

DATE: Thursday October 17, 2019

TIME SCHEDULE:

10:30 am Girls dismissed from class
11:15 am Boys dismissed from class
11:00 am Girls Bus Departs
11:45 am Boys Bus Departs
1:00 pm Girls Varsity
1:30 pm Boys Varsity
2:00 pm Girls JV
2:45 pm Boys JV
3:30 pm Awards



COURSE: Stony Creek Eastwood Beach

STARTING BOXES: BOYS #23, GIRLS # 15

WEATHER FORCAST FOR SHELBY TWP. 48094

<u>HIGH/LOW</u>	<u>PRECIP</u>	<u>WIND</u>	<u>CONDITIONS</u>
49° / 47°	10%	NNW 13 MPH	PARTLY SUNNY



Awards:

- Medals and All Conference honors to top 19 varsity runners.
- Trophies to the 1st place teams in each division.
- Medals to the top 30 JV runners, Trophies to top 2 teams overall in JV

Dakota Top Times at Stony Creek Eastwood Beach (Reverse Course)					
BOYS			GIRLS		
Joseph Jaster	16:49	2018	Hannah Faustyn	20:09	2017
Matthew Singer	17:04	2019	Heidi Palmer	20:34	2018
Jacob Harberts	17:06	2019	Emma Myziuk	20:37	2018
Ethan Soave	17:17	2018	Heidi Palmer	20:44	2019
Jacob Williams	17:32	2018	Katelyn Slone	20:46	2018
Alexander Kraus	17:34	2019	Katelyn Slone	21:25	2019
Jacob Harberts	17:41	2018	Izabella Gowen	21:28	2018
Alfonso Mocerri	17:43	2019	Rylie Yager	21:31	2017
Cameron Stermer	17:55	2018	Chelsea Harvey	22:07	2019
Cameron Stermer	17:58	2019	Ava LaMilza	22:13	2019
Jacob Williams	18:04	2017	Rachel Patterson	22:14	2018
Alfonso Mocerri	18:09	2018	Emma Myziuk	22:19	2019
Logan Gilbertson	18:16	2019	Shannon Blaszkowski	22:21	2019
Matthew Singer	18:17	2018	Allison Ferguson	22:28	2019
Evan Misajlovski	18:18	2019	Nicole Campbell	22:36	2019
Christopher Villaire	18:20	2018	Hannah Faustyn	22:40	2018
Nathan Vohs	18:21	2019	Heidi Palmer	22:42	2017
Alex Kraus	18:23	2018	Allison Ferguson	23:01	2018
**new course in 2017					

**MAC
RED
MEET**

In 1996-1997 Dakota was in the MAC Gold Division

In 1998-1999 Dakota was in the MAC White Division

In 2000-present Dakota is in the MAC Red Division

Dakota Team Results					
BOYS			GIRLS		
YEAR	PLACE	PTS	YEAR	PLACE	PTS
1996	8 th of 9	nts	1996	n/a	nts
1997	9 th of 9	nts	1997	1 st of 8	43
1998	6 th of 8	140	1998	4 th of 8	140
1999	1 st of 8	47	1999	3 rd of 8	86
2000	4 th of 8	102	2000	6 th of 8	180
2001	4 th of 8	92	2001	5 th of 8	133
2002	7 th of 7	142	2002	6 th of 7	123
2003	4 th of 7	96	2003	6 th of 7	145
2004	5 th of 7	121	2004	7 th of 7	178
2005	6 th of 7	137	2005	6 th of 7	131
2006	3 rd of 7	85	2006	6 th of 7	162
2007	6 th of 7	134	2007	6 th of 7	173
2008	4 th of 7	92	2008	7 th of 7	165
2009	1 st of 7	38	2009	5 th of 7	112
2010	1 st of 7	45	2010	5 th of 7	95
2011	3 rd of 7	77	2011	3 rd of 7	73
2012	2 nd of 8	66	2012	6 th of 8	141
2013	2 nd of 8	61	2013	6 th of 8	127
2014	1 st of 8	59	2014	6 th of 8	143
2015	1 st of 8	47	2015	4 th of 8	97
2016	1 st of 8	37	2016	5 th of 8	107
2017	4 th of 8	83	2017	4 th of 8	90
2018	3 rd of 8	71	2018	5 th of 8	106
2019			2019		

