

"Every morning in Africa, a gazelle wakes up. It knows it must run faster than the fastest lion or it will be killed. Every morning a lion wakes up. It knows it must outrun the slowest gazelle or it will starve to death. It doesn't matter whether you are a lion or a gazelle: When the sun comes up, you'd better be running!"

# 2012 Cross-Country Meet Schedule

Aug. 24	Alumni / Time Trial	Concordia	5:30 P.M.
Aug. 30	Charlie Thorell Invite	Concordia	J. Jays: 3:45 P.M. Girls: 4:45 P.M. Boys: 5:15 P.M.
Sept. 7	Aurora Invitational	Aurora CC	J, Jays: 4:00 P.M. Girls: 4:45 P.M. Boys: 5:15 P.M.
Sept. 10	Jim McConnell Invite	Lincoln (Pioneers Park)	Girls: 5:00 P.M. Boys: 5:30 P.M.
Sept. 13	Harold Scott Invite	Lincoln (Pioneers Park)	Girls JV: 4:00 P.M. Boys JV: 4:30 P.M. Girls V: 5:00 P.M. Boys V: 5:30 P.M.
Sept. 20	Crete Invitational	Crete (Doane College)	J.Jays: 4:00 P.M. Girls: 4:30 P.M. Boys: 5:00 P.M. Elementary: 5:30 P.M.
Sept. 24	UNK Invitational	Kearney CC	Girls: 4:00 P.M. Boys: 4:30 P.M.
Sept. 27	Aquinas Invitational (JV)	Aquinas H.S. (DC CC)	Girls V: 4:30 P.M. Boys V: 5:00 P.M. Boys JV: 5:30 P.M. Girl's JV: 6:00 P.M.
Sept. 28	Columbus Invite	Columbus (Lutjelusche)	Girls V: 4:45 P.M. Boys V: 5:15 P.M.
Oct. 4	Central 10 Conference	Fairbury (Fairbury H.S.)	Girls: 4:00 P.M. Boys: 4:30 P.M.
Oct. 9?	LPS Last Chance Open	Lincoln (Pioneers Park)	Girls 5:00 P.M.? Boys 5:30 P.M.?
Oct. 11	B-3 District Meet	Concordia	Girls: 4:45 PM Boys: 5:15 PM
Oct. 19	State Meet *Sites and Times	Kearney CC Subject to Change	Girls: 12:30 P.M. Boys: 1:30 P.M.
	ones and mines		

Pins or tags
before washing rust
Pins will cause rust
Stains on
Stains



Juism's. Sweat will cause rust stains, so please remove after race.

# **GARMENT LAUNDRY & CARE INSTRUCTIONS**

## WASHING

- > ALL GARMENTS SHOULD BE WASHED ON GENTLE CYCLE.
- Wash with <u>COLD WATER</u> ONLY. HOT OR WARM WATER WILL CAUSE BLEEDING OF FABRICS AND INKS.
  - > USE ONLY MILD SOAPS AND DETERGENTS.
  - > DO NOTUSE ANY BLEACH OR FABRIC SOFTENERS.
  - DO NOT SOAK GARMENTS.
  - > WASH ONLY LIKE COLORED GARMENTS TOGETHER.
  - > REMOVE GARMENTS FROM WASHER PROMPTLY.

# DRYING - Ar Diy

- TO PREVENT FADING OR BLEEDING, ALL GARMENTS SHOULD BE HUNG TO DRIP DRY.
  - ightarrow IF YOU MUST USE A DRYER, USE THE "AIR ONLY" SETTING.
  - REMOVE GARMENTS FROM DRYER PROMPTLY.

# DRY CLEANING

DO NOT DRY-CLEAN ANY UNIFORMS OR WARM-UPS.

## IRONING

DO NOT IRON ANY UNIFORMS OR WARM-UPS.

# STORAGE

- > ALL GARMENTS SHOULD BE COMPLETELY DRY BEFORE STORING.
- > STORE IN A COOL AND DRY AREA PROTECTED FROM SUNLIGHT AND FLUORESCENT LIGHT TO PREVENT MILDEW AND YELLOWING.

You are responsible for your equipment, any lost or damaged equipment will be charged to the athlete.

