

**Mt Sac Invitational 2013 10/25/2013 3:49PM**

9th	Athlete	Time	PR
1	N Wilch	18:22	18:55
8	J Wilch	20:51	19:04
3	Tecker	19:36	19:17
2	Gibbons	19:10	19:37
7	Welty E	20:39	20:17
6	Welty C	20:37	20:21
9	Talbott	23:25	19:37
5	Ritchie	20:37	21:07
4	Freeman	20:14	19:45

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**3:57 PM**

10th	Athlete	Time	PR
1	Harris B	17:24	16:35
3	Chapin	19:15	18:47
4	Norrbom	20:05	17:44
2	Romero	18:40	18:27
5	Fick	20:11	19:22

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**JV National Championships 4:10 pm**

	Athlete	Time	PR	Mt Sac PR
1	Rodriguez	17:12	16:24	18:53
2	Greenberg	18:09	17:07	19:37
5	Worden	18:28	17:15	20:20
6	Hunter	18:51	17:29	19:27
3	Grossman	18:28	17:08	18:07
10	Castro	20:11	17:56	20:28
7	Max	18:44	17:39	18:28
8	Robelo	19:07	17:45	20:14
9	Jose	19:55	17:23	19:16
4	Magana	18:28	17:44	
11	Loza	22:08	19:30	

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**Varsity D3**

**Sweeps**

**5:47 PM**

	Athlete	Time	PR	Mt Sac PR
1	Park	16:25	15:42	16:27
2	Powell	16:26	15:58	17:44
3	Mosqueda	16:46	15:46	16:58
4	Fry	16:53	16:21	17:00
5	Harris	17:13	16:39	20:33
6	Javin	17:37	16:51	19:27
7	Welty L	18:00	17:19	18:19

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A lot of good things happened out there today. It was a fun meet, and we had some guys PR, others ran very close to their PRs, and a lot of people ran course PRs.

## Freshmen:

**Nathan Wilch** are you kidding me? Not only does this kid run the race of his life, he places 13<sup>th</sup> overall running a 33 second PR. He went from 18:55 to 18:22, and most importantly, he finished 11<sup>th</sup> overall ON THE TEAM. I repeat. Nathan Wilch on a tough course, not only runs the fastest time of his life by A LOT, but he beats a lot of juniors and seniors while doing so. To put it in another context, Nathan would have been the 4<sup>th</sup> senior on the team, and the 7<sup>th</sup> junior on the team, and there was only 1 sophomore faster than he was on the day. This bodes well for the future. Especially since there is a carbon copy of Nathan in the form of freshman **Jesse Wilch** on the team. Jesse beat Nathan earlier in the year, but minor aches and pains over the past few weeks have cut his runs back. As a result others on the team have since leapfrogged Jesse. With two races left to go, a solid week of training could see Jesse move himself back up into the top five freshmen. Afterall, Jesse still has the 2<sup>nd</sup> fastest PR on the freshman squad, and has even placed as #1 man in the first race of the season.

**Devin Gibbons** is the man. 27 second PR to run 19:10. Devin was running in racing flats for the first time in his life and I think that paid off as well. Devin led most of the race, and again it was Nathan Wilch who TORE UP the last mile of the race to somehow put 44 seconds on Devin. Devin for these next few races, I want you to run with Nathan. Nathan, I need you to get out harder next race. You two need to put yourself in the mix at Apache next week. **David Tecker**

had another strong showing running 19:36 on a tough course. **Noah Freeman** ran around 20:14 (results haven't been updated yet, and Noah isn't listed as I write this) to finish as the 4<sup>th</sup> man.

I pause here and insert that I, David Cummings ran 20:17 as a freshman on this very course. My freshman PR was 18:36, and I ran 20:17 at Mt. SAC. Why do I bring this up? Because a year later I ran 17:12, and two years later as a junior I ran 16:12 and 16:05. These are the types of times that are required to make it at the CIF Level.

<http://events.mtsac.edu/ccinvite/oldsite/results/2004/hs/72.pdf>

The question is, where do you see yourself next year? Junior year? Senior year? Where do you want this team to be? How hard are you willing to work to get there?

Are you willing to run every day? Have you ever heard the saying "No Pain No Gain"? In order to get to the next level, there needs to be a little bit of pain and a little bit of discomfort each day. Are you willing to run at 6 a.m. for varsity practices all summer long? Are you willing to sacrifice things you want to do in order to be the very best you could be? That means getting to sleep before 10 pm. That means eating healthy, nutritious meals, taking care of your body by making time for stretching and rolling out every day. How hard are you willing to work? Are you willing to sacrifice going to football games, and making it to dances on time? If we want to do special things, we have to be willing to work harder than we ever have before.