DAKOTA COUGARS BOYS ALL-CONFERENCE RUNNERS

1999	Rob Mette, Jimmy Dunn, Jeff Sredzinski, Ryan Sredzinski, Jason Schindler
2000	Ryan Sucharski
2001	Ryan Sucharski-MVP
2002	Chris Vagasky, Jeff Green
2003	Jeff Green
2004	Jimmy Moylan
2005	James Courtney
2006	Nick Fowler, Brian Paul
2007	Phil Baldick
2008	Nick Culbertson, Phil Baldick
2009	Nick Culbertson, Kyle Allinder, Vince Ferranti, Blake Ryan
2010	Nick Culbertson-MVP , Blake Ryan, Stephen Orr, Jordan Staley
2011	Stephen Orr, Tim Szymanski, Alex Fauer
2012	Alex Fauer, Zack Thomas, Brad Bates, Will Saiz
2013	Brad Bates, Will Saiz, Brennan Buckner
2014	Ian Demrose, Jimmy Hoefler, Jake Kalahar, B.Koch, C.Fedolak, Mitch MacDonald, Dan Knapp
2015	Chase Fedolak, Brendan Koch, James Hoefler, Mitch MacDonald, Zachary MacDonald
2016	C. Fedolak-MVP , M. MacDonald, Josh Jaster, Z. MacDonald, T. Szymanski, D. Walker, S. Kisha
2017	David Carnago, Josh VanSlambrouck, Joseph Jaster
2018	Joseph Jaster, Jacob Williams, Jacob Harberts
2019	