Ţ.	2011 CC Times	Record:	Var10-red	103-6	JV10-red	55-10		-					- 1		
10	Athlete:	Time Trial		100-0	0010101	00-10									
'	, miore.	7 11.10 ( ) ( )	1	Aurora	McConn	H. Scott	Crete	UNK	Aquinas	Columi	Confer	Districts	State	st.nla	P.R.'s
11	Taylor Seaman	16:50	~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~	15:42	16:06	15:20	15:46			16:10	15:38	15:50			15:20
	Shelbi Sloup	16:25	.,,,,,	15:53	15:56	15:28	15:57	15:41		15:54	15:30		15:40		15:28
	Marti V <u>lasin</u>	17:41					16:18		****	j	15:45	15:53		<del></del>	
	Lauren Wilcox	17:30	****	16:39	16:48	16:07		~		16:39		·			15:45
<b></b>				16:42	17:11	16:16	16:25	16:08	אאנט	16:38	16:08	16:08	15:55	IOIU	15:55
''	McKenzie Christe	17:20	17:55	16:47	17:08	16:17	16.33	16:20	מואח	17:09	16:10	16:15	16:01	20th	16:01
111	Faith Bohaty	19:21						·							
		20:30	19:38	18:16	18:32	17:18	17:58	F		18:05	17:39	17:54			17:18
	Katelin Oborny			18:50	19:29	18:15	18:19		18:02		17:53		Alt.	N/A	18:02
	Abby Kongsjord	24:23.0		***************************************	19:44	18:19	18:39	Ļ	DNR	DNR	19:48			N/A	18:19
	Sarah Chilcoat	21:15		19:04	20:12	18:48	18:47	·	18:26	h	18:37			N/A	18:20
1	Ashlee	21:34		19:58	21:38	18:42	19:51		18:32	·	19:03		DNR	N/A	18:32
	Sydney Wild	20:28		19:42	21:36	19:08	19:24		18:39		18:44		DNR	N/A	18:39
	<u>Savannah</u>	22:39		20:22	20:13	18:45	19:14	·	18:49		19:02		DNR	N/A	18:45
	Sarah Frisbie	20:54		19:40	20:01	19:08	19:23		18:51		19:04		DNR	N/A	18:51
1	Alli Kadavy	21:58		20:37	22:18	19:36	20:54	<del> </del>	20:11	<u> </u>	20:38		DNR	N/A	19:36
	Lexi Winfrey		27:02:00	DNR	27:40.0	21:06	22:11	DNR	19:47	DNR	22:15	DNR	DNR	N/A	19:47
1	Caitlin Gustafson	23:01	1	00.05.5	00.45	n- 0-	0.4.4	212	40.55	DAID	00:45	DND	D.115	<b>.</b>	40
	\$A45-26	00.40	24:40:00		23:45	21:30	21:18	·	19:59	·	22:12		DNR	N/A	19:59
	Whitney LaVelle		24:39:00	20:49	21:32	20:39		DNR	20:43		20:58		DNR	N/A	20:39
	Erin Miller	DNR	DNR	DNR	DNR	DNR	DNF	DNR	DNR	DNR	DNR	DNR	DNR	N/A	DNR
		~													
	2011 CC Times	Record:	Var10-rec	96-12	JV10-re	56-8				Short					
10	Athlete:	Time Trial	Į :												
	,		Thorell	Aurora	McConn	H. Scott	Crete	UNK	Aquinas	Columi	Confer	District	State	St.PI	P.R.'s
11	<u>Ethan Damman</u>	17:40	17:36	16:33	17:15	16:17	17:09	16:56	DNR	15:56	16:39	16:58	17:44	39th	16:17
11	J.P. Rech	18:17	18:43	16:58	17:54	16:40	16:57	17:02	DNR	16:16	16:52	17:09	17:07	18th	16:40
11	Jake Dexter	19:04	19:03	17:24	18:07	17:04	17:17	17:12	DNR	16:42	17:15	17:18	17:25	26th	17:04
11	Justin Gross	20:22	20:04	18:01	18:42	17:36	17:39	17:43	DNR	16:54	17:22	17:31		29th	17:22
10	Seth Lewis	19:43	ļ	18:46	18:40	18:01	18:24	<del></del>	<del>}</del>	DNR	18:57	19:04	<del> </del>	<del></del>	18:01
11	Joe Schulz	19:41	20:29	18:53	19:50	18:17	18:52	· <del>····································</del>		18:12	·	<del> </del>	<del></del>		
