Post Scrimmage Analysis

 Scrimmage 2020 2020

Athlete Weeks Letter Miles 2019 2020 Comparison Mile Splits HR Points Ran

Maddie 6.5 15.5 DNR 23:56 NA 11:00/12:56 120

Jade 7.5 15.5 DNR 22:12 NA 10:33/11:18 156

Reagan 8.5 19.5 DNR 18:26 NA **9:18/9:08** 192

Montana 8 19.5 15:28 16:45 +1:17 8:05/8:40 120

Aubrey 13 19.5 15:09 15:15 +:06 7:30/7:45 168

Izzy 11.5 21.5 DNR 15:18 NA 7:25/7:53 148

Ellen 10.5 19.5 15:02 16:07 +1:05 7:55/8:12 120

Denali 14 22.5 14:31 14:46 +:15 7:15/7:31 ???

Audra 13 19.5 14:32 14:25 **-:07 7:11/7:14** 168

Meghan 15 19.5 13:21 13:52 +:31 **7:00/6:52** 180

Dustin 11 20 DNR 14:13 NA 6:47/7:26 128

Levi 9 16 14:12/13:42 **-:30** 6:42/7:00 128

Avery 9.5 18 DNR/14:52 NA 7:09/7:41 168

Taylor 16 23 13:03/12:12 **-:51**  5:53/6:19 160

Blake 12 20 14:03/12:49 **-1:14** 6:00/6:49 ???

Jhett 12.5 23 13:35/12:47 **-:48** 5:55/6:52 ???

1st Week Thoughts

Really happy. I liked the attitude and the work we put in during the past week.

 Summer Runners of Distinction: Eli Larrington and Denali Huebner and Izzy Nedland

 1st Week Runners of the Week: Taylor Thunstedt, Meghan Nelson, and Raegan Davey

See Scrimmage Results Page

 Really need to flip your paces (negative splits are so crucial).

 Scrimmage: We need to run with mentality. This could be it. This might be last time I get to compete this year. “Run angry.”

 Speaking of scrimmage. We are in box 4

 Outdoor classroom space will be our camp.

 Boys be here no later than 4:00pm

 Girls no later than 4:45pm

 Warm up as a group and anticipate running 2 miles with some up tempo pace surges during warm up Bailey, Lars, Levi and Ellen (Izzy this might be new experience so just be your great self)---lead through your example.

 Plan on warming up on the track---to be away from other runners.

 It will be warmer.

 Start hydrating today. Drink water throughout the day!

 Bring a H2O bottle with tomorrow and a towel with your name on it for ice cooler and to go around your neck after the race.

 Format

 Our team area is the outdoor classroom. **Remember buffs!!!**

 Plan on get to starting line 4:45. **Buffs up**

 5:00 9th and 10th boys (Blake). All boys warm up together, but Blake will report to the line and do dynamic stretching. All other boys wait behind starting line and step up after the 9th and 10th grade start. You will have five minutes to warm up.

 5:05 11th and 12th boys start

 Girls do not crowd the starting line to well wish boys!!!

 Girls plan on getting to outdoor classroom no later than 4:45. Warm up together and get to starting line at 5:45. **Buffs up**

6:00 9th and 10th girls start. 11th and 12th girls are behind starting line and boys please again stay away.

6:05 11th and 12th girls.

Individual awards in chute and no reason to stay long after finish of races. Top three individuals in the 9-10 and 11-12 waves will medal for both genders. Top two teams will receive awards.

Boys. Run like it is your last race!

 Aquinas is last seasons State Champions and Brookwood looked very solid at the scrimmage. Sack up boys and bring your best.

Girls. Run like it is your last race!

Brookwood and Marshall were at state last season. Aquinas beat you at sectionals. It is important you step up as a team and earn that 1st or 2nd.

Please identify one goal **you have** for this season.

Please create one goal **you have** for tomorrow’s Ken Trott.

2019 Results. “You compete against yourself.”

27 Taylor Thunstedt 10 15:19.3

33 Bailey Olson 11 15:39.6

45 Jhett Sherry 10 16:15.2

46 Eli Larrington 10 16:16.7

64 Blake Hanson 9 16:23.6

96 Dustin Kenyon 10 17:37.8

101 Levi Hamilton 11 17:49.7

105 Lars Gretebeck 11 18:02.1

127 Avery Leis 10 19:57.0

10 Denali Huebner 9 17:10.5

11 Audra Johnson 9 17:11.2

12 Meghan Nelson 9 17:18.6

31 Ellan Johnson 11 19:01.4

34 Aubrey Jothen 9 19:02.8

60 Montana Lindahl 9 21:28.8

Notes:

Wednesday practice will only be 8:00am! No PM possibility.

Today’s practice.

 Lot’s of talking.

 1 lap warm up

 Dynamic stretching (200 meters: A skips series into sprint, high knees into sprint, and flicks into sprint.

 Run the complete course (Hailey’s Story). Think about how you want to run race!

 3 Starts and 3 Finishes

 Report to the weight room: Post run strength drills, body weight strength drills.

Please come to 6:00 practice today to get your uniform. If you can not do this I will set aside a couple of different sizes for you get prior to meet tomorrow. I will have them at the outdoor classroom at 3:00.