

MHSAA Regional Meet

Time Schedule:

| | | | |
|----------|---------------------------|---------|-----------------------|
| 9:00 am | Girls bus departs | 1:00 pm | Girls JV Open Race |
| 9:30 am | Boys buses departs | 1:30 pm | Boys JV Open Race |
| 11:15 am | Coaches Meeting | 2:30 pm | Awards |
| NOON | Girls Varsity Div. 1 Race | 6:30 pm | Team Diner at Slone's |
| 12:30 pm | Boys Varsity Div. 1 Race | | |

The Course: Goodells Co. Park
8345 County Park Dr.
Goodells, MI 48027

Admission:

Spectators will pay a \$6 per person, max \$10 per vehicle.



NO DOGS ALLOWED!!!

BOX Assignments: BOYS # 4 GIRLS # 3

WEATHER FORECAST FOR GOODELLS, MI 48027

| <u>HIGH/LOW</u> | <u>PRECIP</u> | <u>WIND</u> | <u>CONDITIONS</u> |
|-----------------|---------------|-------------|-------------------|
| 55° / 40° | 10% | SSW 7mph | MOSTLY SUNNY |

Teams competing Div.1

| | | |
|----------------------------------|--------------------------|------------------------------|
| Auburn Hills Avondale | New Baltimore Anchor Bay | Rochester Hills Stoney Creek |
| Clinton Township Chippewa Valley | Oxford | Romeo |
| Lake Orion | Port Huron | Utica |
| Macomb Dakota | Port Huron Northern | Utica Eisenhower |
| Macomb L'Anse Creuse North | Rochester | Utica Ford |
| | Rochester Adams | |

Awards

- Run for one award, the honor of attending the state meet!
- Medals to top 15, they also qualify to finals.
- Trophy to the Regional Champion Team
- 7 medals to the winning team members
- Top 3 teams qualify; a 4th place team will qualify if 4 runners are in the top 20.
- 25 medals in each open race

Regional Site History for Dakota

| | |
|--------------------------------|-----------------------------|
| 1996-1999 | Royal Oak Kimball |
| 2000-2001 | Springfield Oaks, Holly |
| 2002-2003 | Stoney Creek Eastwood Beach |
| 2010 | Metro Beach |
| 2013, 2015-2016 | Anchor Bay High School |
| 2008, 2017-2018 | Algonac High School |
| 2004-07,09,11-12,14, 19 | Goodells County Park |

Dakota Top Times at Goodells County Park

| BOYS | | | GIRLS | | |
|-----------------|-------|------|-------------------|-------|------|
| James Courtney | 16:30 | 2005 | Christina Micale | 19:12 | 2012 |
| Ian Demrose | 16:38 | 2014 | Janell Herrick | 19:34 | 2005 |
| Phil Baldick | 16:42 | 2007 | Kayla Dobies | 19:37 | 2014 |
| Brad Bates | 16:45 | 2012 | Marah Pugh | 19:44 | 2011 |
| Alex Fauer | 16:51 | 2012 | Lauren Burnett | 19:46 | 2012 |
| Zack Thomas | 16:53 | 2012 | Kathryn Ugorowski | 20:10 | 2011 |
| Stephen Orr | 16:56 | 2011 | Kayla Dobies | 20:13 | 2012 |
| Colin Driscoll | 16:56 | 2012 | Jessica Lobaido | 20:28 | 2005 |
| James Hoefler | 16:58 | 2014 | Christina Micale | 20:34 | 2011 |
| Alex Fauer | 17:05 | 2011 | Marisa Weller | 20:36 | 2014 |
| Nick Culbertson | 17:09 | 2009 | Katie Gross | 20:53 | 2012 |
| Brendan Koch | 17:16 | 2014 | Angie Giordimaina | 21:15 | 2004 |
| Daniel Knapp | 17:18 | 2014 | Emily Gibbings | 21:17 | 2012 |
| Tim Szymanski | 17:21 | 2011 | Kathryn Ugorowski | 21:22 | 2009 |
| Kyle Allinder | 17:26 | 2009 | Janell Herrick | 21:26 | 2006 |
| Eddie Roginski | 17:29 | 2005 | Emily Gibbings | 21:26 | 2011 |
| Nick Brooks | 17:35 | 2012 | Megan Pittoors | 21:33 | 2007 |
| Jacob Kalahar | 17:35 | 2014 | Kaitria LaFleure | 21:36 | 2014 |
| Stephen Orr | 17:38 | 2009 | Marissa Camilleri | 21:41 | 2011 |
| Vince Ferranti | 17:43 | 2007 | Kellyn Jackson | 21:43 | 2005 |
| Colin Driscoll | 17:43 | 2011 | Jessica Lobaido | 21:44 | 2004 |