9	Jacob Sloup	21:33	20:32	19:23	19:49	<del>}</del>	<del></del>	18:57	<del> </del>	18:33	-		<del></del>	N/A	18:34
	Shane Sloup	20:25		19:22	20:13	ļ	ļ			DNR	19:05	·Į	DNR	N/A	18:42
	Tyler Mann	20:24		18:57		DNR	DNR	DNF	19:407	<del></del>	DNR	DNF	Alt.	<del></del>	<del></del>
		<del></del>				<del> </del>	<del></del>	<del></del>	·}	DNR				N/A	18:57
1 1	John Simpson	21:43	21:29	19:46	20:14		1				19:01			N/A	19:01
	Josh George	22:50		20:42			<del></del>		20:14			·	DNR	N/A	19:49
	Tom Gremel	23:17	<u> </u>	21:00	21:58	20:30	20:02	DNR	19:55	DNR	20:18	DNR	DNR	N/A	19:55
1	Jared Kongsjord	22:03	i					D. 7	]						
	11.61		22:01	20:23	21:44	·	<del> </del>	DNR		DNR	<del> </del>	DNR	DNR	N/A	20:06
	Nathan Sorsen	22:38:00		20:48	21:51	20:06	20:25	DNR	20:52	DNR	20:51	DNR	DNR	N/A	20:06
1	Collin Mettenbrink	DNR	1								00.55.55	-	-		
	T		22:29:00	<del></del>	21:41	21:03	<del></del>	DNR		DNR	20:37:00	<del></del>	DNR	N/A	20:24
	Tony DeGroot	22:13			22:52			DNR		DNR	<u> </u>	DNR	DNR	N/A	20:49
1	Reed Williams	25:52:00	25:21:00	DNR	25:18.0	21:36	22:10	DNR	21:46	DNR	21:41	DNR	DNR	N/A	21:36
1	Andrew Cahoon	07.04.00	00.40.00	00.40	00:04	04:50	00.05	DA:0	64.44		00.40	DNO			
	Daltten Onldenstell	27:04:00	28:49:00	22:12	23:24	21:52	22:25	DNR	27:44	DNR	23:13	DNR	DNR	N/A	21:44
	Britton Goldsmith	99,90	20.40	22:40	22.25	24.54	DND	DNID	22.54	מאם	22.22	DND	DND	NIZA	04.54
<b> </b>	Ine Gramai	23:30			<del> </del>	<del>}</del>	DNR	DNR	<del></del>	DNR		DNR	DNR	N/A	21:51
	Joe Gremel	24:42:00		<del>}</del>	<del> </del>	·	-	DNR		DNR	21:49:00	<del></del>	DNR	-	21:49:00
	Austin Van	34:19:00		<del> </del>	0:26:28	<del></del>		DNR		DNR	- <del>{</del>	DNR	DNR	N/A	22:47
	Cale Miller		27:33:00		0:25:08			DNR		DNR		DNR	DNR	N/A	23:10
	Orlando Gonzalez		<del> </del>		26:42.0	-	<del></del>	<del></del>	25:48.0	- <del>[</del>	27:39:00	<del></del>	DNR	N/A	23:51
	Kevin Gonzalez	29:27:00	f	<del></del>	<del></del>				26:45.0	<del>-</del>	26:27:00	· <del></del>	DNR	N/A	0:25:07
	Josh Brumm	DNF	DNR	DNR	DNR	DNR	0:27:07		0:25:09		26:00:00	DNR	DNR	N/A	0:25:09
1		mgr.	Mgr.	Mgr.	Mgr.	Mgr.	Mgr.	Mgr.	Mgr.	Mgr.	Mgr.	Mgr.	Mgr.	Mgr.	Mgr.
	Brett Shaw	mgr.	Mgr.	Mgr.	Mgr.	Mgr.	Mgr.	Mgr.	Mgr.	Mgr.	Mgr.	Mgr.	Mgr.	Mgr.	Mgr.
	Seanen McNeff	mgr.	Mgr.	Mgr.	Mgr.	Mgr.	Mgr.	Mgr.	Mgr.	Mgr.	Mgr.	Mgr.	Mgr.	Mgr.	Mgr.
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	2010 CC Times			103-1	JV10-rec	51-10	State	Champs	<u> </u>				<u> </u>		
0 /	Athlete:	Time Trial	Thorell	Aurora	McConn	H. Scott	Crete	UNK	Aquinas	Columbus	Confer	District	State	st.place	P,R.'s
11	Keisey Christens	16:41	15:55	15:34	15:33	15:06	15:31	16:03	DNR	15:28	15:39	15:36	15:06	3rd	15:06
11 5	Shelbi Sloup	17:59	16:50	16:24	16:20	15:48	16:26	15:49	DNR	16:23	16:21	16:10	15:50	15th	15:48
