

July 18th Mammoth Qualifier 1.5mi time trial.

Ardis	Matt	9	12:33.4
Blais	Devon	9	x
Garza	Craig	9	9:54.7
Chapin	Andrew	11	9:15.4
Fick	Steven	11	8:45.2
Freeman	Noah	10	8:12.8
Gibbons	Devin	10	x
Greenberg	Matt	12	x
Harris	Chris	12	8:11.3
Harris	Blake	11	x
Kim	James	10	12:17.7
McDevitt	Peyton	11	8:38.8
Sabatini	Mike	9	x
Moreno	Dominic	10	10:41
Norrbom	Michael	11	x
Perez	Fernando	10	9:18.6
Powell	Brandon	12	x
Quezada	Jose	12	8:48.2
Ritchie	Hayden	10	8:09.4
Robelo	Eddie	12	x
Robert	Anthony	10	10:54.7
Rodriguez	Dakota	12	x
Ron	Ian	9	8:19.7
Shapen	Parker	10	9:46.5
Thornburg	Chris	9	x
Talbott	Hunter	10	8:40.4
Wallace	Parker	10	8:56.1
Welty	Logan	12	8:27.2
Wilch	Nathan	10	x
Wilch	Jesse	10	x
Nepesa		10	x
Loza		12	10:20.5
Potenza		9	11:45.1

I was quite pleased with the performances today despite there being a handful of athletes missing from this very important time trial. Over the course of the next week, Coach Collins and I will be making our decisions on who to take to Mammoth. Rule of thumb, if you miss both of the Mammoth Qualifier time trials, you cannot go to Mammoth. Sorry. Aint Happening.

There were No Personal Records amongst the seniors that ran this evening. Why you might ask? Well to get a PR, first of all you have to race. Second, you have to prepare for time trials and by not missing practice. For those of you that can answer "Coach, I raced and I have been at most if not all the practices this summer, and yet, I did not PR". My answer to you is, well, we've been running a lot of mileage. Your bodies are beat up, and I'm not necessarily expecting PR performances right now. Keep working hard **Harris, Welty and Quezada**. You will see your times really drop a month from now. Don't back down. The important thing for all three of you, is that you are healthy and you are coming to practice consistently.

Chris Harris: Is having the best summer of his life. He has not missed one practice, he has not had to cut himself back from any of the runs, and he is setting the perfect example for all athletes at Esperanza. To all my F/S kids on the team, Chris is exhibiting the perfect example of what a varsity leader on this team should do, and he does this every day by working hard and not missing practices. Very proud of his work ethic thus far this summer.

Juniors:

We are a very small team right now. With Blake taking it easy with his knee, **Peyton McDevitt** proved to everyone that he means business. He's working hard, coming to practices as regularly as possible and he's really growing into a runner. His big season will be his senior year if everything lines up perfectly. He was able to shave off 6 seconds despite putting in a very tough week of mileage, this week, and he has found himself in the hunt for a spot to Mammoth.

Steven Fick: Is healthy, working hard and is running personal bests again. If you can't remember or didn't know, Fick ran one race in track season, running a personal best of 5:15 for the mile before breaking himself the last 50m of that race. Out on crutches due to a hip-impingement, he has found himself once again in shape and ready to tackle his goals.

Andrew Chapin: Had a decent-sized PR but I still expect he's capable of giving more. I still have yet to tap into the beast he has within. He wants it, but is he ready to go above and beyond what's being asked of him to get it? He made the decision to commit to the team this summer in order to set bigger personal bests this fall. Last summer, Andrew spent a lot of time in El Salvador with his family, and as a result, he came into season last year not in the shape he wanted to be in. There are good things to come in Chapin continues to work hard.

Sophomores:

Hayden Ritchie FTW!!! Sophomore Ritchie took the lead the last few minutes of the race to seal the victory ahead of senior Chris Harris. Ritchie went from 8:34 to 8:09, and I'm certain there isn't another guy on this team that wants it more. Ritchie is constantly pushing the pace and asking to go more. As a coach, I LOVE IT! But at the same time, there are crucial lessons we need to learn here. Our bodies can only handle so much, and while revving the engine each and every day certainly has its reward, too much revving can lead to malfunctions. And I always say, you can't run fast if you're injured. Learn to let others lead, take and learn all that you can from the senior leadership on this team this summer, because if nobody challenges you, this will be your team soon enough Ritchie. A good person to gauge

off of would be Chris Harris. Emulate his work ethic, leadership maturity, and his dedication and sacrifice for the team.

