

**DATE:** Tuesday October 5, 2021

**TIME SCHEDULE:**


12:30 am Varsity dismissed from class  
1:15 am JV dismissed from class  
1:00 pm Varsity B & G Bus Departs  
1:45 pm JV B & G Bus Departs  
3:00 pm Girls Varsity  
3:30 pm Boys Varsity  
4:00 pm Girls JV  
4:45 pm Boys JV  
5:30 pm Awards



**COURSE:** Lake St. Clair Metro Park –Point Course

**STARTING BOXES:** BOYS # , GIRLS #

**WEATHER FORCAST FOR RACE DAY**

3:00 pm	68°		Mostly Cloudy	7%	ENE 7 mph
4:00 pm	68°		Mostly Cloudy	7%	ENE 8 mph
5:00 pm	68°		Mostly Cloudy	4%	NE 8 mph

**Awards:**

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

**TEAMS IN THE MAC RED**

*Dakota*  
*Eisenhower*  
*Grosse Pointe South*  
*Grosse Pointe North*  
*Romeo*  
*St. Clair*  
*Stevenson*  
*Utica*



**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**

<b>Dakota Team Results</b>					
<b>BOYS</b>			<b>GIRLS</b>		
<b>YEAR</b>	<b>PLACE</b>	<b>PTS</b>	<b>YEAR</b>	<b>PLACE</b>	<b>PTS</b>
1996	8 <sup>th</sup> of 9	nts	1996	n/a	nts
1997	9 <sup>th</sup> of 9	nts	1997	1 <sup>st</sup> of 8	43
1998	6 <sup>th</sup> of 8	140	1998	4 <sup>th</sup> of 8	140
1999	1 <sup>st</sup> of 8	47	1999	3 <sup>rd</sup> of 8	86
2000	4 <sup>th</sup> of 8	102	2000	6 <sup>th</sup> of 8	180
2001	4 <sup>th</sup> of 8	92	2001	5 <sup>th</sup> of 8	133
2002	7 <sup>th</sup> of 7	142	2002	6 <sup>th</sup> of 7	123
2003	4 <sup>th</sup> of 7	96	2003	6 <sup>th</sup> of 7	145
2004	5 <sup>th</sup> of 7	121	2004	7 <sup>th</sup> of 7	178
2005	6 <sup>th</sup> of 7	137	2005	6 <sup>th</sup> of 7	131
2006	3 <sup>rd</sup> of 7	85	2006	6 <sup>th</sup> of 7	162
2007	6 <sup>th</sup> of 7	134	2007	6 <sup>th</sup> of 7	173
2008	4 <sup>th</sup> of 7	92	2008	7 <sup>th</sup> of 7	165
2009	1 <sup>st</sup> of 7	38	2009	5 <sup>th</sup> of 7	112
2010	1 <sup>st</sup> of 7	45	2010	5 <sup>th</sup> of 7	95
2011	3 <sup>rd</sup> of 7	77	2011	3 <sup>rd</sup> of 7	73
2012	2 <sup>nd</sup> of 8	66	2012	6 <sup>th</sup> of 8	141
2013	2 <sup>nd</sup> of 8	61	2013	6 <sup>th</sup> of 8	127
2014	1 <sup>st</sup> of 8	59	2014	6 <sup>th</sup> of 8	143
2015	1 <sup>st</sup> of 8	47	2015	4 <sup>th</sup> of 8	97
2016	1 <sup>st</sup> of 8	37	2016	5 <sup>th</sup> of 8	107
2017	4 <sup>th</sup> of 8	83	2017	4 <sup>th</sup> of 8	90
2018	3 <sup>rd</sup> of 8	71	2018	5 <sup>th</sup> of 8	106
2019	3 <sup>rd</sup> of 8	73	2019	4 <sup>th</sup> of 8	90
2020					
2021					

<b>Dakota JV Team Results</b>					
<b>BOYS</b>			<b>GIRLS</b>		
<b>YEAR</b>	<b>PLACE</b>	<b>PTS</b>	<b>YEAR</b>	<b>PLACE</b>	<b>PTS</b>
2009	5 <sup>th</sup> of 13	124	2009		Nts
2010	3 <sup>rd</sup> of 17	101	2010	8 <sup>th</sup> of 11	195
2011	4 <sup>th</sup> of 17	119	2011	8 <sup>th</sup> of 12	241
2012	7 <sup>th</sup> of 16	199	2012	6 <sup>th</sup> of 12	185
2013	2 <sup>nd</sup> of 23	72	2013	5 <sup>th</sup> of 15	162
2014	1 <sup>st</sup> of 22	23	2014	5 <sup>th</sup> of 15	139
2015	1 <sup>st</sup> of 22	36	2015	4 <sup>th</sup> of 19	158
2016	1 <sup>st</sup> of 22	34	2016	4 <sup>th</sup> of 17	113
2017	3 <sup>rd</sup> of 24	91	2017	4 <sup>th</sup> of 17	88
2018	2 <sup>nd</sup> of 23	45	2018	5 <sup>th</sup> of 18	110
2019	3 <sup>rd</sup> of 25	86	2019	2 <sup>nd</sup> of 20	42
2020					
2021					