11	Vlarti Vlasin	17:56	17:09	16:32	16:41	16:00	17:04	16:58	DNR	. 16:59	17:32	.16:26	16:03	20th	16:00
11	auren Wilcox	18:20	17:34	17:01	17:04	16:02	16:54	16:07	DNR	16:48	17:10	16:39	16:09	24th	16:02
11	McKenzie Christe	19:21	17:25	17:08	17:13	16:53	17:24	16:30	DNR	17:14	17:11	16:38	16:16	30th	16:16
11	alth Bohaty	19:51	. 18:31	18:02	18:27	17:46	18:15	17:50	DNR	18:20	18:11	17:48	17:15	68th	17:15
10	Taylor Seaman	18:31	18:21	17:57	17:50	18:17	18:45	18:51	DNR	20:12	DNR	17:37	Alt.	Alt.	17:37
.9	Megan Behlen	20:02	19:16	19:01	20:06	18:41	19:26	19:07	18:28	DNR .	19:45	DNR	DNR	DNR.	18:28
10	ea Kayton	21:53	20:56	19:26	19:30:00	18:56	19:43	19:13	18:30	DNR	19:27	19:14	Alt.	Alt.	18:30
4	Savanah Noe	DNR	20:54	20:45	20:44	20:00	20:17	DNR	18:56	DNR	21:26	<del>}</del>	DNR	DNR	18:56
5	Erin Miller	22:29	21:09	20:42	20:34	19:54	20:34	DNR	20:28	DNR	DNR	DNR	DNR	DNR	19:54
1	Sarah Chilcoat	22:38	22:00	21;33	22:33	19:54	22:21	DNR	21:12	DNR	22:10	DNR	DNR	DNR	19:54
21	Emilie Vajgrt	24:35.0	22:34	22:32	21:48	20:39	21:26	<del> </del>	20:21	DNR	21:49	DNR	DNR	DNR	20:21
	Whitney LaVelle	DNR	23:34	22:02	22:17	21:30	····	<del> </del>	21:09	DNR	24:19.0		DNR	DNR	21:09
	Therese Bohoty	25:05.0	23:20	22:32	<del> </del>	DNR	22:54	<del> </del>	21:33	DNR	· <del> </del>	DNR	DNR	DNR	21:33
£	Siana Dyell	26:34.0	24:41:00	24:08.0		<del></del>	<del> </del>		25:40:00		<del> </del>	DNR	DNR	DNR	-21:42
- 1	Shelby Blecha	23:58	21:55		DNR	DNR	DNR	DNR	DNR	DNR	DNR	DNR	DNR	DNR	21:55
š.,	Dayna Svoboda	27:40.0	25:10.0	25:01.0			·	<del></del>	<del> </del>	DNR	25:52.0		DNR	DNR	23:23
	Mady Chmura	DNR	26:38.0	26:18.0			26:10:00	<del> </del>	24:31.0	<del></del>	DNR	DNR	DNR	DNR	24:31.0
+				20,10,0		1		<del></del>		<del> </del>					1
	2010 CC Times	Record:	Var10-rec	78-25	JV10-rec	52-8	4th Place	 }	Team					-	+
10	Athlete:	Time Trial		Aurora	McConn	H. Scott	Crete	UNK	Aguinas	Columb	Confer	Distric	ts State	St.Pl	P.R.'s
	Ethan Damman	18:44	18:04		<del></del>		<del> </del>		DNR	17:06	<del> </del>				16:43
	J.P. Rech	19:06			···		<del></del>	<del></del>	DNR	16:53		<del></del>		3 13th	16:53
	J.F. Recn Jake Dexter	20:35	<u> </u>	· <del>}</del>	<u>-  </u>		DNR		DNR	18:0	+	+	<del></del>	3 29th	17:33
	John Cahoon	18:45		17:44		<del></del>	<del></del>	DNR	DNR	DNR	DNR	18:2		8 66th	17:41
	Justin Gross		21:31	19:5		<del></del>	·	·	·-{	DNR	18:20			4 52nd	18:04
	Crayton Noe	25:47.0	19:45	<del> </del>	<del></del>		<del></del>		DNR	18:5			<del></del>	2 84th	18:24
_		21:21 20:37						-	DNR	19:0		-	4 Alt.		18:47
	Seth Lewis	21:25	ļ					<del></del>	DNR	DNR	DNR	Alt.	<del></del>	Alt Alt	<del>-</del>
	Tyler Mann			<del></del>				<del>-}</del>				4 DNR	Alt.	DNR	19:04
	Jackson Hackbart	22:53.0		<del></del>				DNR	_	1 DNR			DNR		19:35
	Dario Gonzalez	22:45		<del></del>	6 DNR		6 DNR DNR	DNR	DNR	DNR	+	9 DNR	DNR	DNR	20:06