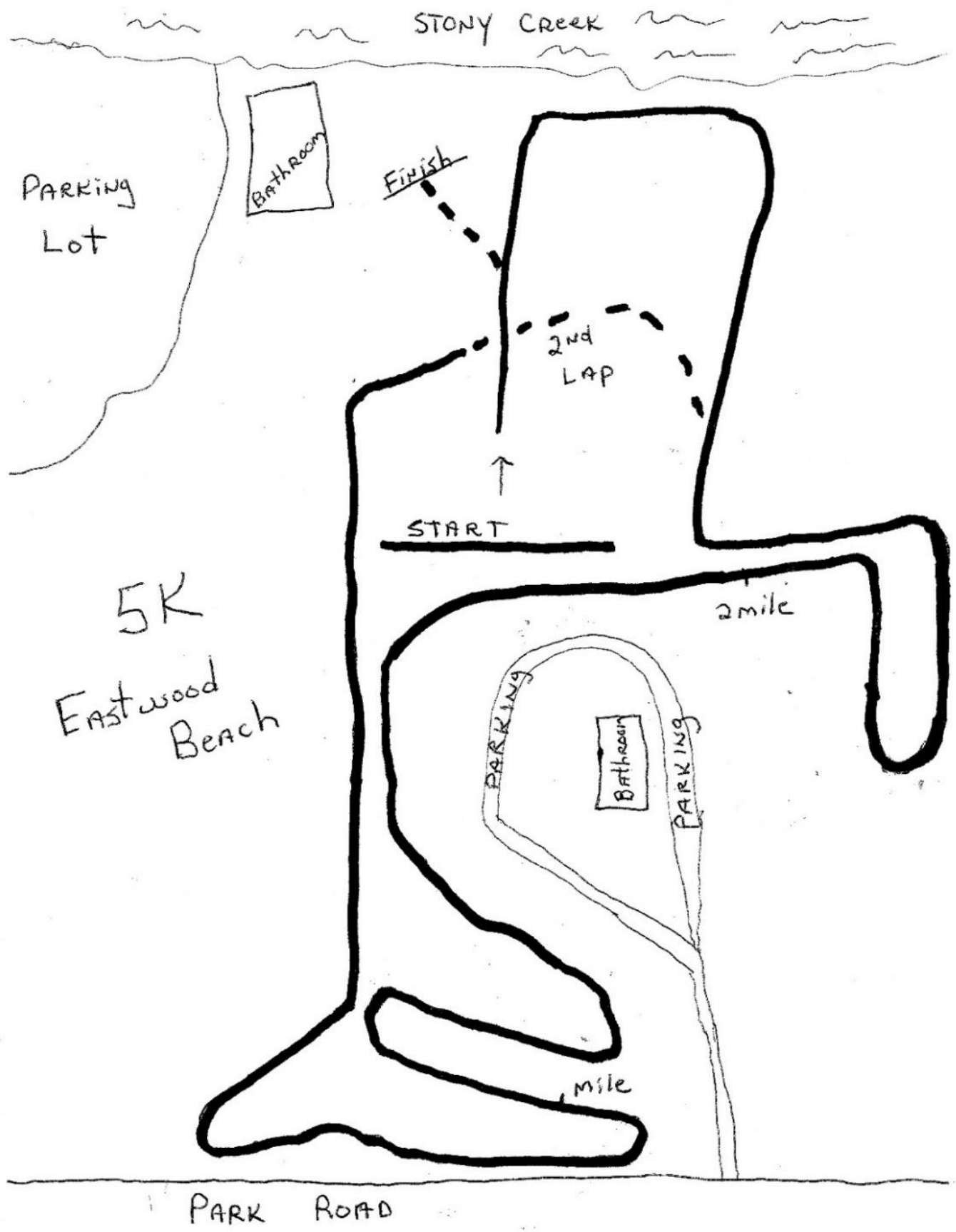


DAKOTA COUGARS GIRLS ALL-CONFERENCE RUNNERS

1996	Tara Soho
1997	Jennie Froelich, Kristen Leszczynski, Tara Soho, Alena DeLuca,
1998	Jennie Froelich, Tara Soho
1999	Jennie Froelich
2001	Jenni Culbertson, Heather Johnston
2002	Jenni Culbertson-MVP
2005	Janell Herrick
2006	Janell Herrick
2009	Tara Geralt
2010	Christina Micale
2011	Lauren Burnett, Christina Micale, Kathryn Ugorowski
2012	Christina Micale
2013	Marah Pugh
2014	Kayla Dobies
2015	Kayla Dobies, Hannah Faustyn
2016	Hannah Faustyn, Allison Slone
2017	Hannah Faustyn, Rylie Yager, Heidi Palmer
2018	Emma Myziuk, Heidi Palmer, Katelyn Slone
2019	



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>
2009	5 th of 13	124	2009		Nts
2010	3 rd of 17	101	2010	8 th of 11	195
2011	4 th of 17	119	2011	8 th of 12	241
2012	7 th of 16	199	2012	6 th of 12	185
2013	2 nd of 23	72	2013	5 th of 15	162
2014	1 st of 22	23	2014	5 th of 15	139
2015	1 st of 22	36	2015	4 th of 19	158
2016	1 st of 22	34	2016	4 th of 17	113
2017	3 rd of 24	91	2017	4 th of 17	88
2018	2 nd of 23	45	2018	5 th of 18	110
2019			2019		



Dakota Cross Country

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	12:05	1:05	10 min light jog	
45	12:15	1:15	Stretch / restroom	
30	12:30	1:30	5 min Progressive run	
25	12:35	1:35	Ind. Stretching / restroom	
20	12:40	1:40	Change shoes/put jersey on	
18	12:42	1:42	3-minute jog to starting line	
15	12:45	1:45	Arrive at Starting Line	<i>Run-outs Strides Drills</i>
10	12:50	1:50	Team Huddle	
2	12:58	1:58	Strip down to Uniform	
0	1:00	2:00	Bang!!!!	

Post-Race schedule

**Minutes
After Race**

What To Do

0 min	1:20-1:22	2:23-2:33	Catch breath, cheer on team, get water
10 min	1:30-1:32	2:33-2:43	Meet with Coach at predetermined point on course
15 min	1:35-1:37	2:38-2:48	Return to tent, change shoes/clothes
15 min	1:37	2:48	Check in with family/friends at the tent
	1:50		Report to start of (next) Race
30 min	1:52	3:03	Cool Down w/ team (5-20 min) cheering other runners
			Cheer on other runners in groups at various locations
45 min	2:07	3:18	Stretch
50 min	2:12	3:23	8 min Abs / core strength /lower leg exercises
			Clean up Tent /Garbage
	3:30	3:30	Attend awards ceremony
			Get on the BUS
Note: Your race is not finished until you exit the chute.			

Dakota Cross Country

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	12:35	1:50	10 min light jog	
45	12:45	2:00	Stretch / restroom	
30	1:00	2:15	5 min Progressive run	
25	1:05	2:20	Ind. Stretching / restroom	
20	1:10	2:25	Change shoes/put jersey on	
18	1:12	2:27	3-minute jog to starting line	
15	1:15	2:30	Arrive at Starting Line	<i>Run-outs Strides Drills</i>
10	1:20	2:35	Team Huddle	
2	1:28	2:43	Strip down to Uniform	
0	1:30	2:45	Bang!!!!	

Post-Race schedule

**Minutes
After Race**

What To Do

0 min	1:46-1:47	3:03-3:10	Catch breath, cheer on team, get water
10 min	1:56-1:57	3:13-3:20	Meet with Coach at predetermined point on course
15 min	2:01-2:06	3:18-3:25	Return to tent, change shoes/clothes
15 min	2:06	3:25	Check in with family/friends at the tent
30 min	2:21	3:30	Cool Down w/ team (5-20 min) cheering other runners
	2:40		Report to start of (next) Race
			Cheer on other runners in groups at various locations
50 min	2:45	3:50	Stretch
55 min	2:50	3:55	8 min Abs / core strength /lower leg exercises
			Clean up Tent /Garbage
	3:30	3:30	Attend awards ceremony
			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: MAC RED Champions

Course: Stony Creek Eastwood Beach

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: MAC RED Champions **Course:** Stony Creek Eastwood Beach

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? _____

I'M A DISTANCE RUNNER.

I've been trained to keep going,
even when it's hard.

When it hurts. When it sucks.

When I don't want to.

→ *I LOOK PAST IT.* ←

Relentless forward progress to the finish.

Call it what you want:

stubbornness, endurance,
determination, guts.

DEEP DOWN,

I DON'T KNOW HOW TO GIVE UP.

(...and it's always worth it in the end.)