

Century League Preview 2013

Wednesday, October 2nd

Pretty warm afternoon for the JV F/S races, but cooled down a bit for the Varsity race.

****Irvine Course Record broken by three runners**** 14:20/14:21/14:29. Previous record 14:30. I'd say race conditions were good. Why am I talking about this? Because I'm a fan of the sport. What's happening right now in this league is UNHEARD OF. I've never seen high school runners, from the same league, run THIS fast. Sometimes you just have to appreciate the beauty this sport has to offer.

Now to the good stuff.

JV: 6th place

F/S: 7th place

Varsity: 6th place

At first glance, it may not look good. But just wait.....

<u>Varsity</u>		<u>Difference</u>	<u>Last year's Course PR (CPR)</u>	
Park	16:03	-49 seconds	16:52	***
Mosqueda	16:15	-12 seconds	16:27	***
Powell	16:29	-46 seconds	17:15	***
Fry	16:31	-18 seconds	16:49	***
Rodriguez	16:58	-1:01	17:59	***
Harris B.	16:59	-4:03	21:02	**** 4 minutes is pretty good right?
Harris C.	17:05	+17	16:48	**

We had a LONG weekend. We were in the car for 15 hours. We raced some good competition on a nice golf tough golf course that was far from flat. We all ran faster than we did at Stanford. We all had Course PR's with the exception of Chris. We're beat up. We're hanging in there. This is why we're resting you this weekend. This is why the 6 of you are getting a run in instead of a racing or running a workout.

Looking at the results, I thought we competed well. Take out the nationally ranked teams Brea and Canyon. Take out the CIF ranked El Modena. This is what we're left with.

Villa Park 1 Let him go.

Foothill 1 Everyone else below is within reach. Foothill and Villa Park are our targets.

Villa Park 2

Esperanza 1

Foothill 2

Esperanza 2

Foothill 3

Foothill 4

Villa Park 3

Esperanza 3

Esperanza 4
Foothill 5
Villa Park 4
Esperanza 5
Esperanza 6
Esperanza 7
Villa Park 5
Villa Park 6
Foothill 6
Villa Park 7
Foothill 7

Park and Mosqueda had good races. They both looked strong out there today. Despite having a tough week and a long weekend, I thought the two of you ran extremely well under the circumstances.

Fry has finally closed the gap between himself and Powell. Although Brandon didn't have his best race today, he has solidified himself as a solid #3 guy. This is also Logan's 4th race in a row as 4th man. He keeps his eyes focused and the runners in front of him, and I think in the next 5 weeks, we can get you to close the gap between you and our 2nd man.

Rodriguez, Harris and Harris have continued to mix it up each of the past two races. Blake in his first varsity race last week, finished as 5th man! This week, Dakota said NO WAY Blake, and too the final score spot in the last few strides of the race.

Chris hung on to put himself in front of Villa Park's 5th man, which helped keep the score closer.

We have 5 weeks left until league finals. More importantly, we have 5 Saturday Practices left to go.

Another positive, is that we don't have anybody on DL. Sure, some of us may have aches and pains, but we're not injured.

Foothill and Villa Park are within reach, but it will take a TEAM effort to reach them. We CAN do this. Believe me when I say this. We can make it to the post season. You need to ask yourself, with the remaining 28 practices, what can YOU do to help the team?

Foothill beat Villa Park 118 to 120. We're back at 141.

Now, here are some simple things we can do that will instantly help us start closing the gap.

We can make practice a priority. That means, moving forward, we come to practice on time and every day. I know this may sound hard, but if you are serious about making it out of this league, we're going to need high-level commitment these remaining weeks.

We need sleep. We all know this. 4-6 hours a night is UNACCEPTABLE. It's amazing that nobody is sick and nobody is injured. We need to get 8 hours of sleep a night. If that means we back off on the Cross fit, so be it.

I think Cross fit has its benefits. We're strong. I couldn't do one pull up in high school. I was that weak. Yet, so many of you make 60 look EASY. It might be time we focus our efforts more on getting better runs in, and better recovery from the runs, rolling out every day. I'm sure we can take the rollers out onto the field when other teams are in the cross fit room. I need help from my seniors. You guys are doing a terrific job as it is. I can rely on you for a lot of things. I need your help rallying this team to stick around the extra 10 to 15 minutes to roll out.

Some of you have suggested we take more ice baths. Well I counter that by saying out of the 7 of you who raced this week, Chris Harris was the only one to utilize the ice baths. A few of you haven't iced since Mammoth. I know Josh for certain is taking care of himself at home.

Two out of my top 5 runners have run in trainers in every single meet.

I pose this question. If a football player or a baseball player were to show up to a game without cleats, would they play? What if a basketball player showed up in running shoes? Do you think Coach Matthews would let that player walk on the court? The answer is no. It's an equipment issue.

I need my runners to perform at 100% on race day.

It's scientifically proven that running in lighter shoes will make your times go down. I suggest you take a look at this article that I also have posted on the Aztec Message Board. The link is:

<http://runsmartproject.com/coaching/2012/02/06/how-much-does-shoe-weight-affect-performance/>

Join the discussion.

Moving forward, we're going to focus on these 6 things:

1. Getting enough sleep.
2. Making practice a priority.
3. Stretching and Rolling out EVERYDAY.
4. Ice bathing twice a week.
5. Proper race equipment.
6. Bring a positive attitude to practice.

If you choose not to participate, that's on you. Your grade will not suffer.

But know that who runs varsity on my team is my choice, and that your choices impact which race you compete in.

Frosh-Soph:

Yes, we finished 7th. However.....We are very young. How many sophomores do I have who have race experience from last year's team? Only 3. We're very fortunate that **Steven Fick and Anthony Buschini** joined the team. We have 5 sophomores. Barely enough for a team.

