

Cross Country Meet 9-2-09 Recap

Please do not get discouraged about our team place. I am not worried about that at this point. In cross-country, although it is nice to place well during the season meets, the meets at the end of the year are the most important ones, especially the qualifying meets for state. Remember, just like last year, we are still a really young team and were probably one of the youngest teams out there. Most of the teams that were there yesterday are from larger schools which we will not be running against at the end of the year, and this was a varsity race. Although I was not there yesterday to see you run, I can see based on your times that all of your hard work in practice has paid off and the best is yet to come. We will continue to get better as the season goes on. Please keep the positive attitude. Just remember that Michael Jordan was cut from his varsity basketball team when he was a sophomore. His hard work and perservance paid off and look where he ended up. Each and everyone of you have that dedication.

Here is what we did:

| <u>Runner</u> | <u>Time</u> | <u>Last Years Time At Same Race</u> | <u>Team Place</u> | <u>Overall Place</u> |
|---------------|-------------|-------------------------------------|-------------------|----------------------|
| Connor | 19:29 | 21:10 | 66 | 74 |
| Jerry | 23:23 | didn't run xc | 139 | 193 |
| Taylor | 23:41 | didn't run xc | 141 | 197 |
| Ronel | 24:52 | didn't run xc | 148 | 207 |
| Dustin | 26:18 | 25:18 | 155 | 219 |
| Brett | 26:25 | 27:51 | 156 | 220 |
| Price | 26:31 | 30:36 | 157 | 221 |
| Joe | 28:34 | didn't run xc | | 233 |
| Theo | 28:45 | didn't run xc | | 234 |

Connor - great job, you continue to get better with every meet. You were 1:41 faster than you were last year at this point and just 5 seconds behind what you ran at the state meet last year. You will be a factor to contend with.

Jerry, Taylor, Ronel, Joe, and Theo - Congratulations on a successful 1st high school cross-country meet. You should all be proud of your time. Next time you race, you will know what it feels like to run a 5k. Continue to work hard and your times will come down, I guarantee it. Welcome to high school cross-country

Dustin - Eventhough your time was a little slower than last year, still keep focused. You continue to get better each day and before you know it, you will be in the low 20's. I appreciate your senior leadership.

Brett - Great improvement from last year, almost 1:30 faster. I know that you've had a bad hip and haven't practiced that much because of that and see what you can do. Now that you are starting to feel better, think big, there is know telling what you are capable of.

Price - Like Brett, you also showed a large improvement from last year, an impressive 4:04. What a fantastic job and you should be proud of that. Keep up the hard work and your positive attitude.