Canyon and Brea are on top right now. We're going to change that.

5 guys at 16:20 or faster *could* get us to CIF Finals.

5 guys at 16:00 or faster *could* get us to State.

**Hayden Ritchie** 20:37, **Carson Welty** 20:37, and **Ethan Welty** 20:38 you guys are in the mix as well. Ritchie PRd by 30 seconds, and both Carson and Ethan are 16 and 19 seconds away from their PRs.

What if I told you that on a faster course, anybody can run 30-50 seconds faster? Maybe more...who knows? I told Devin and Nathan that with the upcoming races, don't be surprised if you see 17:40s or 17:50s as you approach the finish line. Devin's response: "But the other courses don't have downhills like Mt. SAC does", Yes, but on flat fast courses, everybody is capable of running Crazy fast times. It's peaking season.

## Sophomores:

**Blake Harris** had another good outing up front. Running the course for the first time, Blake got a lot of up front experience, which is excellent. Blake will be ready to make the leap to the varsity level completely next year. Blake put himself in the top 5 early on and held it yet again, to finish in 5<sup>th</sup> place overall.

**Tim Romero** had a great race. He came within 8 seconds of running a personal best. He ran in racing flats for the first time as well. He's ready to bust. It wouldn't surprise me if he ran in the 17's these next few races. He knows what he has to do first in order get that opportunity.

## JV:

**Nico Magana** had a good race for his first time on the course. Nico came out for cross country at the tail end of school last year. He ran as much as he could over summer, (Very busy, and quite the student) and he's had a very positive impact on the team. He currently sits around #4 in his senior class in the race to Valedictorian. Give or take. I'm glad he came out for cross country. Getting back to the race, Nico was in a good position coming off of Reservoir Hill and he was tailing Kevin Grossman and Matt Worden by about 5-6 seconds. He was focused and the look in his eye said he wanted to catch them. That he did. He broke the two of them up and our #3, 4 and 5 all finished together. Way to finish. You might be able to do something for the varsity squad with that kind of leg speed this track season. We'll see. We got a little over a week left to go until Nico heads back out to the pitch to lead the Varsity team as Captain and Defender.

## Varsity:

It was a fast race and there was a lot of bumping and shoving going on, naturally, as runners establish themselves in position on the course. I thought we looked alright out there.

Everybody that ran ran a course PR. I knew we were a top 20 team. I feel we could have finished a little bit higher, and on the bright side, being in the top 20 in CIF is something. Just a step behind is all.

Other positive notes from the day:

**Logan Welty** is getting very valuable race experience, as he looks to be emerging as a solid threat for varsity.

The amount of improvement that **Javin De La Torre** has seen this season, speaks to how hard Javin worked this summer. Javin shaved off 1:50 from his time from last year. This is huge.

What next?

Villa Park and Foothill are within reach. Villa Park's 3<sup>rd</sup> man is 16:38 and their 4<sup>th</sup> man is 17:25 at Mt. Sac. We have depth there. We have to leapfrog the runners directly in front of us.

Everybody has to come together in order to beat Villa Park. It will take a TEAM effort.

Foothill's team time is 1:23:26 to our 1:24:16\*. We're only back 50 seconds. Chris Harris runs 17:13. That's 24 seconds in front of Javin. Now we're only behind Foothill by 26 seconds.

Dakota runs 3 seconds faster than Chris, at 17:12. Now we're exactly 25 seconds behind Foothill. What's the difference maker?

What else will help us at makeup that difference at League Finals?

How about if all our varsity guys show up to practice on Saturdays? What if varsity guys were able to complete workouts, instead of staying up at night playing video games? Or what about staying out late for Knott's Scary Farm or for Homecoming? Or staying up late for homework? Or missing practice because of work? Now I understand certain things are important. Certain things are mandatory and necessary. But there comes a point where one must sacrifice something for the team.

What can **YOU** do better to help the team shave off seconds and pass more bodies on November 6<sup>th</sup>. I know Josh wants a second chance to lower his Mt. SAC PR. I want my juniors to have another experience at running at the CIF level. I know Steven has some things he wants to prove. His workouts show it. Chris and Logan are a step away from having a big race. Brandon Powell has the stuff to lead this team. How important is this to you? Do or die.