

Saturday October 5, 2019

Time Schedule

10:00 am Girls Bus Leaves
10:30 am Boys Bus Leaves
12:00 pm Girls Varsity Race
12:30 pm Boys Varsity Race
1:00 pm Girls JV Race
1:45 pm Boys JV Race
2:30 pm Awards
6:00 pm Team Dinner at Sand's



BOX Assignments – Boys (Box #) Girls (Box #)

WEATHER FORECAST FOR HARRISON TWP. 48045

<i>HIGH/LOW</i>	<i>PRECIP</i>	<i>WIND</i>	<i>CONDITIONS</i>
62° /55°	5%	ENE 9 MPH	MOSTLY CLOUDY

Course

Lake St. Clair Metro Park

Individual Awards: Individuals in the boys and girls race will receive awards as follows:

- 1 - 7, Gold Medal - First Team All County, 8 - 14, Silver Medal - Second Team All County, 15 - 21, Bronze Medal - Third Team All County
- Ribbons will be awarded to the top 25 finishers in the Boys and Girls JV Races. The JV race will be for High School runners only.

Team Awards:

- Teams that place First, Second, and Third in the Boys and Girls Varsity races will receive team awards.
- A Trophy to the First Place Team JV Race.

Academic All County Cross Country Athlete Awards: Academic Awards will be presented to the top 21 boys and girls from the varsity races based on their G.P.A. from the end of the last school year.

To be eligible an athlete must meet the following requirements:

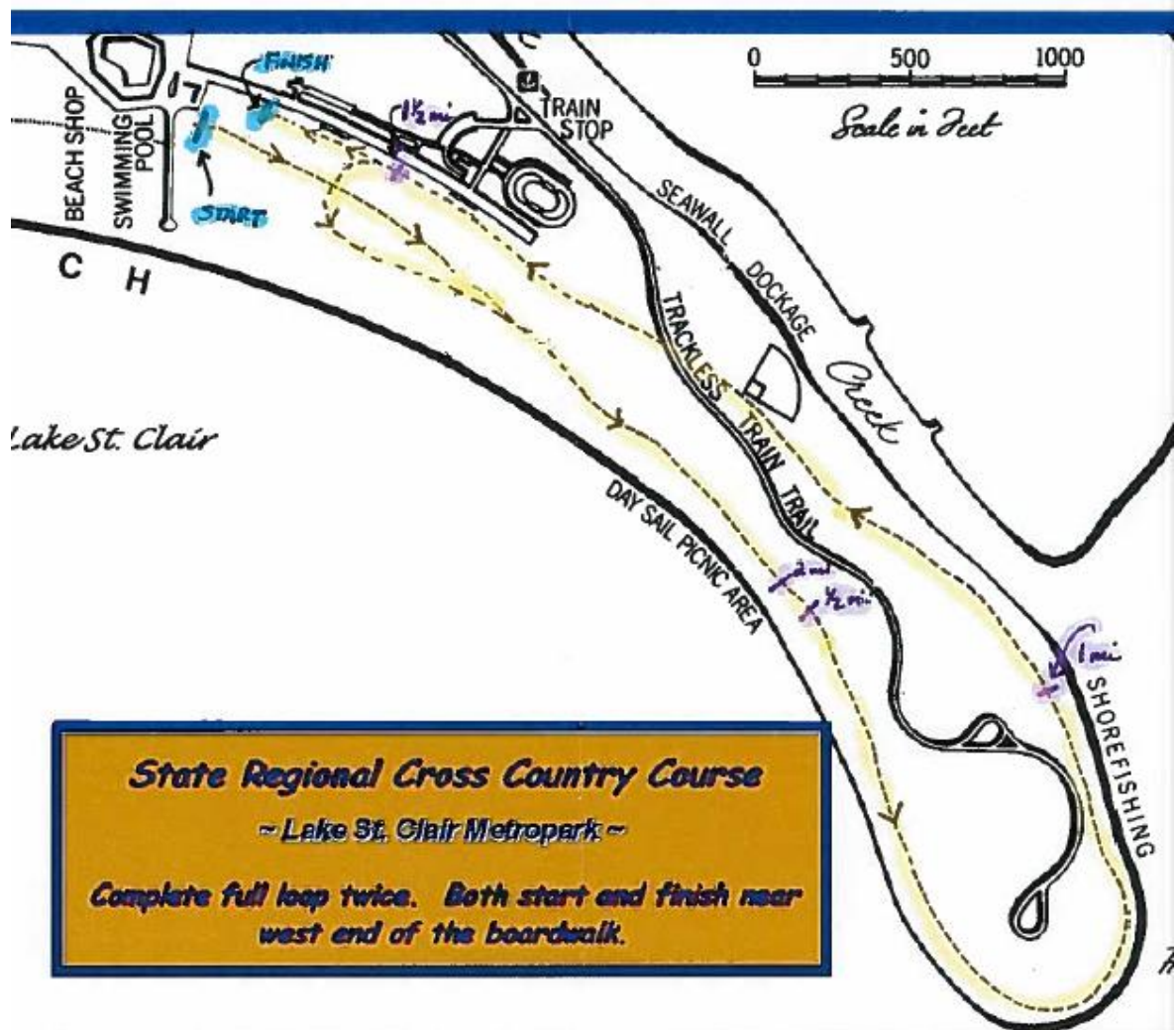
- Athletes must finish in the top 50% of their varsity race.
- Athletes must have at least a 3.5 G.P.A. through the end of the last school year.
- Ninth graders are not eligible for the Academic Award.
- Any athlete that meets the other criteria and has a 3.8 or higher G.P.A. will automatically earn the Award.
- A JV runner with a time that would place them in the top 50% of the varsity race and meet the other criteria are also eligible to receive the Academic Award.