	Kaio Uhing	22.56.0	DNR	DNR	DNR	DNR .		DNR		7 DNR		6 DNR	DNR	DNR	20:17
1	Jared Kongsjord				<del></del>			DNR		8 DNR		0 DNR	DNR	DNR	20:20
	John Simpson	25:15.0	<del> </del>					4 DNR		1 DNR	<del></del>	1 DNR	DNR	DNR	20:21
1	Shane Sloup	21:53						4 DNR	<del></del>	1 DNR		6 DNR	DNR		20:26
2	Alex Shriver -	24:11.0	23:28	22:4	6 22:5	1 22:3	7 21:2	3 22:1	0 20:4	8 DNR	21:1	0 DNR	DNR	DNR	20:48
1	Alex Schelber	24:12.0	22:11	21:4	8 21:4	2 20:5	6 21:1	DNR	DNR	DNR	DNR	DNR	DNR	DNR	20:56
1	Matt Degarmo	26:34.0	22:57	22.5	3 21:42:0	0 21:54:0	0 22:24:0	DNR	21:2	0 DNR	21:16:0	0 DNR	DNR	DNR	21:16:00
1	Kyle Lenneman	26:20.0	22:3	1 22:4	9 22:0	2 21:5	3 DNR	DNR	21:5	4 DNR	21:1	7 DNR	DNR	DNR	21:17
1	Josh Rolfsmeyer	24:58:00	22:4	5 23:0	7 22:25:0	22:24:0	00 23:34:0	DNR	. 21:4	3 DNR	23:03:0	0 DNR	DNR	DNR	21:43
.	Josh George	25:51.0	· <del> </del>	3 23:4	0 23:0	00 22:0	7 DNR	DNR	21:5	5 DNR		6 DNR	DNR	DNR	21:46
	Anthony DeGroot	26:55.0		<del>-i</del>			3 23:5	2 DNR		6 DNR		9 DNR	DNR		21:49
	Nathan Sorsen	25:27:00						5 DNR		0 DNR		26 DNR	DNR	<del></del>	22:26
	Reed Williams	25:53.0	<del></del>	<del></del>				7 DNR	<del></del>	5 DNR	DNR	DNR	DNR	···· <del>···j</del> ······	22:44
	Bryce Van Velson	27:43.0	<del></del>	<del></del>				8 DNR		5 DNR		50 DNR	_		22:50
		DNR	DNR	26:19:0			18 25:34:0			00 DNR		13 DNR			23:43
	Orlando Gonzalez	30:07.0		28:20:0			00 25:44:0			DO DNR		14 DNR	<del></del>		
[	Wyatt Dybdai	31:07.0	<del></del>	26:51:0			00 27:44:0			00 DNR	<del></del>	00 DNR			
	Kevin Gonzalez	31:45.0			DNR		00 27:58:0			DO DNR		00 DNR			
		mgr.	Mgr.	Mgr.	Mgr.	Mgr.	Mgr.	Mgr.	Mgr.	Mgr.	Mgr.	Mgr.	Mgr.		
		mgr.	Mgr.	Mgr.	Mgr.	Mgr.	Mgr.	Mgr.	Mgr.	Mgr.	Mgr.	Mgr.	Mgr.		
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*	2009 CC Times	Record:	Var07-rec	101-0	JV07-rec	75-10	ļ	. [			[	.	.	.	4
10	Athlete;	Time Trial	Thorell	Aurora	McConn	H. Scott	Crete	UNK	Aquinas	Twin R	Confer	Districts	State	st.place	P.R.'s
10	Hannah Tvrdy	16:58	16:07	DNR	15:43	15:31	1.5:47	15:00	15:15	DNR-	15:27	15:58	15:15	4th	15:00
10	Kelsey Christens	16:52	16:09	DNR	15:41	15:29	15:46	15:12	15:34		15:23	.15:52	15:14	3rdi	15:12
9	Natasha Mueller	16:57	16:12	DNR	15:47	15:38	1 5:55	15:59	DNR	DNR ·	15:45	16:28	16:20		15:38
10	Liz Damman	16:52	16:05	DNR	16:D1	15:43	16:13	15:40	16:10	DNR	15:39	16:21	16:09	16th	15:39
.9	Taylor Seaman	DNR	17:36	DNR	17:06	16:35	1 6:31	16:31	16:55	DNR	16:13	16:36	16:16	19th	16:13
10	McKenzie Christe	18:40	18:00	DNR	17:37	17:38	17:09	16:44	16:57	DNR	16:22	16:51	16.34	25th	16:22
В	Jordan Seaman	18:55	18:02	DNR	18:06	17:58	17:16	17:22	17:34	DNR	16:55	Alf	Alt	Alt	16:55
8	Marti Viesin	19:48	18:42	DNR	17:32	18:14	17:58	17:18	18:00	DNR	17:18	Alt	Alt	Alt	17:18
5	Michelle Ness	22:29	21:04	DNR	19:48	19:17	1 8:58	18:50	18:31	18;59	18:08	DNR	DNR	DNR	18:08
