Romeo Stephanie Colombe, Anchor Bay	ABMS North
<b><u>1999</u></b> -Algonac James Szopo, Anchor Bay	Romeo Teresa Bongiovanni, Rom	ABMS South
<b><u>2000</u></b> -Anchor Bay Adam Roach, Pt. Huron	Romeo Teresa Bongiovanni, Rom	ABMS South
<b><u>2001</u></b> -Anchor Bay Kevin Boose, Rom	Pt. Huron Amy Zacharski, AB	ABMS South
<b><u>2002</u></b> -Romeo Chris Mehay, Anchor Bay	Romeo Rebecca Propst, Rom	ABMS South
<b><u>2003</u></b> -Romeo Eric Rhein, Rom	Chippewa Valley Erica D'Angelo, CV	Metro Beach
<b><u>2004</u></b> -Utica Ford II Brian Stetter, Lakeview	Romeo Megan Young, Country Day	Stony Creek (Eastwood Beach)
<b><u>2005</u></b> -Utica Ford II Daniel Rief, AB	Lutheran North Erica D'Angelo, CV	Stony Creek (Eastwood Beach)
<b><u>2006</u></b> -Utica Ford II Carlton Allen, Ford II	Utica High Caitlyn Bonney, Pt. Huron	Stony Creek (Eastwood Beach)
<b><u>2007</u></b> - Bloomfield Hills Lahser Joey Grace, Lahser	Bloomfield Hills Lahser Erin LaFave, Lahser	Stony Creek (Eastwood Beach)

<b>2008</b> -Novi Mike Blaszczyk, Novi	Bloomfield Hills Lahser Gina Valgoi, Regina	Stony Creek (Eastwood Beach)
<b>2009</b> -Novi Mike Blaszczyk, Novi	Anchor Bay Kelley Miko, L'Anse Creuse	Stony Creek (Eastwood Beach)
<b>2010</b> -Novi Cameron Dobson, Cros Lex	Cros-Lex Abby Bringard, Cros Lex	Stony Creek (Eastwood Beach)
<b>2011</b> -Port Huron Northern George Dobson, Cros Lex	Bloomfield Hills Lahser Elena Miller, Lahser	Stony Creek (Eastwood Beach)
<b>2012</b> - St. Clair Tyler DeLange, PH Northern	BH Lahser Elena Miller, Lahser	Stony Creek (Eastwood Beach)
<b>2013</b> -Port Huron Northern Matt Thomas, Port Huron Northern	Croswell Lexington Rachel Bonner, Port Huron	ABHS
<b>2014</b> -Novi Morgan Beadlescomb, Algonac	Macomb Lutheran North Rachel Bonner, Port Huron	ABHS
<b>2015</b> - Novi Andrew Lorant, Lake Orion (short course, 3.01 miles)	Rochester Adams Rachel Bonner, Port Huron	ABHS
<b>2016</b> - Novi Matt Schram, Roch. Adams, 15:14	Rochester Adams Gabrielle Morton, 18:14 (meet records)	ABHS
<b>2017</b> - Utica Austin Remick, Rochester	Rochester Elizabeth Bulat, Rochester	ABHS
<b>2018</b> - Grosse Pte. South Austin Remick, Rochester	Anchor Bay Elizabeth Bulat, Rochester	ABHS
<b>2019</b> - Utica Carson Nicoletti, Utica	Oxford Elizabeth Babcock, Novi	ABHS



## Dakota Top Times at Anchor Bay HS

BOYS			GIRLS		
Chase Fedolak	15:46	2016	Hannah Faustyn	18:40	2016
Joshua VanSlambrouck	16:08	2016	Kayla Dobies	18:43	2015
Zachary MacDonald	16:10	2016	Marah Pugh	19:36	2013
James Hoefler	16:11	2015	Allyson Slone	19:41	2016
Joshua Jaster	16:11	2016	Hannah Faustyn	20:02	2015
Brendan Koch	16:12	2015	Rylie Yager	20:09	2016
David Walker	16:25	2016	Hannah Faustyn	20:11	2016
Mitchell MacDonald	16:33	2016	Kayla Dobies	21:04	2013
Thomas Szymanski	16:39	2016	Allyson Slone	21:08	2016
Zachary MacDonald	16:39	2016	Allyson Slone	21:19	2015
Bradley Bates	16:44	2013	Izabella Gowen	21:22	2015
Joshua Jaster	16:52	2016	Marisa Weller	21:25	2013
Thomas Szymanski	16:53	2016	Rylie Yager	21:31	2016
Joshua Jaster	16:54	2015	Monica Micale	21:32	2015
Sawyer Kisha	17:00	2016	Samantha Dobies	21:35	2016
William Saiz	17:03	2013	Kayla Dobies	21:37	2013
Bradley Bates	17:04	2013	Rachel Sliger	21:39	2016
Mitchell MacDonald	17:05	2015	Ashley Brown	21:43	2016
Brendan Mousseau	17:06	2015	Marisa Weller	21:44	2013
Brennan Buckner	17:07	2013	Monica Micale	21:51	2013
William Saiz	17:09	2013	Samantha Dobies	21:52	2016