## DAKOTA COUGARS BOYS ALL-CONFERENCE RUNNERS

1999	Rob Mette, Jimmy Dunn, Jeff Sredzinski, Ryan Sredzinski, Jason Schindler
2000	Ryan Sucharski
2001	<b>Ryan Sucharski-MVP</b>
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	<b>Nick Culbertson-MVP</b> , 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	<b>C. Fedolak-MVP</b> , 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	Matthew Singer, Alfonso Mocerri, Jacob Harberts, Alex Kraus
2020	Jacob Harberts, Matthew Singer



## 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	<b>Jenni Culbertson-MVP</b>
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	Emma Myziuk, Heidi Palmer, Katelyn Slone
2020	<b>Jayden Harberts-MVP</b> , Emma Myziuk, Katelyn Slone



# DAKOTA CROSS COUNTRY

## Pre-Race Planning Sheet



Name: \_\_\_\_\_ Grade: \_\_\_\_\_ Year: 2021

Race: MAC RED DIVIISON MEET

Course: Lake St. Clair Metro park

What is your Personal Record time for cross country?

Now that it is October, how will your approach to racing change?

What is your race plan for this course since it is pancake FLAT?

What will you do if you are leading the race?

What is the one thing you will **FOCUS** on during the last mile of the race?

What will help you be mentally prepared to move up (pass runners) during the middle mile?

What plans do you have for adapting to unplanned events?

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?

<p><b>Amazing</b> Awesome <b>Bold</b> Boundless <b>Brave</b> Breakout <b>Champion</b> Competitive <b>Confident</b> Daring <b>Dazzling</b> Determined <b>Electrified</b> Elite <b>Enjoyable</b> Epic <b>Exquisite</b> Fabulous <b>Fascinating</b> Fast <b>Fearless</b> Focused <b>Fun</b> Great <b>Grit</b> Happy <b>Hardworking</b> Impressive <b>Joy</b> Kick A\$\$ <b>Legendary</b> Lively <b>Marvelous</b> Masterful <b>Motivating</b> Natural <b>Optimistic</b> Outstanding <b>Phenomenal</b> Poised <b>Polished</b> Positive <b>Powerful</b> Prepared <b>Quality</b> Quick <b>Refute</b> Relaxed <b>Remarkable</b> Rewarding <b>Skillful</b> Smart <b>Spirited</b> Strong <b>Success</b> Super <b>Superb</b> Talented <b>Terrific</b> Thrilling <b>Upbeat</b> Vibrant <b>Victorious</b> Wonderful <b>X-cellent</b> Yes <b>Zealous</b></p>
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DAKOTA CROSS COUNTRY  
Post-Race Analysis Form



Name: \_\_\_\_\_

Grade: \_\_\_\_\_

Year: 2021

Race: MAC RED DIVIISON MEET

Course: Lake St. Clair Metro 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 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

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?

Was this the same word as you picked PRERACE?

Yes                      No

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 would you grade your *focus* last week?

A      B      C      D      E

How would you grade your *commitment* 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?

Is there anything else you would like to tell us or want us to know?

## 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	
<b>55 min</b>	10 min light jog on course (w/ training groups)	
<b>45 min</b>	Stretch / restroom	
<b>30 min</b>	5 min Progressive run	
<b>25 min</b>	<b>Dynamic</b> Stretching / restroom	
<b>20 min</b>	Change shoes/put jersey on	
<b>18 min</b>	3-minute jog to starting line	
<b>15 min</b>	<b>Arrive at Starting Line</b>	Run-outs, Strides, Drills
<b>10 min</b>	Team Huddle	
<b>2 min</b>	Strip down to Uniform	
<b>0 min</b>	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 <b>w/ groups</b> (5-20 min) <b>away from the course</b>
45 min	Static Stretching, Rolling (10 minutes minimum)
55 min	Clean up Tent /Garbage
	Abs / core strength /lower leg exercises
	Attend Awards
On bus	Complete post-race analysis form
At home	Ice, additional stretching, etc.

