

Last Chance Challenge

2:00 PM Bus Departs

4:30 PM Girls Race

5:00 PM Boys Race

Course : Warren Mott High School

3131 12 Mile Rd, Warren, MI 48092

Awards: TOP 150

Dakota Top Times at Warren Mott HS					
BOYS			GIRLS		
Ian Demrose	16:59	2014	Kayla Dobies	20:11	2013
Brennan Buckner	17:01	2013	Lauren Burnett	20:20	2012
Ian Demrose	17:36	2013	Marisa Weller	20:45	2013
Brendan Koch	17:39	2014	Marisa Weller	20:49	2014
Jimmy Hoefler	17:46	2014	Monica Micale	21:05	2013
Nick Brooks	17:47	2013	Kaitria LaFleure	21:25	2013
Brendan Koch	17:49	2013	Kaitria LaFleure	21:34	2014
Chase Fedolak	17:55	2014	Monica Micale	21:41	2014
Mitch MacDonald	17:57	2014	Lauren Valente	21:58	2014
Alex Fauer	17:59	2012	Kayla Dobies	21:46	2012
Jacob Bonacorsi	17:59	2013	Emily Gibbings	21:55	2012
Jacob Kalahar	18:02	2013	Lauren Valente	22:02	2013
Jacob Kalahar	18:08	2014	Sarah Regener	22:13	2014
Zack Thomas	18:13	2012	Katie Gross	22:17	2012
Brad Bates	18:18	2012	Addison Pavlica	22:18	2013
Travis Artman	18:21	2013	Alexis Penzien	22:33	2014
Sawyer Kisha	18:21	2014	Alexis Penzien	22:44	2013
Noah Vallee	18:22	2013	Sara Tyngel	22:49	2013
Josh Jaster	18:22	2014	Marisa Weller	23:01	2012
Calvin Suida	18:27	2013	Alecia King	23:39	2012
			Sarah Szymanski	23:39	2013

DAKOTA COUGARS
CROSS COUNTRY

LAST CHANCE CHALLENGE
WARREN MOTT HIGH SCHOOL
TUESDAY, OCTOBER 28, 2014

WEATHER:
Light Wind
Partly Sunny 65°

		<u>Time</u>	<u>Mile</u>	<u>2 mile</u>	<u>(split)</u>	<u>3 mile</u>	<u>(split)</u>	<u>pace</u>	<u>Place</u>
Ian	Demrose	16:59	5:10	10:44	5:34	16:24	5:39	5:28	1
Brendan	Koch	17:39	5:27	11:18	5:51	17:02	5:44	5:41	4
James	Hoefler	17:46	5:27	11:18	5:51	17:09	5:51	5:43	5
Chase	Fedolak	17:55	5:32	11:28	5:56	17:18	5:50	5:46	6
Mitchell	MacDonald	17:57	5:35	11:31	5:56	17:20	5:49	5:47	7
Jacob	Kalahar	18:08	5:25	11:36	6:11	17:30	5:54	5:50	10
Sawyer	Kisha	18:21	5:38	11:49	6:11	17:43	5:54	5:54	13
Joshua	Jaster	18:22	5:38	11:44	6:06	17:44	6:00	5:55	14
Daniel	Knapp	18:29	5:33	11:43	6:10	17:51	6:07	5:57	16
Thomas	Szymanski	18:33	5:38	11:45	6:07	17:54	6:09	5:58	19
Brendan	Mousseau	18:38	5:52	12:04	6:12	17:59	5:56	6:00	20
Zachary	MacDonald	18:40	5:48	12:02	6:14	18:01	6:00	6:00	24
Adam	Frost	19:17	6:01	12:25	6:24	18:37	6:12	6:12	42
Nicholas	Brooks	19:20	6:01	12:35	6:34	18:40	6:06	6:13	44
Noah	Vallee	19:33	6:00	12:35	6:35	18:52	6:18	6:17	52
Daniel	Westarb	19:34	6:03	12:34	6:31	18:53	6:19	6:18	53
Matthew	Jesue	19:35	6:02	12:30	6:28	18:54	6:24	6:18	54
Andrew	Gustafson	20:00	6:11	12:49	6:38	19:18	6:29	6:26	67
Nathan	Sossi	20:03	6:13	12:55	6:42	19:21	6:27	6:27	69
Kyle	Fedolak	20:07	6:13	12:51	6:38	19:25	6:34	6:28	70
Matthew	Ford	20:08	6:14	12:57	6:43	19:26	6:29	6:29	71
Colin	Swanson	20:13	6:15	13:03	6:48	19:31	6:28	6:30	74
David	Almendarez	20:20	6:16	13:07	6:51	19:38	6:31	6:33	78
Calvin	Bojanowski	20:30	6:41	13:40	6:59	19:47	6:10	6:36	84
Jeremy	Balicki	20:37	6:22	13:12	6:50	19:54	6:42	6:38	89
Kyle	Pietczak	20:54	6:23	13:31	7:08	20:11	6:40	6:44	102
Kyle	Allor	21:00	6:22	13:16	6:54	20:16	6:59	6:45	103
Robert	Gracin	21:07	6:29	13:43	7:14	20:23	6:41	6:48	105
David	Walker	22:05	6:23	13:53	7:30	21:19	7:24	7:06	140
Joshua	Brooks	22:07	6:36	14:08	7:32	21:21	7:13	7:07	141
Marko	Tegeltija	22:10	6:51	14:14	7:23	21:24	7:10	7:08	143
Tyler	Chaffin	22:18	6:42	14:09	7:27	21:32	7:22	7:11	151
Cale	Snyder	22:38	6:59	14:34	7:35	21:51	7:17	7:17	154
Cameron	Gray	23:49	7:28	15:27	7:59	23:00	7:34	7:40	167
Evan	Mabry	24:59	7:05	15:25	8:20	24:07	8:39	8:02	174
Shaun	Sanitate	25:43	7:33	16:17	8:44	24:50	8:31	8:17	179
Evan	Pena	26:04	7:43	16:26	8:43	25:10	8:42	8:23	180
Kyle	Knight	26:11	7:50	16:22	8:32	25:17	8:52	8:26	181
Ryan	Allor	26:37	7:46	16:42	8:56	25:42	8:58	8:34	185
Joshua	Rouseau	27:27	7:47	17:04	9:17	26:30	9:23	8:50	189
Adam	Vallee	27:29	7:41	17:17	9:36	26:32	9:13	8:51	190
Jay	Nandy	27:42	8:43	18:24	9:41	26:45	8:24	8:55	192

