

Century League Finals 2013

JV 1:30 pm	League Finals	PR		F/S 2:30 pm	League Finals	PR	
Javin	16:57	16:51		Harris B	16:26	16:35	-9
Grossman	17:14	17:08		Romero	17:40	18:11	-31
Magana	17:42	17:19		Norrbom	18:08	17:44	
Greenberg	17:24	17:07		Chapin	18:28	18:47	-19
Worden	17:11	17:15	-4	Fick	18:49	18:38	
Jose	18:10	17:23		Buschini	20:57	21:16	-19
Robelo	18:48	17:45		Wilch N	17:13	18:22	- 1:09
Max	18:06	17:39		Tecker	18:10	18:46	- 36
Castro	19:28	17:56		Gibbons	18:13	18:48	- 35
Hunter	18:42	17:29		Wilch J	20:09	19:04	
Jeong	17:44	18:00	-16	Wallace	19:59	19:40	
Loza	20:30	19:30		Welty E	19:16	19:42	- 26
League Finals				Ritchie	18:46	19:43	- 57
Varsity 3:30 pm	League Finals	PR		Freeman	18:54	19:43	- 49
Park	15:57	15:42		Welty C	19:37	19:55	- 18
Powell	15:48	15:58	-10	Moreno	22:01	21:54	
Mosqueda	16:26	15:46		Nepesa	22:00	23:50	- 1:50
Fry	16:15	16:21	-6	Shapen	22:39	23:31	- 52
C. Harris	16:33	16:39	-6	Perez	22:06	22:33	- 27
Dakota	16:32	16:24		Mackenzie	x	24:18	
Welty	17:05	17:06	-1	Robert	27:15	27:41	- 26
				Talbott	x	19:31	

(time trial results found at the very bottom)

Frosh Soph

F-S BOYS	Preview	Finals	Total	Place
BREA OLINDA	5	18	23	1st
CANYON	6	15	21	2nd
EL MODENA	4	12	16	3rd
ESPERANZA	0	9	9	4th
VILLA PARK	3	6	9	4th
FOOTHILL	2	3	5	6th
EL DORADO	1	0	1	7th

F/S Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7
Results - Men									
1	Brea Olinda	37	2	3	7	11	14	15	16
	Total Time:	1:23:41.70							
	Average:	16:44.34							
2	Canyon	46	1	6	8	13	18	27	31
	Total Time:	1:24:32.30							
	Average:	16:54.46							
3	El Modena	111	10	19	23	26	33	41	45
	Total Time:	1:27:53.80							
	Average:	17:34.76							
4	Esperanza	114	5	12	25	35	37	38	44
	Total Time:	1:27:38.40							
	Average:	17:31.68							
5	Villa Park	116	20	21	22	24	29	36	39
	Total Time:	1:28:20.40							
	Average:	17:40.08							
6	Foothill	137	9	17	28	40	43	46	49
	Total Time:	1:29:02.10							
	Average:	17:48.42							
7	El Dorado	142	4	30	32	34	42	47	48
	Total Time:	1:28:47.90							
	Average:	17:45.58							

I am so excited!!! The future looks so bright for us. The first thing I NEED to point out is that for those of you that don't remember, we placed 7th out of 7 teams at Century League Preview. We finished 4th in League, surprising everybody I'm sure. AND our team time was faster than El Modena's. We're in the mix guys. Now we start our climb.

At Century League Preview, we were without our lead sophomore Blake Harris, and sophomore **Michael Norrbom** (17:44) was running super sick, and his illness really knocked him out much of the 2nd half of the season. Sophomore Andrew Chapin was our first man, sophomore Tim Romero was our 3rd man, and freshmen David Tecker and Nathan Wilch rounded out the top 5.

CLP Place	Top 7	Time
49	Chapin	18:51
60	Romero	19:12
63	Tecker	19:17
70	Fick	19:22
72	Wilch N	19:25
75	Talbott	19:31
79	Gibbons	19:40

League Finals	Top 7	Time
5	Harris B	16:26
12	Wilch N	17:13
27	Romero	17:40
41	Norrbom	18:08
43	Tecker	18:10
45	Gibbons	18:13
60	Chapin	18:28

The Frosh Soph squad came out of nowhere to place 4th at League Finals. At Century League Preview, **Blake Harris** ran up at the Varsity level. Blake's leadership really helped the team do well out there at league finals. Blake's overall performance today had him tied as 4th man on the team, his highest finish yet. He placed 5th overall and earned All Conference F/S Honors.

There are no timeouts. It's a mess of runners, changing positions, battling it out for 3 miles, trying to outlast and out run the other competitors. It's competition at its finest. Everybody is struggling, battling the demons within. The battles we fight within ourselves each and every time we toe the line determine how tough we really are. Cross country is 90% mental and 10% physical.

