

Century League Preview 10/1/2014

Irvine Regional Park

PI	JV 3:30	PR	CPR	CLP
2	Greenberg	17:07	17:39	19:30
1	Quezada	17:00	18:16	18:02
3	Norrbom	17:44	20:05	20:20
x	McDevitt	17:11	21:56	x
5	Kim	19:19	x	21:48
4	Perez	19:31	22:33	20:44

PI	V 5:30 PM	PR	CPR	CLP
1	Harris B	15:15	16:59	16:11
2	Harris C	16:13	17:05	16:58
4	Rodriguez	16:24	16:58	17:38
5	Fick	16:48	19:22	17:45
7	Chapin	16:58	18:47	18:52
3	Welty	17:05	17:19	17:28
6	Robelo	17:08	17:21	18:16

PI	FS 4:30 pm	PR	CPR	CLP
1	Freeman, Noah	16:34	19:45	17:17
2	Ritchie, Hayden	16:38	21:07	17:43
10	Wilch, Jesse	16:46	20:21	18:59
3	Gibbons, Devin	16:53	19:40	17:43
4	Wallace, Parker	17:03	20:07	17:55
7	Wilch, Nathan	17:12	18:55	18:17
5	Ron, Ian	17:16	x	17:57
6	Talbott, Hunter	17:26	19:31	17:58
9	Garza, Craig	17:45	x	18:31
8	Lima-Sabatini, Mike	18:25	x	18:23
12	Schaad, Koen	19:25	x	20:25
x	Nepesa, Elijah	19:30	x	x
14	Thornburg, Chris	19:41	x	21:35
11	Shapen, Parker	20:01	23:31	20:23
13	Kwon, Chris	20:02	x	20:55
16	Moreno, Dominic	21:25	23:30	22:27
17	Robert, Anthony	21:41	27:41	22:33
15	Phethean, Charles	22:14	x	21:56
19	Hedrick, Matt	22:35	x	23:14
18	Girgis, Giovanna		x	22:58
x	Potenza, Nicholas		x	x
x	Lovest, Bryan		x	x

JV- 4th place

One of the downsides to having a small team, sometimes it's hard to field an entire team. The team we have currently today is bottom-heavy, meaning that we have a lot more 9th and 10th graders than upper classmen. There is nothing wrong with that. We were fortunate enough to have five scorers today, but in order to do so, I had to pull up Perez and Kim to run in the JV race. With McDevitt out sick, this put our team in a tough situation and while conditions were not ideal early on (it was a little warm), and with the majority of the team not feeling race-ready, it's hard to remain positive at meets like this.

You're not always going to run your best.

You're not always going to feel great on race day.

With that being said, we have to look at the results objectively, and you really have to think about pulling the positives from the race. Even being short-handed, we competed and ran a semi-full team. There were two course personal bests recorded in the JV race, with Quezada and Perez each running faster than they did last year on this course. Perez actually shaved off almost two minutes from his time last year. All this, after Perez came back from the warm-up not feeling his best. He still prepared himself and gave it his best, which is all I could ask for.

Varsity- 4th place

Again, just to reiterate:

You're not always going to run your best.

You're not always going to feel great on race day.

For the most part, not for everybody, but for most everybody on this varsity squad, I would say on a faster course in ideal conditions, you're going to run about a minute faster. Give or take.

If that were the case, I'm certain 15:11, 15:58, 16:28, 16:38 and 16:45 sound a lot better than 16:11, 16:58, 17:28, 16:38, and 17:45 for our top five.

Comparing the Brea Olinda guys to their times at Woodbridge, it seems a lot of them were about a minute off from what they ran there. Tamagno, who ran 14:04 at Woodbridge won the race in 14:57. Daniel Perez, a sophomore from Brea who ran 15:11 at Woodbridge ran 16:06. These are just a few examples.

It is super easy to be negative. It's very hard to remain positive. Strive to pull the positives from your race. What did you learn about yourself? What about your race did you like? Focus on the positives.

13 Harris, Blake	11 Esperanza (Boys)	16:11.6	13
15 Kendall, Stuart	9 Foothill (Santa	16:25.0	15
16 Boland, Marshall	12 Foothill (Santa	16:28.4	16
17 Hunt, Matthew	10 Foothill (Santa	16:29.4	17
19 Santos, Moises	12 Foothill (Santa	16:55.9	19
20 Campbell, Patrick	12 Foothill (Santa	16:56.5	20
21 Harris, Chris	12 Esperanza (Boys)	16:58.6	21
22 O'Bannon, Sean	11 Foothill (Santa	17:07.4	22
23 Cushing-Murray, Zachary	11 Foothill (Santa	17:17.4	23
24 Welty, Logan	12 Esperanza (Boys)	17:28.5	24
25 Rodriguez, Dakota	12 Esperanza (Boys)	17:38.8	25
26 Fick, Steven	11 Esperanza (Boys)	17:46.1	26
27 Robelo, Eddie	12 Esperanza (Boys)	18:16.4	27
28 Chapin, Andrew	11 Esperanza (Boys)	18:52.2	28

It's both a blessing and a curse that we are in the Century Conference. It's a blessing, because we get to compare ourselves to some of the best runners in both California, but also the nation. Out of the eight teams in our Conference, four of the teams are ranked at the CIF level. Within our respective league, the Crestview League, we have the pleasure of running against the #4 ranked D-2 school and the #1 ranked D-3 school.