Dakota 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 | 17 th | nts | 1996 | 17 th | nts |
| 1997 | 15 th | nts | 1997 | 12 th | nts |
| 1998 | 13 th | 368 | 1998 | 7 th | 187 |
| 1999 | 9 th | 241 | 1999 | 6 th | 182 |
| 2000 | 7 th | 183 | 2000 | 14 th | nts |
| 2001 | 8 th | 178 | 2001 | 12 th | 307 |
| 2002 | 9 th | 245 | 2002 | 7 th | 195 |
| 2003 | 5 th | 149 | 2003 | 11 th | 270 |
| 2004 | 12 th | 262 | 2004 | 11 th | 256 |
| 2005 | 5 th | 189 | 2005 | 10 th | 235 |
| 2006 | 4 th | 142 | 2006 | 13 th | 317 |
| 2007 | 11 th | 248 | 2007 | 13 th | 354 |
| 2008 | 5 th | 155 | 2008 | 13 th | 386 |
| 2009 | 2 nd | 70 | 2009 | 7 th | 219 |
| 2010 | 1 st | 49 | 2010 | 4 th | 104 |
| 2011 | 10 th | 226 | 2011 | 8 th | 173 |
| 2012 | 6 th | 160 | 2012 | 7 th | 176 |
| 2013 | 8 th | 181 | 2013 | 9 th | 217 |
| 2014 | 8 th | 162 | 2014 | 8 th | 223 |
| 2015 | 7 th | 147 | 2015 | 10 th | 244 |
| 2016 | 3 rd | 95 | 2016 | 8 th | 205 |
| 2017 | 8 th | 218 | 2017 | 10 th | 316 |
| 2018 | 7 th | 184 | 2018 | 11 th | 238 |

DAKOTA COUGARS BOYS STATE QUALIFIERS

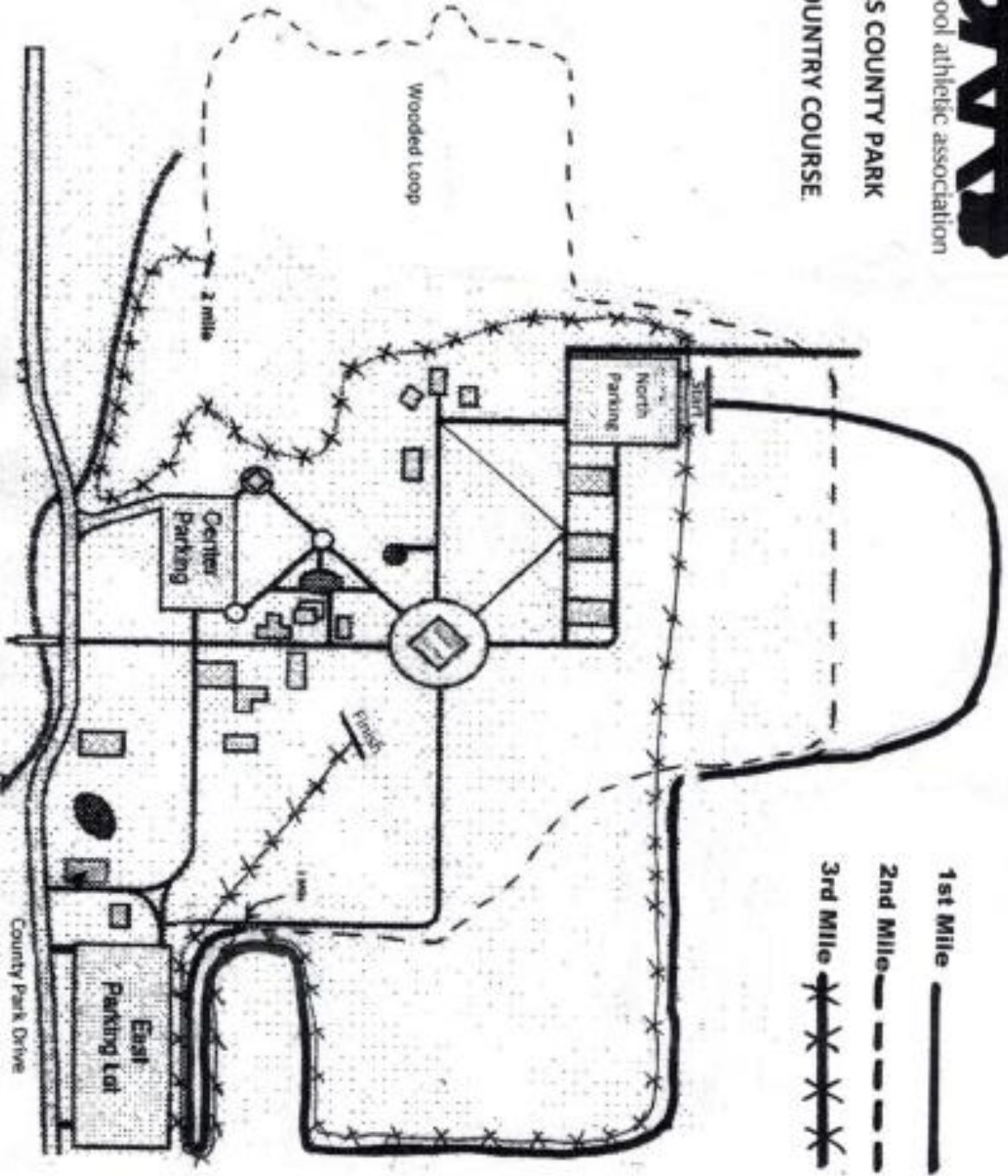
| | |
|------|---|
| 2000 | Ryan Sucharski |
| 2001 | Ryan Sucharski |
| 2005 | James Courtney |
| 2007 | Phil Baldick |
| 2008 | Phil Baldick, Nick Culbertson |
| 2009 | Nick Culbertson, Kyle Allinder, Stephen Orr, TEAM (Blake Ryan, Jordan Staley, Kyle Lewis, Vince Ferranti) |
| 2010 | Nick Culbertson, Blake Ryan, Stephen Orr, Jordan Staley TEAM (Zachary Thomas, Alex Fauer, Tim Szymanski) |
| 2013 | Brad Bates, Will Saiz, |
| 2015 | Brendan Koch, James Hoefler |
| 2016 | Mitch MacDonald, Zachary MacDonald TEAM (Josh Jaster, Tom Szymanski, David Walker, Sawyer Kisha, Chase Fedolak) |
| 2018 | Joseph Jaster |
| 2019 | <i>you</i> |