DAKOTA COUGARS
CROSS COUNTRY

LAST CHANCE CHALLENGE
WARREN MOTT HIGH SCHOOL
TUESDAY, OCTOBER 28, 2014

WEATHER:
Light Wind
Partly Sunny 65°

Varsity Winner

Ian Demrose-Dakota 16:59

Total Finishers 200

TOP 5 TIME GAP: 0:58

Dakota's Athlete of the Meet:

Matt Ford

Colin Swanson

Dakota Cross-Country

You are invited to help celebrate the accomplishments of
the Dakota High School Cross Country team.

2015 XC Banquet

Monday November 23, 2015

6:00 PM

Zuccaro's Holiday House

20400 S. Nunneley

Clinton Township, MI 48035

Tickets:

\$15 per person

(Athletes are \$15 as well)

Checks made payable to Dakota High School.

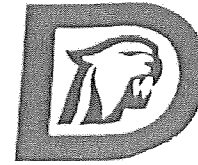
Money is due by November 13, 2015.

Please contact one of the coaches today
and verify the number attending.

Coach Timpa mtimpa@cvs.k12.mi.us
Coach Zarzycki tzarzycki@cvs.k12.mi.us



Dakota Cross Country



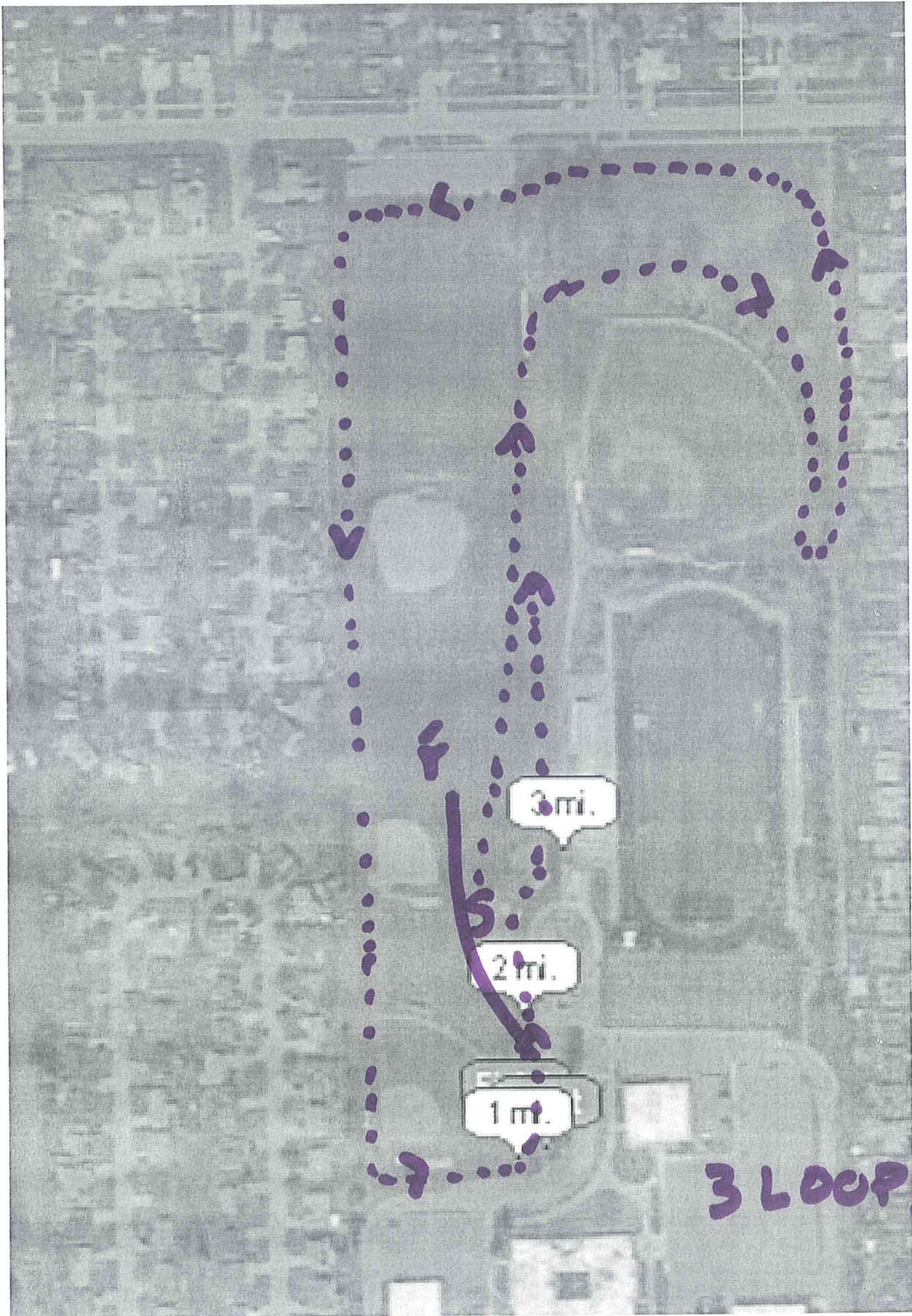
Men's Pre-Race Schedule

Min. Before Race	V	What To Do...
At Home or On bus		Adjust spikes
Upon arrival		Set up tent/ Find Bathrooms
10 Minutes after arrival		Meet w/ Coach (Put race # on Uniform) Get additional instruction
55	4:05	5 min light jog
50	4:10	Stretch / restroom
35	4:25	10 min Warm-up on course
25	4:35	Ind. Stretching / restroom
20	4:40	Change shoes/put jersey on
15	4:45	2-3 minute jog to starting line
12	4:48	Arrive at Starting Line
10	4:50	Run-outs / Strides /Drills