9	Megan Behlen	21:06	19:31	DNR	19:31:00	18:54	19:09	- 18:54	18:28	19:24	18:26	DNR	DNR	DNR	18:26
·5	Sierra Roth	21:42	19:54	DNR	19:01	18:56	19:28	DNR	DNR	19:12	19:42	DNR	DNR	DNR	18:56
1	Erin Miller	22:31	21:30	DNR	20:56	20:12	20:25	DNR	19:35	20:30	19:19	DNR	DNR	DNR	19:19
2	Taylor Biddle	22:30	20:56	DNR	21:09	20:38	20:29	DNR	19:33	20:30	19:24	DNR	DNR	DNR.	19:24
1	Jackle Uhing	22:27	20:34	DNR	DNR	20:21	20:37	DNR	19:33	20:30	19:44	DNR	DNR	DNR	19:33
1	Therese Behoty	22:23	21:35	DNR	21:19	DNR.	20:45	DNR	DNR	DNR	19:38	DNR	DNR	DNR	19:38
1	Dayna Svoboda	23:28:00	22:12	DNR	22:03	21:36	21:29	DNR	20:21	20:50	19:56	DNR	DNR	DNR	19:56
1	Katie Thrallkill	22:32	21:05	DNR	20:22	20:19	20:29	DNR	19:57	20:52	20:26	DNR	DNR	DNR	19:57
1	Lea Kayton	DNF	23:03	DNR	22:25	DNR	DNR	DNR	21:41	21:36	20:37	DNR	DNR	DNR	20:37
1	Brittany Baumbach	DNR	DNR	DNR	26:06:00	24:16:00	23:15	DNR	21:34	23:41	21:51	DNR	DNR	DNR	21:34
1	Michelie Flamon	DNF	DNR	DNR	25:33:00	25:00:00	23:33	DNR	22:15	24:11:00	22:23	DNR	DNR	DNR	22:15
	Emilie Vajgrt	Mgr						1					1	1	<b>1</b>
	Sarah Garbers	Mgr		1	1				1	<u> </u>		<u> </u>	1	<b>1</b>	1
	Mary Bohaty	Mgr			1					<u> </u>		<u> </u>	1		1
								1	1		<del> </del>	1.	1		
	2009 CC Times	Record	Var07-rec	70-29	JV07-rec	65-19		1	<b>-</b>	1				1	1
10	Athlete:	Time Tria	Thorell	Аигога	McConn	H. Scott	Crete	UNK	Aquinas	Twin R	Confer	Distric	t: State	St.PI	P.R.'s
10	Ethan Damman	18:35	17:5	9 DNR	17:3	5 17:50	17:28	3 17:4	1 18:23	DNR	17:2	5 18:3:	2 18:0	0 44th	17:25
10	John Cahoon	19:3	7 18:5	2 DNR	18:2	4 18:20	17:43	3 18:1:	2 18:59	DNR	18:0	6 18:2	3 18:1	1 52nd	17:43
10	Mark Wilcox	20:0	3 18:3	3 DNR	18:5	0 18:10	18:20	18:2	9 17:54	DNR	17:4	5 18:0	7 17:4	3 29th	17:43
10	J.P. Rech	20:23	18:4	0 DNR	18:4	9 18:3	1 18:18	5 18:0	5 18:35	DNR	17:4	7 18:0	9 19:0	2 77th	17:47
	Grant Vlasin	18:3		4 DNR	18:0	2 18:0	1 DNR	DNF-	DNR	DNR :	DNR	18:1	5 17:4	B 34th	17:48
ļ	Kalo Uhing	20:5		2 DNR	19:0	1 18:5	1 18:51	<del></del>	<del></del>	DNR	DNR	Alt	Alt	Alt	18:4
5	Shane Sloup	21:2		6 DNR	19:5	4 19:4	4 19:2	0 19:0	8 DNR	DNR	19:1	5 20:1	2 20:0	7 84th	19:0
· F	Dario Gonzalez	22:1		2 DNR	21:1	3 20:3	5 20:0	3 19:4	0 20:4	1 20:2		5 Att	Alt	Alt	19:2
E	Crayton Noe	22:2	8 20:4	1 DNR	20:4	9 20:0	5 .19:4	6 19:3	2 20:3	3 20:0	8 DNR	Alt	Alt	Alt	19:3
	Eric Ahrens	22:2		6 DNR	21:1	0 20:5		2 20:2	0 20:4			7 DNR	DNR		20:1
	Brett Shaw	DNI	<del></del>	4 DNR	21:22:0			0 DNR	20:3			4 DNR	DNR		20;2
	Alex Shriver	DN		9 DNR	22:2		<del></del>	9 DNR	21:3	<del></del>	<del></del>	9 DNR	DNR	<del></del>	20:2
2	Alex Schelber	24:00:0		DONR	21:2	<del></del>		1 DNR	21:5	~~~		9 DNR	DNR		20:2
	Seth Lewis	22:5		DO DNR	21:3		B DNR	DNR	21:3			4 DNR	DNR		20:5
	Jackson Hackbart	. 23:4		19 DNR	21:3		9 DNR	DNR	22:0	<del></del>		31 DNR	DNR		21:1
<u> </u>	Andrew Sorsen		6 DNR	DNR	DNR		04 DNR	DNR	DNR	DNR		58 DNR	DNR		
1		20.0													