The true beauty about the sport of cross country, is that if you're willing to put in the work, the harder you work the more satisfied you will be. **Tim Romero** has found his stride. To go from 19:12 to 17:40.....in the span of just one month is huge.

Cross Country is a game of what ifs. What if I came to practice every day during the summer? What if I ran a little bit harder each day in practice? Instead of going through the motions, running with runners on the team who are minutes behind where you truly could be if you went for it, I need you **ALL-IN** Tim. If you had run just 4 seconds faster, we could have finished 3rd in league. ☺

The last month Tim has really turned it on. I don't know what it was that motivated him to step his game up, but it was enough for him to go from 60th place to 27th place, knocking -1:32 off his personal best. One month ago, Tim Romero's PR was 19:12. If you look at the TIMES BY YEAR Page under Records, you can see Tim's progression as he PR's at Mt. SAC, Places 2nd place at Apache in another PR, and then busts a huge 31 second PR when it counts the most.

Track season baby. Let's put the work in this offseason.

While **David Tecker** fell from 3rd man at the preview meet to 5th man on this squad, he also passed 20 more Century League runners and dropped a minute and seven seconds off of his time the last 5 weeks of the season. I was super impressed with David's work ethic, all season long. He established himself in the front of the pack on training runs, and constantly put himself in the mix with varsity runners. He bought some flats, put some speed under his belt, and not only did he break 19 minutes, but he came within 10 seconds of running in the 17's.

We just did a time trial and David ran 5:26 to end the season. That's a fantastic time. However, David is a very good athlete, and he's currently on Coach Isaac Owen's radar as a player with a lot of potential in volley ball.

Coach David Cummings 9th grade PRs: 18:36 3 mile, 4:56 mile. (First mile race of the track season was 5:29 in March)

David Tecker: 18:10 3 mile. 5:26 mile at end of season time trial in November.

Devin Gibbons: 18:13 3 mile. 5:34 mile end of season time trial in November.

Why do I bring this up? Because if you can run that time right now, where do you think you can be in March? Or in May? I went from 5:29 in March to 4:56 in May.

I have no doubt in my mind that David will earn his letter next year in cross country. The question is, how fast does he want his time to be? **Devin Gibbons** and David Tecker have both gone back and forth, with Devin really stepping his game up the last half of the season. Devin has a lot of untapped potential, and I can't wait to see how his story unfolds. Coach Chris Collins and I had a few conversations over summer about what we saw in him. Glimpses of greatness. Devin, You learned a lot about yourself this season, but I truly believe I can get you to make the leap to Varsity next year. I hope this friendly rivalry that Gibbons and Tecker have established continues on into their sophomore year.

We had to shut **Hunter Talbott's** season down at the very end. A small calf injury is sometimes enough to ruin a season. It's unfortunate that Hunter got hurt, as he very well could have found himself in the high 17's, low 18's at league finals. Hunter has great form when healthy, and hopefully this short break will be enough for him to recover and get back to where he really belongs. He finished 6 seconds behind Nathan Wilch with 5 weeks to go in the season.

Hayden Ritchie and Noah Freeman had BREAKOUT races. Going into league finals, they both shared the same PR, 19:43. Well, by the end of the 3 mile race, Ritchie had run 18:46 and Noah had run 18:54. Freeman appears to have a little more leg speed, and Ritchie might be a little stronger, although I don't know, Freeman did win the 4 Corners Freshman time trial over the summer. Noah ran 5:30 and Hayden ran 5:34 at the end of the season mile time trial. It will be interesting to see where these two guys will be after track season.

Ethan and Carson Welty are fierce competitors. For most of the summer it was Carson taking Ethan in practices, time trials and early season races. With the exception of Mt. SAC, one of the hardest course we run, Ethan bested his brother more times than not. Carson was always close by. I was extremely pleased that both of them broke 20 minutes, and they were able to do so in the last two meets of the year. If they had been on the team last year, Ethan would be our #2 freshman, and Carson would be #3 within seconds of Norrbom's time from last year. I think you both could run in the 17's for sure next year. Make sure you get your runs in during baseball season. Talk to Michael Norrbom about his experience playing baseball at Esperanza.

Nathan and Jesse Wilch, what a season. Noah Freeman, Carson Welty, Hunter Talbott can say they beat him in the summer Rim Crest time trial. David Tecker and Jesse can say they beat him in a couple of three mile races during the season. But Nathan Wilch ran the race of his life at League Finals, and he was outta sight!!!