A Banquet for athletes named ALL COUNTY (top 21) will be on November 13th at Zuccaro's (46601 South Gratiot, Chesterfield Twp. 48051. All-County athletes are free of charge.
Tickets will be available for parents and other athletes after the meet on Saturday. See Coach Zarzycki ... \$20 at the meet.

Dakota Top Times at Metro Beach

BOYS			GIRLS		
Nick Culbertson	15:43	2010	Marah Pugh	18:31	2013
Joe Jaster	15:55	2018	Kayla Dobies	19:01	2015
Ryan Sucharski	16:01	2001	Jenni Culbertson	19:06	2002
Chase Fedolak	16:02	2016	Lauren Burnett	19:10	2011
Nick Culbertson	16:04	2010	Christina Micale	19:18	2012
Jordan Staley	16:05	2010	Kayla Dobies	19:18	2014
Brad Bates	16:12	2013	Christina Micale	19:19	2011
Ian Demrose	16:14	2014	Kathryn Ugorowski	19:34	2011
Jordan Staley	16:18	2010	Hannah Faustyn	19:35	2016
Blake Ryan	16:19	2010	Janell Herrick	19:36	2005
Joe Jaster	16:19	2018	Christina Micale	19:38	2011
Mitch MacDonald	16:24	2016	Jennie Froelich	19:43	1998
Will Saiz	16:29	2013	Janell Herrick	19:51	2006
Chase Fedolak	16:32	2015	Emma Myziuk	19:53	2018
Stephen Orr	16:35	2011	Ally Slone	19:55	2016
Alex Fauer	16:35	2012	Hannah Faustyn	19:56	2017
Brendan Koch	16:35	2015	Heidi Palmer	19:56	2018
Josh VanSlambrouck	16:35	2017	Marisa Weller	19:57	2014
Josh Jaster	16:36	2016	Hannah Faustyn	19:58	2015
David Carnago	16:36	2017	Christina Micale	20:04	2010
David Carnago	16:36	2017	Hannah Faustyn	20:07	2017



Dakota Varsity Team Results

<u>BOYS</u>			<u>GIRLS</u>		
<u>YEAR</u>	<u>PLACE</u>	<u>PTS</u>	<u>YEAR</u>	<u>PLACE</u>	<u>PTS</u>
1996		nts	1996		nts
1997	24 th of 27	nts	1997	8 th of 24	215
1998	15 th of 27	408	1998	10 th of 23	284
1999	10 th of 27	282	1999	6 th of 26	212
2000	7 th of 27	204	2000	11 th of 25	291
2001	4 th of 28	163	2001	8 th of 26	240
2002	12 th of 28	355	2002	4 th of 26	154
2003	4 th of 27	169	2003	10 th of 26	236
2004	11 th of 27	293	2004	8 th of 26	222
2005	6 th of 27	263	2005	6 th of 25	200
2006	4 th of 27	124	2006	15 th of 24	342
2007	10 th of 26	271	2007	12 th of 25	339
2008	2 nd of 27	135	2008	11 th of 24	336
2009	1 st of 27	67	2009	5 th of 24	176
2010	1 st of 27	55	2010	5 th of 23	160
2011	3 rd of 25	164	2011	5 th of 24	137
2012	2 nd of 25	90	2012	6 th of 25	160
2013	2 nd of 26	83	2013	6 th of 25	194
2014	1 st of 24	81	2014	5 th of 23	153
2015	1 st of 26	72	2015	4 th of 23	109
2016	1 st of 29	54	2016	5 th of 26	117
2017	4 th of 27	140	2017	3 rd of 28	149
2018	3 rd of 26	117	2018	3 rd of 24	129

