

# Hampshire Invitational 2009 Coach Comments

Please take time to read everyone's comments. This was a team effort.

What a truly remarkable performance by everyone. Everyone dug down and gave it everything they had. I was a little worried just after the start when I had seen some of the other teams sprint out to take the lead. You did not let that bother you and remained confident in yourself. All of your hard work and dedication throughout the season so far is starting to pay off. Strong packing and tough, aggressive running came through. You are receiving more and more of the recognition that I knew you deserved all year. Enjoy that as well. This season is going by very fast. We have developed close friendships and strong memories that will last a lifetime. I told you this before, but even today, some of my best friends are teammates I ran with in high school, which was 20 years ago. I hope that you all can keep in touch like that as well. Already, your stories about each other, the practices, the runs, etc. are becoming legend. What can you add to the legend between now and the state qualifying meet?

I have been bragging about you all to the school, the administration, my family, my friends, and my former coaches. Everyone is so proud of your accomplishments this year. I have been looking at other team's results who we will run against at the state qualifier and assembled team points based on performances this year. I believe we are seeded 3rd, but depending on how we do running against them at the same time, we could win, but if we have a bad day, we could finish out of the top 3. I will not that happen. You have worked to hard all year not to qualify. Remember, only the top 3 teams qualify for state.

Although there are no guarantees in the state qualifier, as long as you RUN WITH PRIDE AND INTENSITY you will make it. Do not settle for less. You have been in pressure situations before and do not let the intensity of that meet bother you. Just keep doing what you have been doing!

1st) Connor - OVERALL CHAMPION (18:12, previous best 18:20) - You ran the best race of your life. You did not get caught in the fast early pace and knew that the lead runners in the beginning would tire quickly. I saw that when you moved up and took the lead. You picked it up and passed 5 guys and did not look back. Your time on Saturday was 20 seconds better then the guy last year who won the state qualifier. Way to go on your 1st overall 1st place finish. How many more can you get between now and the end of your senior year?

10th) Mason - (19:26, previous best 19:45) With every race that you run, you are becoming more confident in your abilities. You ran a perfect race today. You maintained a comfortable pace in the beginning, picked it up in the middle, and had a nice finish. You are a very important part of our team. Congrats on getting an award for your 2<sup>nd</sup> meet in a row.

16th) Kevin - (19:58, previous best 21:08) What a remarkable race by you. You gave it everything that you had. I know that your legs have been bothering you and you have been sick lately. This is the only reason why you did not have a strong finish and was caught by the 15<sup>th</sup> place finisher at the end. Even when you are not at your best, your time today was the same that Connor ran at the state meet last year, and he finished 92<sup>nd</sup> and was the 9<sup>th</sup> best freshmen. You should be very proud of your effort today. You are one of the better freshmen in the state. Congrats!

21st) Taylor (20:26, previous best 20:40) and 29th) Ronel (21:14, previous best 22:23) - The same comments apply to both of you again today. We needed you to run a great race

and you sure did. You accepted the challenge and conquered it. You hung tough and continued to move up, at the end, you both ran your best times of the year. Many times, teams have good 1<sup>st</sup> three runners and their 4<sup>th</sup> and 5<sup>th</sup> guys finish near the end, but we have GREAT 4<sup>th</sup> and 5<sup>th</sup> guys. You continue to get better each race. You are a very important part of our success.

47th) Alex – (23:16, best 23:07) What a great way to celebrate your birthday. You were the 6<sup>th</sup> guy on a team that earned a plaque at a big invitational. You should be proud of your efforts today. I know that you will continue to improve over the next few weeks. I asked you this before, but can you break into the top 7 in the next 2 weeks? If you think you can, you will!

56th) Theo – (24:30, previous best 25:10) Super! Super! Super! What a great race for you. You did everything right and passed people the entire race and earned your best time of the year. You looked more comfortable and stronger at this meet than I have seen you run in the past. This was a total team effort.

61st) Brett – (25:09, best 23:45) See what you can do when you put your mind to it. Your times keep getting better and better each week. When you are in the middle of a race, sometimes a little voice inside your head makes you think that you are tired, and when that happens it is difficult not to listen to it. Just ignore that voice. Your training and endurance will carry you through it. I promise you that. If you run through the pain, it will go away. Just stride out and fight through it. You are better than you think!

38th) Melanie (37:06) and 39th) Ashley (37:51) – First of all, let me apologize to you that the meet start times changed and they decided to run all of the girls at the same time. I wish they would have told me about this, but I just found out when I got there. Thank you for agreeing to run with the boys. This was a great race for you. I know it is very hard to run when you do not have anyone near you. It is called “no mans land.” If they would have started the meet as planned, you would have been running around people. This was great race for both of you. I am glad that you are part of our team. You went out strong, and finished well. When you run a cross-country race, it is difficult to understand what is involved, but I know that you both understand that already as you have run street races before. Congrats on a terrific 1<sup>st</sup> race in cross-country. Welcome!

Coach