To put this in perspective, Nathan finished 72nd in league action at Century League Preview. He finished 12th at League Finals. He went from being our 5th man on the F/S squad, to 2nd man, 13 seconds away from earning his varsity letter, and 16 seconds away from the last ALL-League medal. Nathan was 16 seconds away from standing up on the podium with sophomore Blake Harris. Nathan's time of 17:13 ranks as #6 All-Time for freshmen at Yorba Regional Park. Nathan

bumps off Steve Murvin (17:36). Steve Murvin famously would become one of the fastest runners in county and school history his junior year, has he ran 15:10 for 3 miles.

Yorba Regional Park Top Freshman

16:21 Steve Bacchetti	1999
16:22 Patrick Plummer	1996
16:23 Adam Miller	1996
16:40 Mike Chavez	1999
17:04 Shawn Frack	1989
17:13 Nathan Wilch	2013
17:21 George Solomos	1996
17:22 Kyle Cox	2005
17:32 Tyler Schieldge	2006
17:33 Scott Dansforth	1997

Oh and another thing. Shawn Frack in 17:04, yeah he's the school record holder in the two mile at 9:06. Only 9 seconds behind him.

The crazy part about this is that Nathan has an identical brother named Jesse on the team. Jesse had a minor injury during the middle of the season, and it affected his psyche a little bit. This is something we will get figured out, and in no time, Nathan will be looking at Jesse's back down the homestretch this track season. (Jesse was #1 freshman at the end of the season time trial, running 5:24).

We have a SOLID freshman squad, and with numbers like these, and with the potential each of you have, we could have a shot at winning league next year. We'll need to make sure we get a lot of incoming freshmen, so do your recruiting fellas. I want to beat Brea and Canyon and El Modena next year. Let's create a dynasty, and leave an impact on the running world forever. At the very least, make a splash on the Aztec record books.

F/S Athletes of the Meet: Freshmen **Noah Freeman and Hayden Ritchie** for their ridiculous Personal Best, and **Nathan Wilch** for making his mark on history.

Junior Varsity

J.V. BOYS	PREVIEW	Finals	Total	Place
BREA OLINDA	6	18	24	1st
CANYON	5	15	20	2nd
VILLA PARK	2	12	14	3rd
FOOTHILL	4	9	13	4th
ESPERANZA	1	6	7	5th
EL MODENA	3	3	6	6th
EL DORADO	0	0	0	7th

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
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Results - Men

1	Brea Olinda	28	1	2	6	9	10	15	41
	Total Time:	1:21:37.50							
	Average:	16:19.50							
2	Canyon	35	3	4	5	7	16	32	38
	Total Time:	1:22:10.60							
	Average:	16:26.12							
3	Villa Park	85	8	13	17	21	26	31	40
	Total Time:	1:24:31.20							
	Average:	16:54.24							
4	Foothill	88	11	12	19	22	24	29	35
	Total Time:	1:24:39.70							
	Average:	16:55.94							
5	Esperanza	126	18	23	25	27	33	34	42
	Total Time:	1:26:31.20							
	Average:	17:18.24							
6	El Modena	128	14	20	28	30	36	37	43
	Total Time:	1:26:45.00							
	Average:	17:21.00							
7	El Dorado	221	39	44	45	46	47	48	49
	Total Time:	1:42:13.10							
	Average:	20:26.62							

14	Cody Bailey	12	El Modena	(1)	16:45.8	14
15	Connor Lunde	12	Brea Olinda		16:54.1	15
16	Siraj Patel	12	Canyon		16:54.6	16
17	Eddy Paz	12	Villa Park		16:55.6	17
18	Javin De La Torre	12	Esperanza	(1)	16:57.5	18
19	Eric Felipe	12	Foothill		16:59.9	19
20	David Bartolo	11	El Modena	(2)	17:04.2	20
21	Daniel Rosas	12	Villa Park		17:07.5	21
22	Patrick Campbell	11	Foothill		17:11.4	22
23	Matt Worden	12	Esperanza	(2)	17:11.6	23

24	Kristian Bonilla	11	Foothill		17:12.7	24
25	Kevin Grossman	12	Esperanza	(3)	17:14.3	25
26	Liam Neglia	11	Villa Park		17:18.0	26
27	Matt Greenberg	11	Esperanza	(4)	17:24.6	27
28	Bryan Martinez	11	El Modena	(3)	17:27.5	28
29	Stephen Cannon	11	Foothill		17:38.1	29
30	Zach Minert	12	El Modena	(4)	17:39.5	30
31	Anthony Torres	11	Villa Park		17:42.5	31
32	Kyle Potter	11	Canyon		17:42.7	32
33	Nico Magana	12	Esperanza	(5)	17:43.2	33
34	David Jeong	12	Esperanza	(6)	17:44.4	34
35	Aaron Day	11	Foothill		17:47.7	35
36	Jimmy Bonilla	11	El Modena	(5)	17:48.0	36
37	Ben Woodruff	11	El Modena	(6)	17:50.1	37

How we beat El Modena by two points. From 6th to 5th.