We cannot compare ourselves to them at this time. Instead, as a team, we must compare ourselves to Foothill High School, who finished in 3rd place, just 22 points in front of us. This is our competition. This is who we must turn our attention to when we race our league competition again on November 5th.

Granted, not everybody ran their best out there. Chapin was sick. Most of us felt flat. From a whole-team perspective, we all did not perform to the standards of which we are capable. In talking with Coach Ledesma, it was generally concluded that Monday's speed workout most likely took it out of our legs today. This is not to say

Average:	17:43.74								
4 Foothill (Santa Ana) (Boy)	113	19	21	22	25	26	27	28	
Total Time:	1:34:09.70								
Average:	18:49.94								
Results - Men North Hills League									
1 Yorba Linda (Boys)	38	1	5	7	12	13	14	15	
Total Time:	1:32:05.10								
Average:	18:25.02								
2 Villa Park (Boys)	57	2	8	10	18	19	22	25	
Total Time:	1:34:01.40								
Average:	18:48.28								
3 El Dorado (Boys)	66	3	6	16	20	21	23	24	
Total Time:	1:34:56.80								
Average:	18:59.36								
4 El Modena (Boys)	67	4	9	11	17	26	27	28	
Total Time:	1:35:39.40								
Average:	19:07.88								

One year ago, our Frosh-Soph team finished 7th place at this very same meet. 7th place out of seven teams. Does anyone remember where we finished at league as a team one month later?

2013 League Preview Team Race Results - Race 4 4:30 pm Div. 1 Frosh Soph Men (3M)

Place Team Points Original Order Revised Order Team Time Spread

1 Canyon (Anaheim) 21 1 2 3 7 8 9 15 19 30 33 34 1 2 3 7 8 9 15 1:24:56 0:25

2 Brea Olinda 44 4 6 10 11 13 20 22 28 29 3 4 6 10 11 13 19 21 1:26:46 0:42

3 El Modena 93 5 18 21 24 35 40 43 51 53 5 18 20 23 27 31 34 1:29:30 1:23

4 Villa Park 110 12 14 27 36 38 42 50 52 58 12 14 26 28 30 33 36 1:30:43 0:55

5 Foothill 142 16 17 25 62 74 78 83 84 85 16 17 24 40 45 47 49 1:32:38 1:39

6 El Dorado 145 23 26 37 41 54 55 67 92 11 22 25 29 32 37 38 42 1:32:32 0:53

7 Esperanza 202 49 60 63 70 72 75 79 81 10 35 39 41 43 44 46 48 1:36:07 0:34

2013 League Finals Team Scores

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

Historically, Aztecs always finish strong. We run our best when it matters most. We were dead last, last year as a frosh-soph team at this meet. One month later, we beat three teams. Esperanza was the only team last year at league finals that moved up in the results. All other teams stayed in the same order as league preview. But not us.

Some things have changed since last year. Yorba Linda High School entered our Conference, and CIF made it mandatory that we split the Conference into two different leagues. Crestview and North Hills.

As a result, our completion and focus this year needs to be Brea Olinda, Canyon and Foothill. As a team, we finished 11 points behind Brea High School and 28 points behind Canyon. If I said we were within reach of the league title, would you believe me?

