54<u>t</u>, <u>h</u>, <u>A</u>, <u>n</u>, <u>n</u>, <u>u</u>, <u>a</u>, <u>L</u>, <u>H</u>, <u>u</u>, <u>r</u>, <u>o</u>, <u>n</u>, <u>H</u>, <u>S</u>, <u>X</u>, <u>C</u>, <u>L</u>, <u>n</u>, <u>v</u>, <u>i</u>, <u>t</u>, <u>a</u>, <u>t</u>, <u>i</u>, <u>o</u>, <u>n</u>, <u>a</u>, <u>L</u>,

Saturday September 16, 2023

6:00 am	Girls Bus departs Dakota
7:00 am	Boys Bus departs Dakota
9:05 am	Girls Varsity D1 Race
10:10 am	Boys Varsity D1 Race
10:40 am	Girls JV Race
11:15 am	Boys JV Race
11:45 am	AWARDS

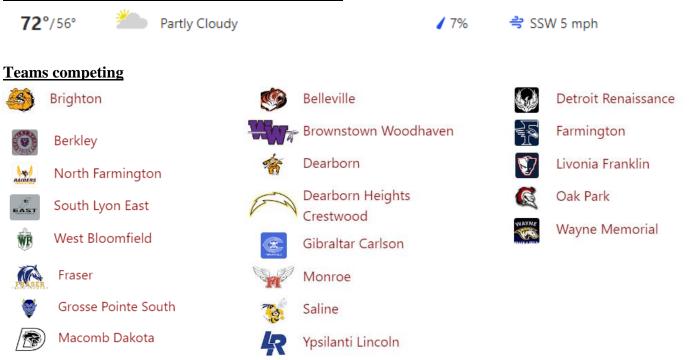


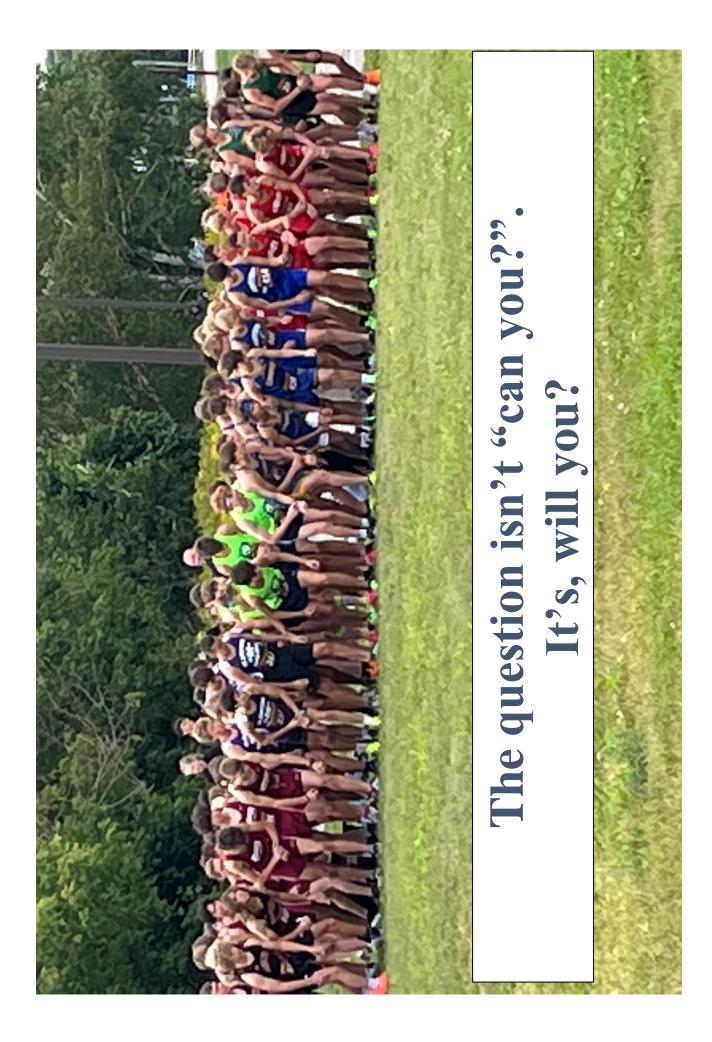
<u>The Course</u>: Willow Metropark @ Chestnut Grove 23200 S Huron Rd, New Boston, MI 48164