Dakota JV Team Results

<u>BOYS</u>			<u>GIRLS</u>		
<u>YEAR</u>	<u>PLACE</u>	<u>PTS</u>	<u>YEAR</u>	<u>PLACE</u>	<u>PTS</u>
1998	5 th	135	1998		Nts
1999	4 th	88	1999		Nts
2000	3 rd of 14	62	2000	---	---
2001	1 st of 15	29	2001	8 th of 12	Nts
2002	n/a	Nts	2002	n/a	Nts
2003	7 th of 15	161	2003	7 th of 14	186
2004	9 th of 19	248	2004	11 th of 16	Nts
2005	8 th of 21	153	2005	12 th of 16	Nts
2006	2 nd of 21	43	2006	11 th of 14	Nts
2007	10 th of 17	Nts	2007	9 th of 17	231
2008	4 th of 16	129	2008	13 th of 17	Nts
2009	4 th of 21	134	2009	8 th of 19	231
2010	3 rd of 20	76	2010	12 th of 16	Nts
2011	2 nd of 19	64	2011	8 th of 16	218
2012	4 th of 18	86	2012	4 th of 15	156
2013	1 st of 19	38	2013	7 th of 15	224
2014	1 st of 20	28	2014	5 th of 18	146
2015	1 st of 21	28	2015	2 nd of 19	59
2016	1 st of 21	19	2016	2 nd of 16	47
2017	3 rd of 22	75	2017	3 rd of 18	51
2018	2 nd of 19	53	2018	3 rd of 13	72

Women's Pre-Race Schedule

**Minutes
Before**

What To Do

At Home or			Adjust spikes	
Upon arrival			Set up tent/ Find Bathrooms	
10 Minutes			Meet w/ Coach (Put race # on Uniform)	
55	11:05	12:05	10 min light jog	
45	11:15	12:15	Stretch / restroom	
30	11:30	12:30	5 min Progressive run	
25	11:35	12:35	Ind. Stretching / restroom	
20	11:40	12:40	Change shoes/put jersey on	
18	11:42	12:42	3-minute jog to starting line	
15	11:45	12:45	Arrive at Starting Line	<i>Run-outs Strides Drills</i>
10	11:50	12:50	Team Huddle	
2	11:58	12:58	Strip down to Uniform	
0	12:00	1:00	Bang!!!!	

Post-Race schedule

**Minutes
After Race**

What To Do

0 min	12:20-12:22	1:23-1:33	Catch breath, cheer on team, get water
10 min	12:30-12:32	1:33-1:43	Meet with Coach at predetermined point on course
15 min	12:35-12:37	1:38-1:48	Return to tent, change shoes/clothes
15 min	12:37	1:48	Check in with family/friends at the tent
	12:50		Report to start of (next) Race
30 min	12:52	2:03	Cool Down w/ team (5-20 min) cheering other runners
			Cheer on other runners in groups at various locations
45 min	1:07	2:18	Stretch
50 min	1:12	2:23	8 min Abs / core strength /lower leg exercises
			Clean up Tent /Garbage
	2:30	2:30	Attend awards ceremony
			Get on the BUS
Note: Your race is not finished until you exit the chute.			

Men's Pre-Race Schedule

**Minutes
Before**

What To Do

At Home or			Adjust spikes
Upon arrival			Set up tent/ Find Bathrooms
10 Minutes			Meet w/ Coach (Put race # on Uniform)
55	11:35	12:50	10 min light jog
45	11:45	1:00	Stretch / restroom
30	12:00	1:15	5 min Progressive run
25	12:05	1:20	Ind. Stretching / restroom
20	12:10	1:25	Change shoes/put jersey on
18	12:12	1:27	3-minute jog to starting line
15	12:15	1:30	Arrive at Starting Line
10	12:20	1:35	Team Huddle
2	12:28	1:43	Strip down to Uniform
0	12:30	1:45	Bang!!!!

***Run-outs
Strides Drills***

Post-Race schedule

**Minutes
After Race**

What To Do

0 min	12:46-12:47	2:03-2:10	Catch breath, cheer on team, get water
10 min	12:56-12:57	2:13-2:20	Meet with Coach at predetermined point on course
15 min	1:01-1:06	2:18-2:25	Return to tent, change shoes/clothes
15 min	1:06	2:25	Check in with family/friends at the tent
30 min	1:21	2:30	Cool Down w/ team (5-20 min) cheering other runners
	1:50		Report to start of (next) Race
			Cheer on other runners in groups at various locations
50 min	1:41	2:50	Stretch
55 min		2:55	8 min Abs / core strength /lower leg exercises
			Clean up Tent /Garbage
			Attend awards ceremony
	2:30	2:30	Get on the BUS
Note: Your race is not finished until you exit the chute.			



