

Race Conditions were a lot cooler and more ideal for racing than Century League Preview. Overall, 9<sup>th</sup> graders placed 10<sup>th</sup>/19 teams. 10<sup>th</sup> graders were OCSS Champions, and Varsity finished 6<sup>th</sup>/20 teams.

**Orange County Championships  
10/17/2014**

<b>3:00 PM</b>				
<b>Freshmen</b>	<b>PI</b>	<b>Time</b>	<b>PR</b>	<b>CLP</b>
Ron	2	18:39	17:16	17:57
Lima	x	x	18:23	18:23
Garza	1	18:24	17:45	18:31
Schaad	4	20:19	19:25	20:25
Kwon	3	19:56	20:02	20:55
Thornburg	5	20:42	19:41	21:35
Hedrick	x	x	22:35	23:14
Potenza	7	24:36	24:42	x
Phethean	6	21:22	21:56	21:56
Lovest	x	x	x	x

<b>3:45 PM</b>				
<b>Sophomores</b>	<b>PI</b>	<b>Time</b>	<b>PR</b>	<b>CLP</b>
Gibbons	3	17:30	16:53	17:43
Girgis	13	22:14	22:58	22:58
Kim	11	20:45	19:19	21:48
Moreno	12	21:54	21:25	22:27
Nepesa	10	20:36	19:30	x
Perez	9	20:36	19:31	20:44
Robert	14	23:00	21:41	22:33
Shapen	8	19:59	20:01	20:23
Talbott	1	17:07	17:26	17:58
Wallace	7	18:58	17:03	17:55
Wilch N	6	18:06	17:13	18:17
Wilch J	4	17:47	16:46	18:59
Ritchie	5	17:49	16:38	17:43
Freeman	2	17:25	16:34	17:17

<b>Varsity 4:30 PM</b>				
		<b>Time</b>	<b>PR</b>	<b>CLP</b>
B Harris	1	15:35	15:15	16:11
Harris	2	16:46	16:13	16:58
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Welty	5	17:42	17:05	17:28
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Robelo	7	18:30	17:08	18:16
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**Improvement from Century League Preview**

**Indicates a Personal Record**

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Phethean	6	21:22	21:56	21:56
Lovest	x	x	x	x

We're continuing to see improvement as a 9<sup>th</sup> grade squad. With three personal bests today, Nikolas Potenza had a 6-second PR to finish just his second race of the season. With more days under your belt, expect to have significant improvement with each healthy day of training you're able to tack on.

Charles Phethean has PR'd in every single cross country meet this year. He's slowly starting to figure it out, and shaved off 34 seconds off his previous time on this course. That's an average of 11 seconds a mile faster than last time. Way to go. Trust yourself and keep on trucking.

Chris Kwon improved almost an entire minute from his last time on this course, and shaved off 6 seconds off his personal best to break the 20 minute barrier for the first time in his career.

Up front, Garza, Schaad and Thornberg all ran faster than they did at Century League Preview. As a team, we should have placed higher than 10<sup>th</sup> place, as the absence of Lima-Sabatini hurt our standings greatly.

Good news, Craig Garza joins Lima and Ron as being able to say he was the #1 freshman for the team. Although Ron didn't have the best of races, he still went out and put himself in the mix where he belongs. Although he faded throughout the race after having been in the front pack, you looked good. It's a matter of getting that ankle healthy and logging consistent training. Having a solid 1-2-3 is great, and the fact that all three of you have beaten each other in at least one race is great for the future of this team. Don't settle, and always give your best.

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Last year as a 9<sup>th</sup> grade team, we placed 10<sup>th</sup> out of 20 scoring teams. Well what about this year? Champions.

We worked our butts off the past year. There have been 3 different #1 sophomores on the team this year alone. Hayden Ritchie, Noah Freeman and now Hunter Talbott can all claim to have finished as the #1 tenth grader on a very deep 9<sup>th</sup> grade squad.

Gio Girgis took off nearly 15 seconds a mile from his last race to this one. That's great improvement, and the easiest way to keep the ball rolling is to make it out to practice each and every day. Keep up the good work.

Parker Shapen joined the sub-20 minute group for the first time as well, as he shaved off a few seconds to drop in to the 19 minute range.

Anthony Robert had some questions after the race. "How come I ran what I ran?" "Why did I run slower today than last time, even though today was better race conditions? To answer Anthony simply, you know, I don't know. The beauty of this sport is that the time between each race allows you to assess your performance and figure out the answers to these questions. Most often than not, it's a lot of the simple things that get overlooked. (Sleep, Hydration, Consistency) Other times, with Anthony's case, everything lines up accordingly and you just don't have it in your legs on that day. Everybody has off-days. It's completely natural. It's your job as athletes to figure out what works for you and to self-reflect and think about what you could have done differently. Robert had a great summer of training, and very seldom misses practice. Robert is always giving his best in practice, and has a positive attitude. You're not sick. You're not injured. Chalk it up as an off-day and trust in yourself and in your training. You'll bounce back buddy and the last two meets of the year are going to be a lot of fun. Get ready to fly!