1	Ware, Jason	10 Canyon (Anaheim)	16:51.1	1
2	Dempsey, John	9 Brea Olinda (Boys)	16:51.9	2
3	Hart, Kyle	10 Canyon (Anaheim)	17:01.8	3
4	Freeman, Noah	10 Esperanza (Boys)	17:17.4	4
5	Spicer, Tyler	9 Brea Olinda (Boys)	17:19.3	5
6	Libed, Ricky	10 Brea Olinda (Boys)	17:26.4	6
7	Marsh, Steven	10 Canyon (Anaheim)	17:27.5	7
8	Mitrache, Andrei	10 Canyon (Anaheim)	17:34.2	8
9	Hussong, Josh	10 Canyon (Anaheim)	17:42.1	9
10	Ritchie, Hayden	10 Esperanza (Boys)	17:43.2	10
11	Gibbons, Devin	10 Esperanza (Boys)	17:44.0	11
12	Taburiaux, Marc	10 Canyon (Anaheim)	17:51.0	12
13	Belda, Ryan	9 Canyon (Anaheim)	17:53.0	13
14	Tobin, Jon	9 Brea Olinda (Boys)	17:54.1	14
15	Wallace, Parker	10 Esperanza (Boys)	17:56.2	15
16	Ron, Ian	9 Esperanza (Boys)	17:57.9	16
17	Talbott, Hunter	10 Esperanza (Boys)	17:58.6	17
18	Evans, Josh	10 Brea Olinda (Boys)	18:01.2	18
19	Widin, Chris	10 Foothill (Santa	18:08.2	19
20	Dias, Jack	10 Canyon (Anaheim)	18:10.2	
21	Wilch, Nathan	10 Esperanza (Boys)	18:17.2	20
22	Davenport, Thomas	9 Canyon (Anaheim)	18:21.3	
23	Pacetti, John	10 Foothill (Santa	18:23.3	21
24	Lima-Sabatini, Mike	9 Esperanza (Boys)	18:24.2	
25	Garza, Craig	9 Esperanza (Boys)	18:31.3	
26	Jensen, Garrick	9 Canyon (Anaheim)	18:34.5	
27	Delcrognale, Tony	10 Foothill (Santa	18:49.8	22
28	Apahidean, Drew	10 Brea Olinda (Boys)	18:52.6	23
29	Suhale, Zayn	10 Canyon (Anaheim)	18:53.2	
30	Feitlin, Sammy	9 Canyon (Anaheim)	18:54.0	
31	Alcaraz, Jeremy	10 Brea Olinda (Boys)	18:57.2	24
32	Picone, John	9 Foothill (Santa	18:58.4	25
33	Wilch, Jesse	10 Esperanza (Boys)	18:59.9	

If this were League Finals, Canyon would have five runners All-League, Brea would have three, Esperanza would have two, and Foothill would have none. Finishing All-League is quite an accomplishment, and it's something that I hope a lot of you have listed as one of your goals. Most of you should expect to be about a minute faster at league finals. With the exception of Jesse Wilch, I can totally see every one of you running a minute faster on November 5th. But League Finals shouldn't be about the time on the clock. It NEEDS to be about beating people. Competition.

We competed despite not running our best. Some of us had less than stellar races. Others just didn't have it the last mile or so. Believe that it will come. You will feel and run your best when it matters most. Just remember to not ease up off that gas pedal. We still have to put the work in these next four weeks, but we are within contention of a league title.

Nathan Wilch is healthy finally. He also ran 19:25 at this meet one year ago, and was able to drop down to 17:13 by league finals. You have a much better summer of training under your belt, and you have to believe that every race, every workout, every practice will get you one step closer to running where you know you can run. It is also helpful that we have the #6, #8 and #9 freshmen in league on our team, pushing the sophomores in workouts and races.

This was the first time that the 9th graders joined the 10th graders in the race, and I was very pleased with Ian Ron's start and positioning coming off the first hill. The fact that Lima and Garza flip-flopped positions again is

AWESOME. The fact that you were both within about 10 seconds of Nathan Wilch is also awesome. If Wilch can go from 19:25 to 17:13 in a month, you both can go from 18:20s to 17:00. Just keep working hard, and keep pushing yourselves each and every day.

There were three personal bests recorded at the frosh-soph level.

Gio Girgis ran his first cross country race of his life and broke 23 minutes. He's been on the team less than three weeks and has already broken 23 minutes. It is possible for you to shave off three minutes in the next month, but you will have to make the most of every practice in order to do so. Consistency is the key.

Mike Lima-Sabatini was sporting a brand new pair of racing flats. He was 27 seconds behind Garza on Saturday, and then found himself eight seconds in front of him just four days later. This kid has a terrific work-ethic and is constantly challenging himself each and every day. His positive attitude is encouraging as well. Leadership qualities are already starting to shine through.

Charles Phethean dropped another personal best, breaking 22 minutes and shaving off 18 seconds from last Saturday. Phethean also hung with the varsity guys for three miles, all the way to Valley View, the day before League Preview. That's a 21:56 9th grader who can hang with the team's best guys. A 9th grader who joined the team after the start of the school year. A 9th grader, who in the last week has shown himself more dedicated than the majority of this varsity squad, in regards to doing all the small things. Phethean has probably iced more in the last three weeks than multiple varsity athletes combined. When given the option to roll out, Phethean was one of seven guys who chose to roll out (albeit some of the seven were heavily persuaded to come back and roll out). This has to be recognized and praised. Thank you for working hard. **That is why Phethean is the athlete of the meet.**

As we approach the last month of season, let us re-focus on what is important. We need to have a more positive, encouraging team. I want more high-fives and good-jobs during practice, and let's make sure that we keep the pace honest and increasing as we slowly drop the mileage down in the next few weeks.