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



# 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:

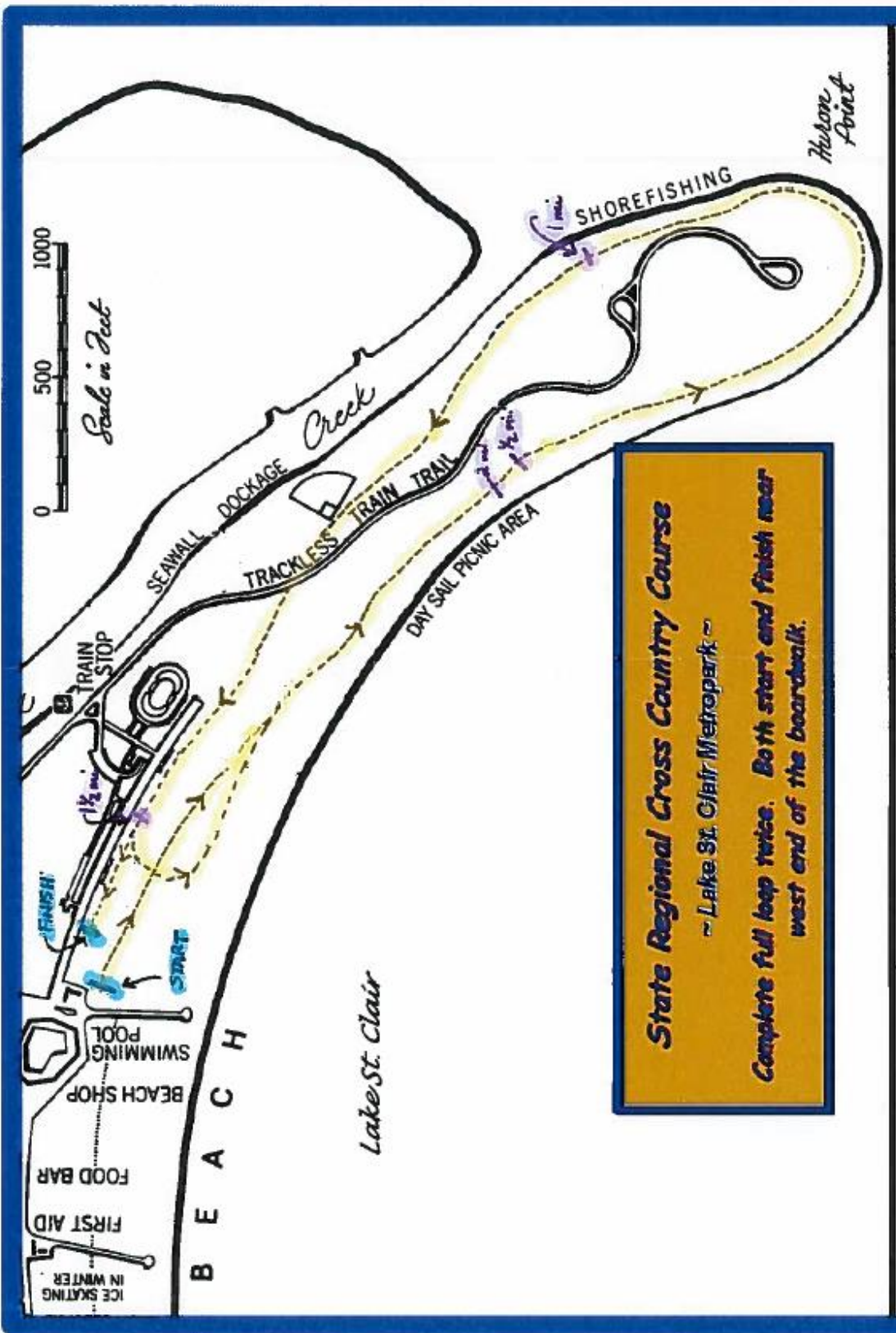
*stubbornness, endurance,  
determination, guts.*

**DEEP DOWN,**

I DON'T KNOW HOW TO GIVE UP.

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





**State Regional Cross Country Course**  
 ~ Lake St. Clair Metropark ~  
 Complete full loop twice. Both start and finish near west end of the boardwalk.

Lake St. Clair Metropark: 31300 Metro Parkway Mt Clemens, MI 48045 (586) 463-4581 (car entry fee)