3.5 × 2.0 5

#### What is the role of the Parent?

## Support your athlete (tough sport), congratulate them, and praise them.

(Nobody try's to run poorly on purpose, sometimes athlete's might not give us their best and we might say something but for the most part they all try to please their parents, teammates and coaches. Something might be wrong, injury, illness, social/family problems, or just having a bad day. Sometimes they just need you to build them up after a below average performance and at the same time they need acknowledgement for going beyond their average performances.) It is hard to do sometimes, even for us coaches. We have 50 athletes and it is hard to say nice things to every single one at every single meet. So that is why we need you. You are still the most important people in their life and they need you.

Please call or e-mail me if you ever have concerns. (Support Coaches) Sometimes things get misinterpreted and it is best to know both sides of the story. We do not want things to get worse, we want kids to be happy and have good experience.

## What can parents do to help our program?

You can help with Pasta Dinners (Parents Organize) This is a huge help, the athlete's love these dinners and they appreciate their parents for being a part of their sports program. We will have a list of available nights to help; if you cannot help during those times there are other ways to help by supplying deserts and things like that.

You can help with the Year End Banquet (Senior Parents Organize) Set-up and bringing food. This banquet is usually around the 1<sup>st</sup> Sunday in November, and it is truly a fun night and a great way to honor all our athletes on a great season.

You can Join and be and Active Booster Member (In the past we have asked the Booster club for items for our program.)

You can help out with our Home Invites (Time Trials, Charlie Thorell, Districts)
Directing athletes where to go on the course, pulling tags at the finish, spraying athletes down with hoses, helping with results and awards, handing out food, etc...)

You can hand out towels at meets, popsicles, yard signs, treating the team to dinner after a meet, etc.

It endless, these are just things that parents have done in the past and it is always fun to see what new parents want to do or try. I am good with whatever you want to try to make the season more enjoyable for your athlete because you as a parent play just as important role in the success of our season.

### Seward Cross-Country Website

www.sewardpublicschools.org then to High School tab - Teacher Pages - Mr. Holliday
In there will be everything you and your parents need to know about Cross-Country.

Meet Records, Athlete/Parent Expectations, Meet Schedule, websites, etc.

### Seward High's Cross-Country Objectives:

4 plus years of Athletic Development, Lifelong Enjoyment, Development as a Person and Team, <u>Striving to do ones Best</u>, and Running like a Seward High Bluejay!

### Seward High's Cross-Country Standard

Being there everyday and striving to do your best!

Don't let your Teammates down! – Don't do anything that could hurt the team!

#### What is it to be a good teammate?

What is it to have discipline, good character, effort, integrity, selflessness, mental toughness, (Teachable spirit)-coachability, attitude, and work ethic?

#### Lettering:

Cross-Country is the toughest sport to participate in and because of that I feel everyone (varsity and non-varsity) deserves the opportunity to letter. Generally the six varsity members who compete at districts and state will letter, but there could be some exceptions to this. Lettering is at the discretion of the coaches, but if the athlete meets all requirements more than likely a letter will be awarded. During the course of the year (starting in the summer and going to Oct. 5<sup>th</sup>) an athlete must earn 20 points to letter.