Hunter Talbott continues to improve each week, as this was the first time all season that he beat both Ritchie and Freeman head-to-head. Coming off the first hill, Talbott had moved up from 2<sup>nd</sup> or 3<sup>rd</sup> man on the team, to first man and top 10 in the race. There was no hesitation as he passed most of the field on the first downhill section of the race. It was like he belonged. All throughout the race, Talbott held on to that front pack, always within a few seconds of the leader. He looked strong and poised throughout most of the race. I wasn't expecting Talbott to come out here and challenge the rest of the field, but that's exactly what he did. 6<sup>th</sup> place is great in the race, but I could speculate that Talbott still hasn't figured out how to tap into the beast within. It's another large step in the right direction. Good stuff.

As we approach League Finals, this sophomore squad that had 2 in the top 10 last time out needs to scope out the competition. Canyon and Brea each have some solid frosh-soph runners. Canyon's sophomores won their heat on Saturday, and Brea is split between 9<sup>th</sup> and 10<sup>th</sup> grade scorers, which is one of the reasons why our 10<sup>th</sup> graders took first and Brea's took 4<sup>th</sup>. (Brea also has 3 sophomores in their top 7, but we won't go there yet).

As a frosh-soph squad, we are strong and we are deep. If everybody puts together their best performance at league finals, we have a *shot* at being Century League F/S Champions. At the same time, we can finish as a very close 2<sup>nd</sup> or even 3<sup>rd</sup>. It really is *that* close. Top 10 in league receives All-League Honors. There are about seven of you sophomores that with the right race, you could find yourselves in the mix next month at Yorba Regional Park.

It's important that we not let up. Don't coast the speed workouts. Don't skimp on the recovery process. Do eat healthy, nutritious meals. Do get to sleep at a decent hour and sleep on average 8 hours a night. Don't miss practice, and if you have to miss, don't let the team down by logging a 0 in your training log. Let's make sure we communicate with coach and our teammates as you don't want to be the person responsible for the team missing it's goal by one person....two spots....three seconds....."Coach, if I had just leaned at the line and not let that Canyon kid pass me, we could have won....It is really that close. Believe and do your best each and every day. Trust that your teammates will be there with you when it matters most, and encourage them along the way.

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Although there were no personal bests from the varsity squad today, there was still improvement made from the last time we ran this course. In 2013, we were OC Small Schools Champions. This year, we took some notable hits to the team, as Logan Fry moved away and Brandon Powell is out for the season. Prior to the start of the season, I would have stated we were in contention for repeating. Had everything gone according to plan, chances are we would have finished in 2<sup>nd</sup> place just behind Yorba Linda. But that isn't the case, and when things happen, you have to reassess your team goals. Heading into Friday's meet, I was hopeful that we could finish in the top five teams. We finished in 6<sup>th</sup> place, just 13 points behind from Buena Park. You have to walk away feeling some sort of satisfaction from doing as well as you did.

Blake Harris set himself up for the win and looked smooth and effortless all the way through. Going into the race, his game plan was to run relaxed that first mile and move up. As a result of going out slower, his middle race was more pushing the pace rather than hanging on. There is a time and a place to go out hard and race with guts. There is also a time and place to run smart and run your own race. Sometimes the difference between running 45 seconds faster is taking that first mile out 5-10 seconds slower than normally. You can't teach front-running. Either you have what it takes mentally to put yourself in the mix, or you don't. Blake belongs in the front of races. He ran a terrific race and set himself up for the victory. I bet you Henry Silva did not toe the line thinking he had a shot at the title. All he did was put himself right behind his teammate Joseph and right behind Blake and let them lead the race. He ran a smarter race, and I would say Blake ran a tougher race.

Blake was the 23<sup>rd</sup> fastest Orange County Runner in the year 2014 with his time of 15:34. This puts him tied for #9 All-Time Aztec, and tied as the #4 Junior All-Time on this course. It's a pretty good sign when you go from #97 All-Time as a sophomore to #9 All-Time as a Junior. Great Race.

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Focusing on the positives, although we were unable to field a full JV team today, every single one of you guys ran faster than you did at Century League Preview.

Peyton McDevitt returned to action running a very solid time of 17:48 which puts him at 10<sup>th</sup> man for the Aztecs on the day. McDevitt went through a period of inconsistency. He was sick, and was unable to complete the runs and workouts. Only a few days before OCC was he able to get the full workload in. All things considered, he ran a great race. He earned a medal in the JV race, and ran 1-second faster than both Ritchie and Fick who are solid varsity guys. Next year, watch out for this guy to turn even more heads as he grows into those long legs of his. Great work

**Top 10**

Harris B	15:35
Harris C	16:46
Talbott	17:07
Rodriguez	17:17
Freeman	17:25
Gibbons	17:30
Quezada	17:35
Welty	17:42
J wilch	17:47
McDevitt	17:48

Athletes of the meet: The entire Sophomore squad. From 10<sup>th</sup> place last year to 1<sup>st</sup> place this year. Hard work is hard to over look. Individually, Hunter Talbott and Parker Shapen are athletes of the meet. Talbott for stepping his game up, and Shapen for running under 20 minutes for the first time in his career.