If we plugged Blake Harris into the F/S race, he would have placed 4th. That means we take 68 points off of our 202 points and we finish in 5th place instead of 7th with 134 points. Well what would have happened if **Michael Norrbom** hadn't raced sick? He ran 17:44 at Rosemead. Everybody has an off day.

Michael had a pretty bad one. Come league finals, do I expect Michael to finish 12th man on this F/S squad? The answer is no. Keep your head up. All of a sudden, Villa Park who finished 4th in 110 points is within reach. Gotta' look at the positives.

10 Andrew Chapin 18:51 PR	- 14 seconds
10 Tim Romero 19:12	+45 seconds
9 David Tecker 19:17 PR	-19 seconds
10 Steven Fick 19:22 PR	-31 seconds
9 Nathan Wilch 19:25	+19 seconds
9 Hunter Talbott 19:31 PR	-19 seconds
9 Devin Gibbons 19:40 PR	-55 seconds
9 Noah Freeman 19:45 PR	-18 seconds
9 Ethan Welty 20:17 PR	-34 seconds
9 Carson Welty 20:21 PR	-11 seconds
9 Jesse Wilch 20:40	+35 seconds
10 Michael Norrbom 20:55	
9 Hayden Ritchie 21:10 PR	-23 seconds
10 Anthony Buschini 21:13 PR	-2:25
9 Fernando Perez 22:33 PR First Race!	
9 Dominic Moreno 23:30	+13
9 Paul Mackenzie 24:18 PR	-1:37
9 Parker Shapen 24:34	+22
9 Anthony Robert 28:01 PR	-2:20

12 PRs is a very successful day. This is a tough course, but if you are improving by a lot each race, I think it's safe to say that with a month left to go in the season, you all have a lot of room to improve.

Andrew Chapin found himself as the #1 man today, a position he has never held before. This is HUGE for him. Keep up the good work Andrew.

David Tecker is asking me to run further in practice. "Can I go 8 instead of 7?" Yes, yes you can. And by the way, let's take 19 seconds off your personal best while we're at it. David is running faster and running more than any of the other freshmen on the team. He has also found himself as the freshman's #1 man for the first time this season, and he's within 5 seconds of Tim Romero, a kid who ran 5:16 last track season in the mile.

Steven Fick is healthy and it's showing. Let's keep up the hard work, and get yourself in the 18 minute range!

Hunter Talbott, Devin Gibbons and Noah Freeman continue to show improvement. This was Gibbons and Freeman's first time under 20 minutes, and they did it on a LEGIT course. Imagine how fast you can run at the end of the season on two FAST courses. Keep it up it guys!

Welty Brothers have finally broken up the other set of twins. Yes Jesse had an off day, but on this day, the Welty family ran strong. Sub 20 is coming. Everyday counts. Saturday only has 1 hill. Not 2 like Irvine Park. Believe. These guys are some of the hardest workers on the team. I have them hanging out practically begging me to let them do more after practice in the gym. Keep on keepin' on.

Hayden Ritchie is poised for a big breakthrough. Only if he continues to follow the current path he's on. In the last week, Hayden has decided to run with David Tecker up front. The more you run with him in practice, the closer you will be to him in races. I feel a cross country miracle coming on.

Buschini! The kid makes it out to three practices in a row and drops two and a half minutes. That's 45 seconds a mile folks. I must be a good coach. Anthony has the potential. Every day you come to practice, you will continue to see your time drop. I guarantee that. Make it happen.

Moreno and Shapen are poised to have a breakthrough any day now. Moreno is another athlete, who, like the Welty twins, enjoys working hard. Parker, ask yourself what more can you be doing in practice? It starts with looking ahead and picking off the runners who are in front of you. We're all learning. By the time this season is over with, you will not be a 24 minute guy. Nor a 23 minute guy. Work hard, and hang on a little bit longer each day to the back of the pack.

Anthony Robert had a HUGE breakthrough today. Not only did he break 30 minutes, but he ALMOST broke 28 minutes. On a tough course nonetheless. Anthony brings a positive attitude to practice each and every day and I have NEVER hear him complain. Ever. Never Ever. I love it. Keep the focus on the drills and strides Anthony. Drive those knees.

JV

Under the circumstances, we ran well. I bonked. I told you guys your race was at 4:30, and luckily I figured out you were racing at 3:30 with enough time for everybody to get a small warm up in prior to the race. We were even the first team to the starting line. Even so, I was still very impressed with a lot of your races.

Welty	17:29 PR
Worden	17:34
Greenberg	17:44
Javin	17:49
Magana	18:00
Jeong	18:19
Hunter	18:24
Grossman	18:24
Castro	18:40
Quezada	18:54
Robelo	18:59
Ellington	19:27

Some of the guys had just eaten, and running on a full stomach can have its consequences. Again, I apologize.

Logan Welty came to RUN today. He worked his way up through the pack, passing teammates and runners from other schools left and right. He finished 20th overall in the race. Great job. By the way, if you check the front page on the website, you'll see that you are penciled in to compete in your first varsity race. You've earned it.

You all should have seen **Matt Worden** last year. He's CLEARLY put in the work this summer. Matt will also be competing in his first varsity race on Saturday. This shows that your 17:15 wasn't a fluke. 17:30s on this course is a SOLID performance.

Greenberg and Javin both suffered a bit out there. I overheard that Javin puked a bit in the race. Coming off the hill he was barely hanging on to the top 7, but over the course of the next 2.5 miles, he moved up to finish as the 4th man. I expect either one of these two to be my number 1 man this weekend.

Magana is learning how to race. On the right course, in the right conditions we might very well see Nico leading this JV team. Every day counts!