DAKOTA COUGARS GIRLS STATE QUALIFIERS

| | |
|------|--------------------------------------|
| 1997 | Jennie Froelich, Kristen Leszczynski |
| 1998 | Jennie Froelich |
| 1999 | Jennie Froelich |
| 2002 | Jenni Culbertson |
| 2005 | Janell Herrick |
| 2010 | Christina Micale |
| 2011 | Marah Pugh |
| 2012 | Christina Micale |
| 2013 | Marah Pugh |
| 2014 | Kayla Dobies |
| 2015 | Kayla Dobies, |
| 2016 | Hannah Faustyn, |
| 2019 | <i>you</i> |

**GOODELLS COUNTY PARK
CROSS COUNTRY COURSE**



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 | 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 | 1:23-1:30 | Catch breath, cheer on team, get water |
| 10 min | 12:30-12:32 | 1:33-1:40 | Meet with Coach at predetermined point on course |
| 15 min | 12:35-12:37 | 1:38-1:45 | Return to tent, change shoes/clothes |
| 15 min | 12:37 | 1:45 | Check in with family/friends at the tent |
| | 12:50 | | Report to start of (next) Race |
| 30 min | 12:52 | 2:00 | Cool Down w/ team (5-20 min) cheering other runners |
| | | | Cheer on other runners in groups at various locations |
| 45 min | 1:07 | 2:15 | Stretch |
| 50 min | 1:12 | 2:20 | 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. | | | |

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 | 11:35 | 12:35 | 10 min light jog | |
| 45 | 11:45 | 12:45 | Stretch / restroom | |
| 30 | 12:00 | 1:00 | 5 min Progressive run | |
| 25 | 12:05 | 1:05 | Ind. Stretching / restroom | |
| 20 | 12:10 | 1:10 | Change shoes/put jersey on | |
| 18 | 12:12 | 1:12 | 3-minute jog to starting line | |
| 15 | 12:15 | 1:15 | Arrive at Starting Line | <i>Run-outs Strides Drills</i> |
| 10 | 12:20 | 1:20 | Team Huddle | |
| 2 | 12:28 | 1:28 | Strip down to Uniform | |
| 0 | 12:30 | 1:30 | Bang!!!! | |

Post-Race schedule

**Minutes
After Race**

What To Do

| | | | |
|--|-------------|-----------|---|
| 0 min | 12:46-12:47 | 1:48-1:56 | Catch breath, cheer on team, get water |
| 10 min | 12:56-12:57 | 1:58-2:06 | Meet with Coach at predetermined point on course |
| 15 min | 1:01-1:02 | 2:03-2:11 | Return to tent, change shoes/clothes |
| 15 min | 1:02 | 2:11 | Check in with family/friends at the tent |
| | 1:20 | | Report to start of (next) Race |
| 30 min | 1:22 | 2:26 | Cool Down w/ team (5-20 min) cheering other runners |
| | | | Cheer on other runners in groups at various locations |
| 45 min | 1:37 | 2:41 | Stretch |
| 50 min | 1:42 | 2:46 | 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. | | | |