3	4:57	Team Huddle
1-2	4:58	Strip down to Uniform
0	5:00	Bang!!!!

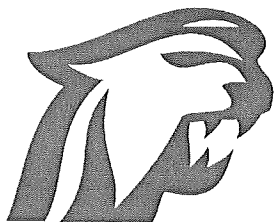
Post-Race schedule

Min. After Race	V	What To Do...
0 min	5:15-5:25	Catch breath, cheer on team, get water
5 min	5:20-5:30	Meet with Coach at predetermined point on course
15 min	5:30-5:40	Return to tent, change shoes/clothes
15 min	5:40	Check in with family/friends at the tent
20 min	5:45	Cool Down w/ team (5-20 min) cheering other runners
40 min		Report to start of JV Race
45 min	6:10	Stretch
50 min		Cheer on other runners in groups at various locations
		Abs / core strength
		Clean up Tent /Garbage

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



3 LOOPS



DAKOTA CROSS COUNTRY

Race Planning Sheet



Name: _____ Grade: _____ Year: 2015

Race: LAST CHANCE CHALLENGE

Course: Warren Mott High School

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? _____

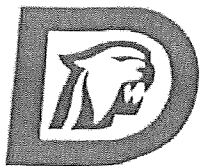
What is your plan for the third mile of the race? _____

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: 2015

Race: LAST CHANCE CHALLENGE

Course: Warren Mott High School

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
-----	----

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
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How would you grade your nutrition last week?

A	B	C	D	E
---	---	---	---	---

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? _____