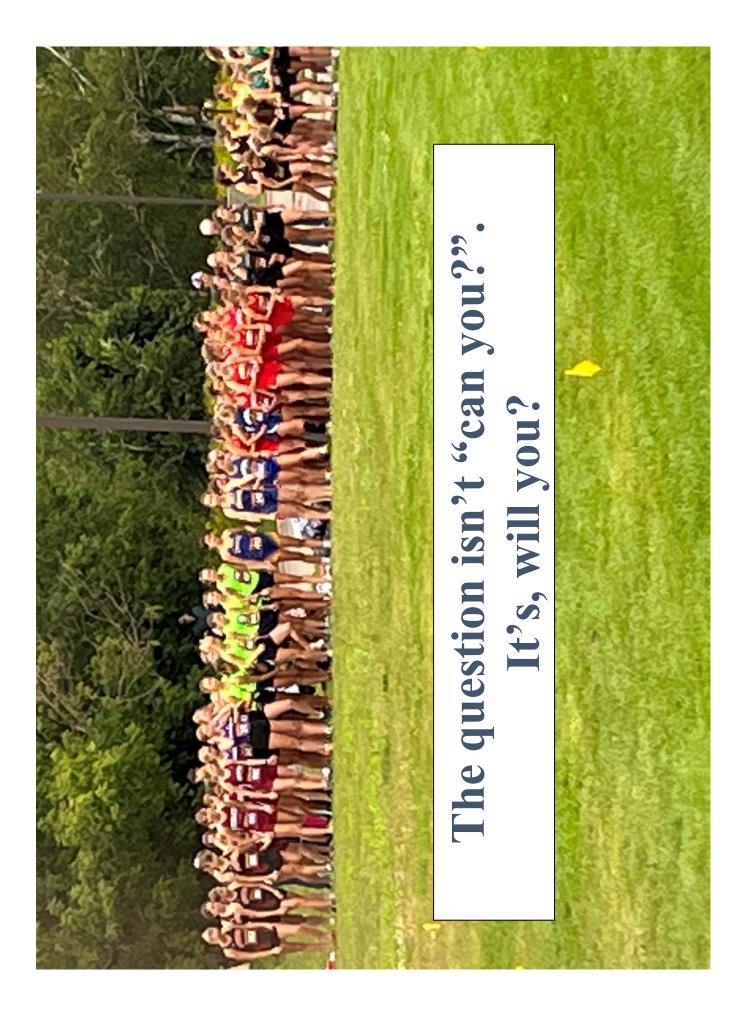
The course is 2 loops of the chestnut grove picnic arean. Primarily flat and on grass. It runs around several open fields and down by the Huron River. There are a few inclines, but nothing you're not used to.

BOX Assignments: Girls = 4 Boys = 9 JV = 12

WEATHER FORCAST for Shelby Township, MI







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)			
10 Minutes after arrivar	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			
10 min	Team Huddle	Run-outs,		
2 min	Strip down to Uniform	Strides, Drills		
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!

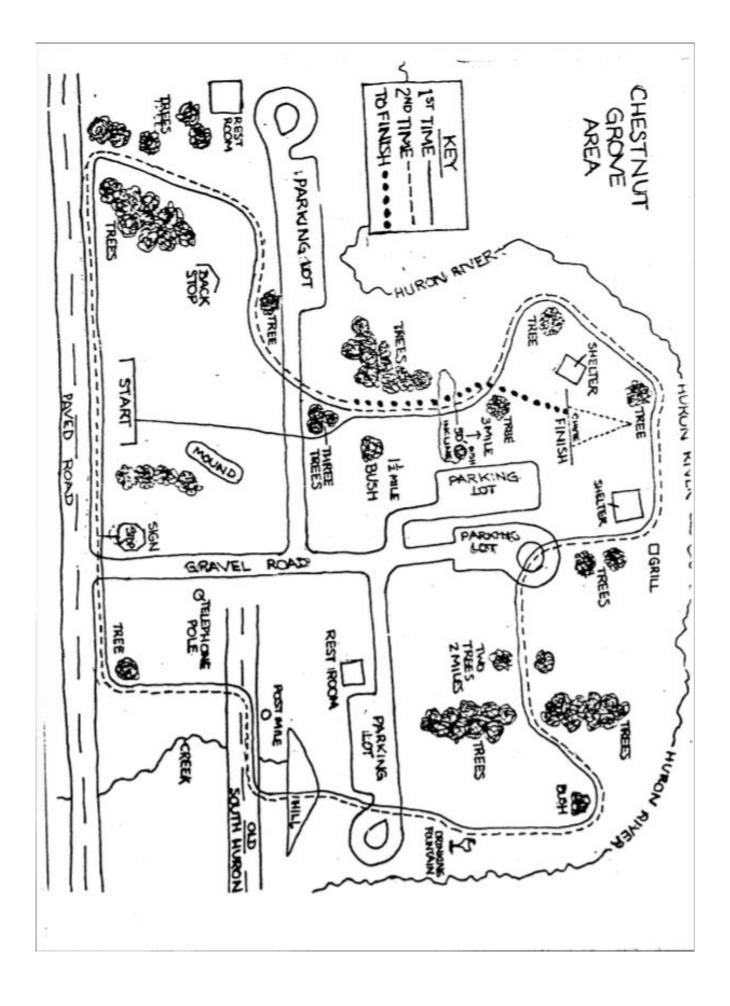












DAKOTA CROSS COUNTRY Pre-Race Planning Sheet					ougars
Name:	Grade:		Year: 2	023	
Race: <u>Huron XC Invitational</u>	Course: <u>Wil</u>	low Metropa	ark Chestn	<u>ut Grove</u>	
If you ran this race last year, what was your Place?_	_N/A	What was Yo	ur Time?	N/A	
What is your Personal Record time for cross 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					
What is your POSITIVE PHRASE will you use to g	get you throug	h the third mi	ile of the rac	ce?	
What plans do you have for adapting to <u>unplanned en</u>	vents?				
What do you anticipate your MOTIVATION will be	e in the last 0.1	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

B	DAKOTA CROSS COUNTRY Post-Race Analysis Form			C,C *		
Name:	_ Grade	e:		Year:	2023	
Race: <u>Huron XC Invitational</u>	Cours	se: <u>Will</u>	ow Metro	park Che	estnut Grove	
Grade your overall preparation for this race:	А	В	С	D	Е	

Summarize your race. Provide details on your preparation, thoughts, senses, and emotions. Be descriptive and include highlight the positive aspects of your race.

What ONE WORD -				
What ONE WORD would you use to describe your race?				
What aspect of your race could be improved. Think of sections that can be modeled in practice.				