DAKOTA CROSS COUNTRY Race Planning Sheet



Name: _____ Grade: _____ Year: 2019

Race: Macomb County Meet of Champions

Course: Lake St. Clair Metro Park

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

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 your plan for the second mile of the race? _____

What is your plan for 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? _____



DAKOTA CROSS COUNTRY
Post Race Analysis Form



Name: _____ **Grade:** _____ **Year:** 2019

Race: Macomb County Meet of Champions **Course:** Lake St. Clair Metro Park

What was your overall Place? _____ Time? _____

Grade your mental preparation for this race:

	A	B	C	D	E
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Was your thinking positive and focused during the warm-up?			Yes		No
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Did you follow your race plan?			Yes		No
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Did you pass more people in the race than passed you?			Yes		No
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Did you compete fiercely down the stretch?			Yes		No
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Did you move up in the last mile?			Yes		No
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Did you move up in the last 400?			Yes		No
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Did you move up in the last 100?			Yes		No
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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? _____

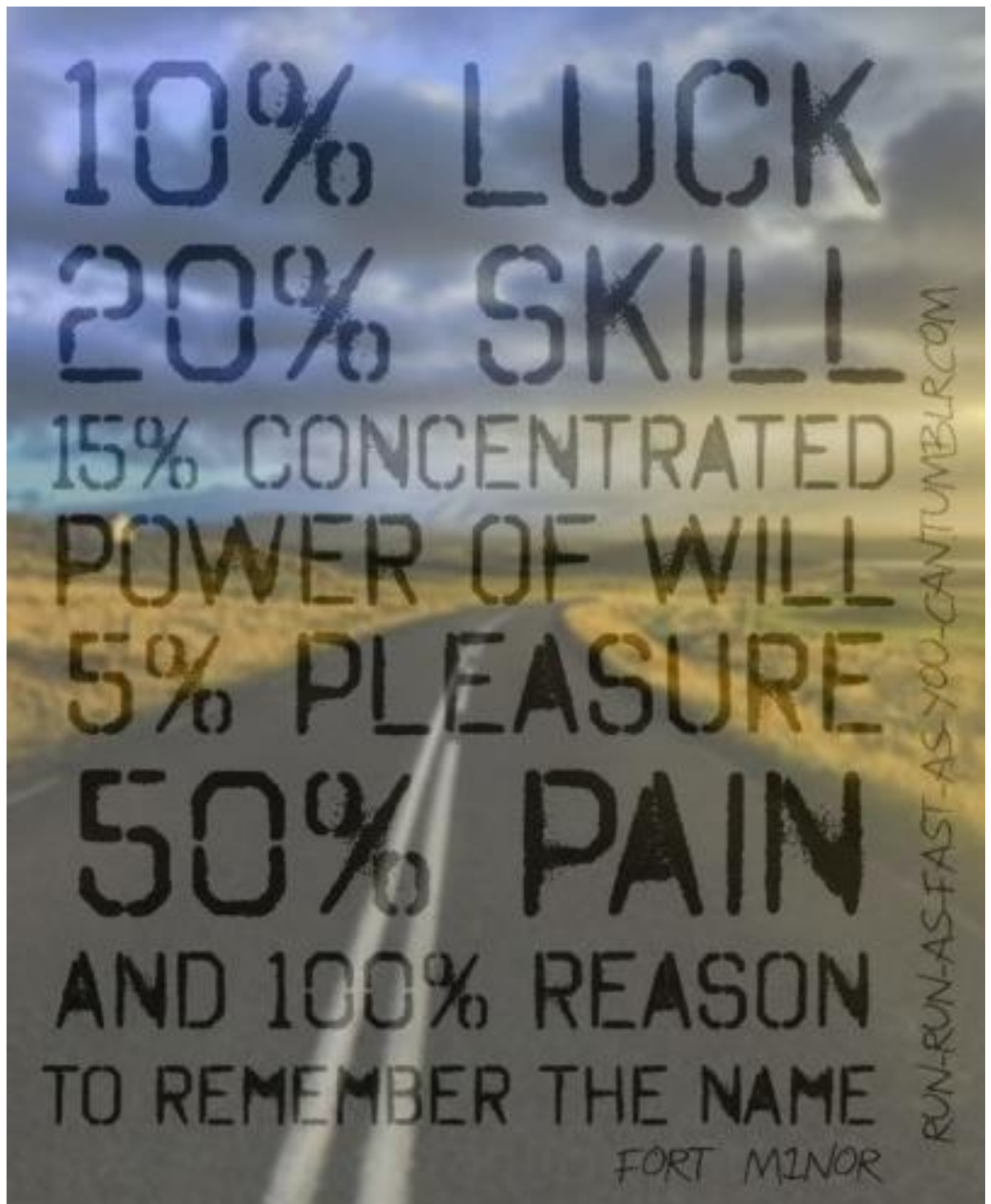
How would you grade your training last week?	A	B	C	D	E
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How would you grade your nutrition last week?	A	B	C	D	E
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How was your sleep last week?	A	B	C	D	E
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Is 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? _____



...DAKOTA COUGARS!