DAKOTA CROSS COUNTRY Race Planning Sheet



Name: _____ Grade: _____ Year: 2019

Race: MHSAA DIV. 1 REGIONAL Course: Goodells County 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: MHSAA DIV. 1 REGIONAL **Course:** Goodells County 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 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? _____

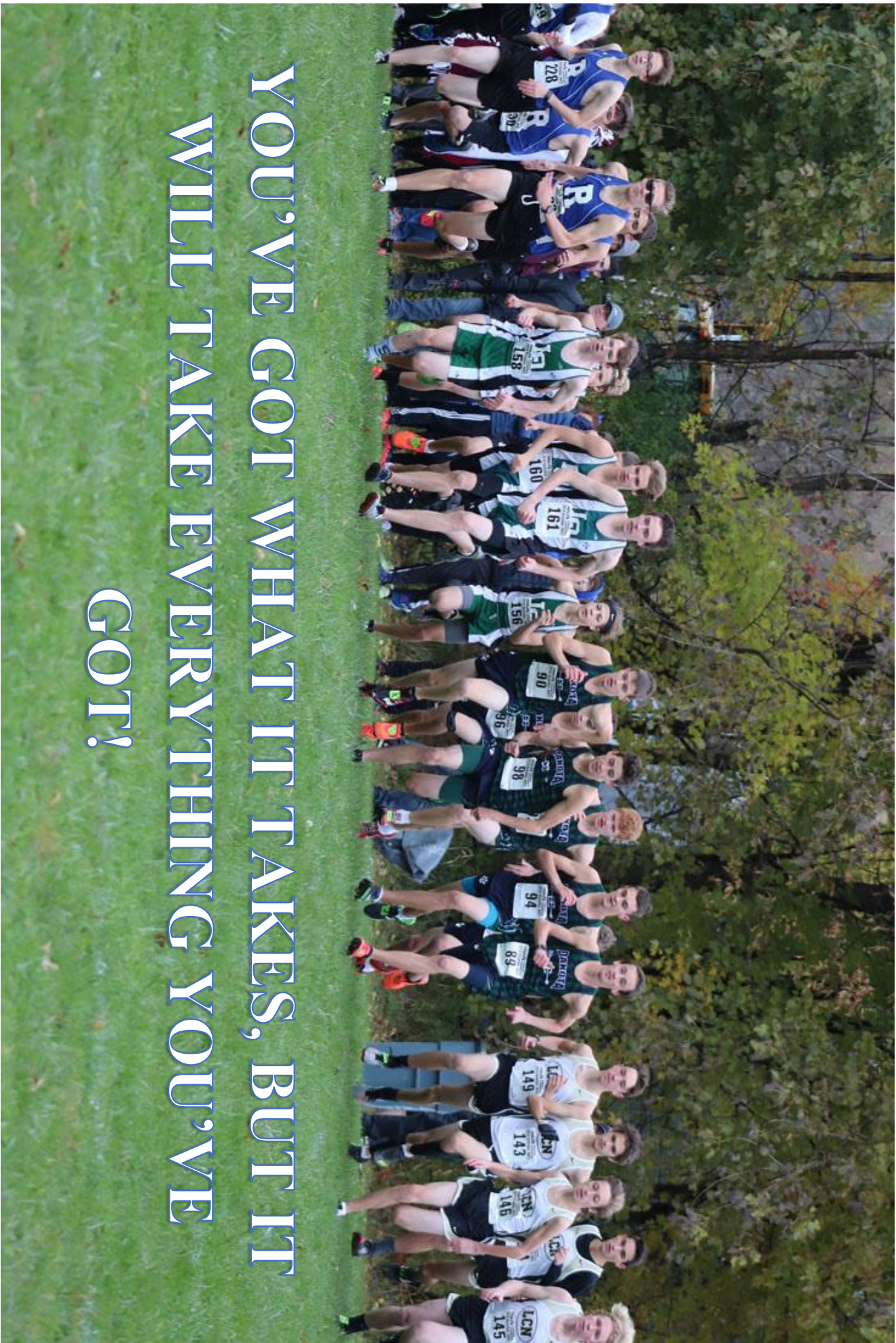
How would you grade your training last week? A B C D E

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? _____



YOU'VE GOT WHAT IT TAKES, BUT IT
WILL TAKE EVERYTHING YOU'VE
GOT!

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