### Earning Letter points:

- 5 points will be awarded to first time cross-country athletes.
- 1 point will be awarded to each day an athlete attended the camp.
- 1 point for every Wednesday evening run or road race attended in the summer.
- 1 point for each day helping with the little kids track club.
- 1 point for every 25 miles an athlete ran over the course of the summer.
- 1 point for achieving a personal best at a meet.
- 1 point for earning an award at a meet (JV or Varsity).
- 1 point for being top 4 on the team at a meet.
- ½ a point for being 5<sup>th</sup>-10<sup>th</sup> on the team at a meet.
- 4 points for recruiting someone for cross-country.
- 2 points for bringing donuts to Saturday morning practice.
- 2 points for a school record.

#### Loosing letter points:

1 point for missing practice. ½ a point if excused by coach.

Doing anything that will hurt the team will be loss of points depending on the severity of it.

#### Earning a Top 10 Shirt

For those that received a t-shirt last year. You will be required to finish top 10 on the team for 5 meets (if you attended camp at least 6 out of the 10 days) or 6 meets if you did not attend the camp at least 6 days).

For those that did not received a t-shirt last year, you will be required to finish top 10 on the team in at least 4 meets (if you attended camp at least 6 out of the 10 days) or 5 times if you did not attend camp at least 6 days).

Cross-Country Practice/Meet Schedule (Student Expectations):

- 1. 3:45 Warm-up (800 Jog around track)
- 2. Stretch (10 minutes approx.)
- 3. Approx. 4:05-4:15 Drills (10 minutes approx.)
- 4. Approx. 4:15 Head out for our run or workout
- 5. Depending on the workout we are done running anywhere around 4:45-5:45.
- 6. After Workout we start our General Strength or Weight Lifting and Stretching (Approx. 20 minutes).
- 7. Approx. 5:45-6:00 Ice treatment (12-15 whirl pool).
- 8. By 6:00 all our students are out of the building and heading home.

Wednesday nights we are always out before 6. If it is a pasta night we are still out by 6:00 pm., because it is an easier workout day.

9. Mandatory Saturday Morning Practices. 7:00 A.M. (usually, but could change)

All Athletes are required to do all of these things above, unless they have a major conflict, ie ACT prep class, God parent retreat, Doctors appointment, etc. If so, we work with the individual to be excused early.

All Athletes are required to have a White Seward Cross-Country T-Shirt! They are \$10 for a cotton shirt \$15 for a dry fit shirt, if an individual can not afford it, one will be supplied by Coach Holliday. The only requirement is that the student/athlete must come to Coach Holliday's room to pick it up. This must be done before our 1<sup>st</sup> meet.

All Athletes must have new "running shoes". Cross trainers, basketball shoes, etc will cause injuries. My suggestion is to go to the Lincoln Running Company-12<sup>th</sup> and Q and they will give you a 15% discount on shoes. Just tell them that you run for Coach Holliday in Seward and they will give you the discount.

There are a couple of meets that we have a time requirement in order to compete. One is the UNK meet were athletes must run 19:30 or faster at the Crete Invite in order to compete at the UNK Invite (Varsity only).

The second meet is the Harold Scott Meet. If an athlete does not complete the McConnell Meet faster then 30 minutes then they can not run the Harold Scott Meet.

(This does not include any meet where we feel an athlete is un-prepared to handle the meet from what we observe from practices, or previous meet) (Ex. If an athlete cannot run 1 mile without walking, then they are not prepared to race 2.5 or 3.1 miles in a meet.)

Grades: If an athlete is ineligible, the student/athlete will not be allowed to participate in practice or the meets until the grade is up. If the student/athlete is close to failing the Teachers have the right to hold students out of competition if they feel the student can not afford to miss school. Other arrangements can be made if a student needs to stay in school to finish work. (i.e. Parents are allowed to bring students to a meet if they get permission from our administration. Tardies to practice will be excused if student was making up class work.—Must bring note from teacher.)

Equipment: Athletes will be checked out a locker and equipment. It is the athlete's responsibility to take care of the equipment. Any loss or damage of the equipment the athlete is required to pay for that equipment. If a coach picks up your equipment (ex. Shoes left in hallway) then it will be your responsibility to pay Coach \$2 to get it back.

Injured Athletes are still required to attend practices, unless you are doing rehab or physical therapy, some place other than the high school.

Meets: Students will be required to make up school work before they leave for the meet (i.e. The day or days before we are to leave, not day of.) The same warm-up schedule used for practice is required before meets as well. There is also an additional 1 mile cool down and stretching after the race.