

Adams Invitational

Thursday September 2, 2021

2:45 pm Girls Bus departs
3:15 pm Boys Bus departs
5:00 pm Girls Varsity Race
5:30 pm Boys Varsity Race
5:55 pm Girls JV Race
6:00 pm Boys JV Race



The Course: Bloomer Park, 345 John R Road Rochester Hills 48307

The course is marked with a continuous line that starts and ends in the Cricket Field south of the main parking lot. The course has a few hills and a few narrow trails. There are many exposed roots and rocks – athletes must watch their footing. The 1-mile mark is very easily accessible. The 2-mile mark is also accessible.

BOX Assignments: TBD

WEATHER FORCAST for Rochester Hills, MI

Thu 02 **77°/53°**  Sunny  5%  NNE 12 mph


Teams competing

 Auburn Hills Avondale

 Marian (Bloomfield Hills)


 Troy Athens

 Warren Regina

 Macomb Dakota

 Rochester Adams

 Utica Eisenhower

 West Bloomfield

Awards

- Medals to top 30 in each varsity race
- Medals to top 10 in each JV Race
- Plaques to the top 3 runners
- No Team Awards



T-shirts

Commemorative meet long-sleeves shirts will be available to purchase for \$20.

Dakota Top Times at Bloomer Park	
BOYS	GIRLS
New course for Dakota	



DAKOTA CROSS COUNTRY

Pre-Race Planning Sheet



Name: _____

Grade: _____

Year: 2021

Race: Adams Invite

Course: Bloomer Park

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 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 faster than expected?

What is your **POSITIVE PHRASE** or “mantra” will you use to get you through the third mile of the race?

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

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: Adams Invite

Course: Bloomer Park

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 400? Yes No

Does your pre-race work match your performance? Yes No

Why or why not?

What were the strengths of your race?

What were the weak points of 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 or parents can do to help you achieve your goals in the next race?

What else would you like to tell us?

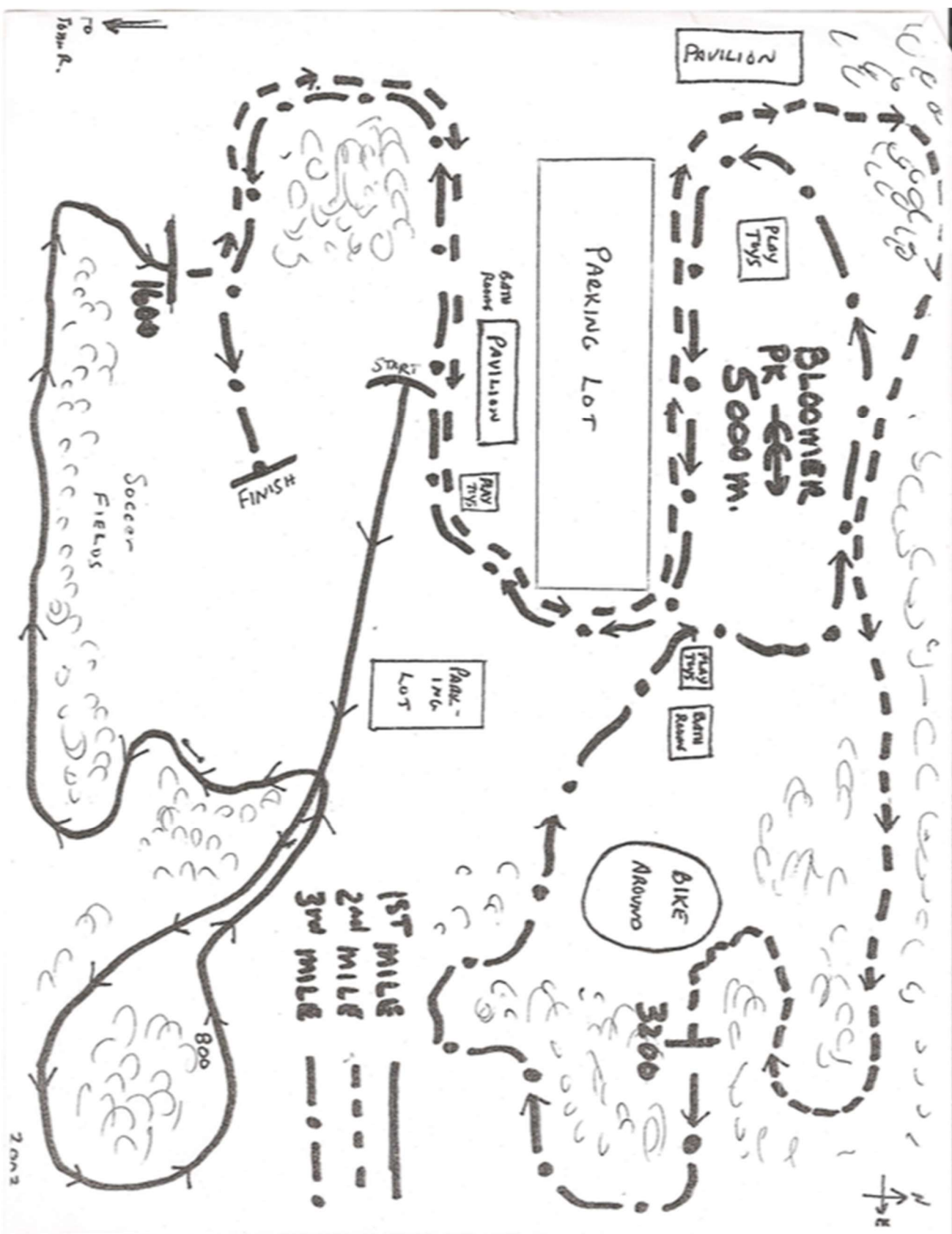
PRE-RACE SCHEDULE

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
	Depart from the area
On bus	Complete post-race analysis form
At home	Abs / core strength /lower leg exercises

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



“We all have dreams.

In order to make dreams come into reality, it takes an awful lot of determination, dedication, self-discipline and effort.”

– Jesse Owens, Olympic gold-medalist

