**Andy Hargreaves - studied 1000 successful organizations - 5 Things they all do**

**Inspiring Dream (including the best of your past -celebrations)**

Forge Your Own Creative Path

Collaborate with Competitors

Inspire People to Change

**Connect Short Term Success with Long Term Sustainability**

Discussion:

 **Comments on Girls Warm Up.**

 Why that picture and no current runners.

“Inspiring Dream”

 Boys t-shirt. Where is it Huebner?

 Thought about Spencer’s picture.

 The Dream needs to be alive!

 Importance of understanding short term success and long term sustainability.

 Girls team with out two top runners. Importance of depth in a team.

 Stories

2008 and Brett (Portage) and Al (Conference)

 Moral: Make the most out of your opportunities.

 Verona Invitational

 Size

 Course

 Significance

 Tuesday’s Westby Invitational

Girls Runner of the Week???

Lockers

Thursday’s Workout.

 Measured with Hayden’s watch dead on. My watch about .01 off.

 Heart over exact splits.

 Abbey was longer because we know she is not racing (leaving some in the tank for Saturday).

**Kade 3:45 3:40 3:43**

Brendan 3:51 3:56 3:53

Derek 3:56 3:59 3:51

Sierra 4:14 4:25 4:33

Erinn 4:09 4:05 4:16

Liza 4:24 4:36 4:18

Justice 4:24 4:36 4:18

Ryla 4:14 4:24 4:22

**John (80) 3:13 3:20 3:24 3:16**

**Kyle (81) 3:19 3:23 3:24 3:29**

Elena (82) 3:34 3:43 3:54 4:15

Roman (87) 3:34 3:47 3:52 3:46

Sydney (87) 3:34 3:47 3:52 3:43

Kin (93) 3:48 3:52 3:42 3:29

Lexi (93) 4:09 4:24 4:14 4:18

**Bradley (87) 3:34 3:49 3:57 3:53**

**Abbey (93) 3:58 4:02 4:03 4:02 4:20**

This workout should not feel overwhelming!!!