Freeman: Close on Hayden's heels, but he needs to learn how important it is for him to be here each and every day. The future is bright for Noah, and I want to make sure he is getting everything out of himself. A good lesson for everybody to take away from Freeman, would be the talk I had with him this evening. I asked him why he wasn't at xfit practice at school this morning. He was honest and upfront with me that he felt he would do better in the time trial if he didn't race. While this may be true, and I appreciate his willingness to give the race an honest effort, I had to remind him, that in the long run, I really do not care how you do in this first time trial. Nobody cares, how fast you run in the 1.5 mi River Trail Time Trial that takes place in July. **What matters is how you perform when it matters most. For Freeman, this will be the month of November.** Missing practices adds up, and I don't know what the magic number is for missed practices and still making it to CIF as a team.
More PR's:

Talbott: 8:40 – Starting to figure it out. This kid has the stuff to be great, and he's on the path toward a VERY good season. As a F/S team, we are going to be VERY strong. With the Wilch twins, Ritchie, Freeman, Talbott and any one of the guys below...AS well as any freshmen that might crack this list, we have a chance to WIN a lot of meets this year. Let's not forget how badly our f/s team lost to Yorba Linda last year. The mustangs are a brand new school that is getting stronger each and every year. Our varsity team has yet to lose a competition to them, but they toasted our f/s guys each of the past two years. Times are a changing if we don't put in the hard work. **Dark Horse: Wallace.** The kid is out of shape and runs a PR. How good can he be if he was 100% dedicated or worked as hard as Ritchie. It's not too late Wallace. This team's future when you guys are juniors and seniors is bright. Where do you want to be your senior year? On the JV team or on the Varsity team?

Wallace: 8:56

Perez: 9:18 Mental barriers are breaking each time he toes the line. He's healthy, dedicated and works his butt off. Bigger things are yet to come.

Shapen 9:46 Awesome PR. Shapen has a long road ahead of him, but when he grows up, his hard work will finally pay off. I'm predicting 18:30s give/take for this guy this season a huge improvement from where he was last year. Varsity is on the horizon. All you guys better watch out, because as soon as he grows up and into those legs of his, he's going to be turning heads and dropping jaws.

Moreno: 10:41- About a minute off from last year. Baby steps. Run every day and continue to do the small things. Your legs might just need 30-60min of good, hard plastic rolling out every day. If that's what it takes, that's what it takes. Some day Moreno's legs will be able to keep up with his heart. He wants it. He has to figure out how he will get himself there.

Robert: 10:54 – HUGE PR. Anthony continues to make huge leaps and gains. I'm excited to see the progress he will make this Fall.

Kim: 12:17 – 1st time racing. It will come. He has potential.

Freshmen:

We had four freshmen compete this evening: Ian Ron, Craig Garza, Nick Potenza, and Matt Ardis. We need more bodies. We had a handful of freshmen who were not here, but we also need to do a better job recruiting and getting friends out. We have a bright future ahead of us. As soon as I have all of you believing in the plan, the higher we'll finish at state. That's right, I said state. With the team we have right now, we have the potential to go to D-3 State Championships within the next two years. This is what I truly believe. I plan on helping us get there by always challenging you to give your best. That's all it takes. With the people on this team, right now, if everyone was to bring their best each and every day, it would be too easy how badly we would destroy the competition these next few years. I hope our early success this season in races will inspire you to dream big.

But sadly, until we begin show up consistently with a hunger for hard work, we'll continue to be just an "OK" cross country team. I am not OK with this.

Ian Ron did something tonight that hasn't happened in 7 years. He is the first 9th grader to crack the top ten list since 2008 when we had four runners crack the top 10. That was the best incoming class of freshmen Esperanza has ever seen. Below is the previous list of freshmen. I see a lot of potential in Ian Ron, the man with two first names. He has a positive attitude, a great work ethic, and he loves running. He has a bright future, and I love the fact that he is bringing friends out to the sport. Devon Blais has a lot of potential. Keep bringing these guys out and build this team around you in the future.

- 1 7:58.3 Elliot Myers 2007
- 2 8:02.3 Tyler Schieldge 2006
- 3 8:11.0 Tyler Thomas 2004
- 4 8:11.1 Scott Chadez 2003
- 5 8:16.6 Thomas Bahra 2003
- 6 8:31.7 Thomas French **2008**
- 7 8:31.8 Kyle Cox 2005 7:50.0
- 8 8:34.2 Moses Wendorff **2008**
- 9 8:34.3 Jacob Mayans **2008**
- 10 8:34.4 Ryan Owens **2008**

With Ian's time of 8:19, he bumps Ryan Owens off the top ten list. Owens as a freshman earned his varsity letter. Like I said, the future is bright. The Athletes of the Time Trial have to go to Hayden Ritchie and Ian Ron. Hayden for winning the time trial and learning a lot about himself....and Ian for breaking a 7-year streak by solidifying himself as the 6th fastest incoming freshman Esperanza has ever seen. We run this time trial one more time this summer. Ask yourself: How much faster can I go?