El Modena senior Cody Bailey finished four spots in front of Javin De La Torre. Javin crosses the line two spots ahead of El Mo's 2nd man. However, with Matt Worden leading the charge, we put our #2, #3, and #4 in front of El Modena's #3 man. Thank you seniors **Matt Worden and Kevin Grossman, and Junior Matt Greenberg**. In a mere 13 seconds, the three of you earned your varsity letters. Matt Worden also lowered his personal best to 17:11. He was in the 19 minute range for two years before busting out this season. Huge inspiration!

To Make Varsity: One time under 17:00 minutes, or three times under 17:30.

El Modena quickly responded by having their #3 and #4 cross the line. This is where it gets interesting. Placing 33rd and 34th in the race were two rookie runners.

Seniors Nico Magana and David Jeong, two of the smartest young men on campus, as well as captains on the varsity soccer team.... It was the two of them and their combined efforts that helped seal this single victory. By deciding to take up cross country their senior year, spending many hours training during the summer and after school, you Helped us beat El Modena.

El Modena's 5th crossed the line in 36th place. We had both our 5th and 6th men cross in 33rd and 34th, with David being a *displacer*, meaning that he displaced or pushed back El Modena's 5th man another point. THIS WAS THE DIFFERENCE. David ran a Personal Best, shaving off 16 seconds to finish a second behind Nico Magana. What if David didn't run cross country? What if Nico was running without David in front of him? Or right behind him breathing down his neck? Which can happen throughout a race as people move up or fall back.

I believe David's presence in that race helped Nico run faster on an off day. Nico had run a personal best 4 days prior, running 17:19. A very respectable time and well-within range of making varsity. David's 17:44 performance is noteworthy. He is JV Athlete of the Meet.

Varsity

<u>VARSITY BOYS</u>	PREVIEW	Finals	Total Pts	Place
BREA OLINDA	6	18	24	1st
CANYON	5	15	20	2nd
EL MODENA	4	12	16	3rd
VILLA PARK	2	9	11	4th
FOOTHILL	3	6	9	5th
ESPERANZA	1	3	4	6th
EL DORADO	0	0	0	7th

We gave it a good run. 4 out of the 7 ran personal bests. Josh who had been running sick hung on to break 16 minutes one last time. **Juniors Logan Fry and Chris Harris** finished the season with personal bests of 16:15 and 16:33, 6 seconds apiece. **Junior Dakota Rodriguez** ran his second fastest race of his life to finish as our 5th man in 16:32. **Junior Logan Welty** also lowered his personal best by one second as well.

Junior **Brandon Powell** had the biggest PR, running 10 seconds faster, 15:48, as well as receiving All-League recognition with his 20th place finish.

From this race, we return our #1, #3, #5 #6 and #7. We also can insert sophomore Blake Harris into the mix for next year at the #4 spot. We're taking a couple of hits, but in the end were going to be even stronger next year.

Seniors Josh Park and Steven Mosqueda left their mark on school history. They remain on all-time lists for summer records and junior class records. Josh moves up, tied with Coach Chris Collins at 15:42 for 33rd all time. Steven remains at 40th fastest runner in Esperanza school history. Their leadership up front will certainly be missed.

Brandon Powell is Varsity athlete of the meet.

November 8th mile time trial and 4x4 relay races.

Race 1	Mile
Wallace	5:42
Loza	5:56
Welty E	5:56
McDevitt	5:56
Buschini	5:57
Welty C	6:01
Perez	6:21
Nepesa	6:38
Moreno	6:44
Robert	8:01

Race 2	Mile
Ellington	5:22
Mosqueda	5:24
Wilch J	5:24
Tecker	5:26
Jose	5:29
Freeman	5:30
Ritchie	5:34
Gibbons	5:34
Welty L	5:41
Nef	5:48
Castro	5:49

There's Max making a comeback!
Pacing
First Freshman!

Race 3	Mile
Harris B	5:02
Fry	5:04
Powell	5:05
C Harris	5:05
Javin	5:16
Norrbom	5:28
Greenberg	5:33
Hunter	5:33
Romero	5:34
Dakota	5:39
Worden	2:23/5:42
Grossman	5:43

Wanted to PR in the 800 (2:23=4:46 pace)

4by4		
Team Castro	4:14	Greenberg, B Harris, E Welty
Team Mosqueda	4:18	Fry, McDevitt, JWilch
Team Grossman	4:22	Nef, Romero, Tecker
Team Worden	4:26	Jose, Norrbom, Moreno
Team Hunter	4:29	Powell, Perez. Gibbons
Team Max	4:42	C Harris, Loza, CWelty
Team Logan Welty	4:45	Freeman, Wallace, Nepesa
Team Javin	5:03	Dakota, Robert, Ritchie