

Silver Hawk Cross Country Scouting Report

MEET: *District A-2 Championships*

DATE: Thursday, October 15, 2009

SITE: Skyview Lake, Norfolk, NE

DIRECTIONS: Take Interstate 80 to the the NE Hiway 15 (Seward Exit). Follow Hiway 15 as it goes North through Seward. When you get to NE Hiway 15/NE Hiway 92, turn left. Follow NE Hiway 92 until it meets US Hiway 81 and turn right. Follow US Hiway 81 North to Norfolk. When you get to Norfolk, turn left onto Maple Avenue.

DISTANCE: MEN - 5 K WOMEN - 4 K

COURSE DESCRIPTION: This is a moderately hilly course, with little protection from the elements. A course map is attached to the scouting report. The course is located in a recreational area. Be ready to race in the last 1600 meters of the course, when you will run over some rolling hills – plenty of opportunities there to pass runners.

TEAMS AT MEET:

Bellevue East
Lincoln Northeast
Lincoln Southwest
Norfolk

Omaha Benson
Omaha Burke
Omaha North

TOP INDIVIDUALS AT MEET:

Women: Emily Moore—15:58, Omaha Burk
Melissa Parks -15:15, Aschoff—15:22, Cumm—15:51--Norfolk

Men: Jonah Bradley—17:31, Norfolk
Nate True—17:09, Omaha Burke

Time Schedule - Two Races

4:30 - **Girls Varsity**

5:00 - **Boys Varsity**

On Thursday, be proud of the tradition you are building!
Be proud of what YOU have accomplished, and what you have YET to accomplish! If you remember all this;

You will run the race of your life!

And a special message to BOTH squads:

I need to remind you once again about your seasonal goals and how important everyone is on the team. Sometimes we don't really appreciate our friends, coaches, teammates, or even our team until it is too late. Let's continue to work on our mental focus and attention to detail. Tomorrow each second is important and every place counts. Lets have a good strong finish on Thursday.

My coach said, "Believe in yourself. Run with heart and put the rest aside." It's amazing how your body responds to your thoughts.

Charlotte Guidry, Olympian, 200 Meter American Women's Record Holder

OTHER INFO: Pasta Feed at 6:00 p.m. at: Sydney Stauffer's-- 9121 S. 29th St. (behind Kohl's department store).

ALL RUNNERS (JV AND VARSITY) ARE INVITED!!

Driving directions to 9121 S. 29th St. (behind Kohl's department store). take 27th St. south past Yankee Hill Road; Turn Left onto either Whispering Winds Blvd. or Wilderness Hills Blvd to get to 29th St.

Boys - bring a dessert Girls - bring a salad
Everyone - bring something to drink

Thursday:

11:15 a.m. Students are released from class (end of block 2)
11:30 p.m. Bus depart from West side of school
2:00 p.m. Arrive at Skyview Lake Course

Race Division	Race Time	Warmup
Girls 4K	4:30 p.m.	Begin warmup @ 3:40 p.m.
Boys 5K	5:00 p.m.	Begin warmup @ 4:10 p.m.

9:00 p.m. Return to Southwest

Saturday:

8:30 Report to Pioneers Park for LPS Open

Varsity ROSTER - 2009 District MEET

Varsity Girls:

Mary	Hillis
------	--------

Alie	Kloefkorn
Kylie	Gokie

Lauren	Works
Paola	Mwenentanda
Sydney	Stauffer
Burk	Emma

WALL	DAK
Ted	Kotcher
Scott	Ingham
Connor	Marshall
Parker	Schoen
Drew	Willis
Lucas	Keifer

Varsity Boys:

REMEMBER - NEVER GIVE UP!!! YOU'VE DONE THE HARD WORK, NOW ITS TIME FOR THE PAYOFF!!!

On dreams and determination:

A number of years ago in Elkhart, Kansas, two brothers had a job at the local school. Early each morning their job was to start a fire in the potbellied stove in the classroom.

One cold morning, the brothers cleaned out the stove and loaded it with firewood. Grabbing a can of kerosene, one of them doused the wood and lit the fire. The explosion rocked the old building. The fire killed the older brother and badly burned the legs of the other boy. It was later discovered that the kerosene can had accidentally been filled with gasoline.

The doctor attending the injured boy recommended amputating the young boy's legs. The parents were devastated. They had already lost one son, and now their other son was to lose his legs. But they did not lose their faith. They asked the doctor for a postponement of the amputation. The doctor consented. Each day they asked the doctor for a delay, praying that their son's legs would somehow heal and he would become well again. For two months, the parents and the doctor debated on whether to amputate. They used this time to instill in the boy the belief that he would someday walk again.

They never amputated the boy's legs, but when the bandages were finally removed, it was discovered that his right leg was almost three inches shorter than the other. The toes on his left foot were almost completely burned off. Yet the boy was fiercely determined. Though in excruciating pain, he forced himself to exercise daily and finally took a few painful steps. Slowly recovering, this young man finally threw away his crutches and began to walk almost normally. Soon he was running.

This determined young man kept running and running and running - and those legs that came so close to being amputated carried him to a world record in the mile run. His name? Glenn Cunningham, who was known as the "World's Fastest Human Being," and was named athlete of the century at Madison Square Garden.

A story about running with heart:

A lesson in "heart" is a little 10-year-old daughter, Sarah, who was born with a muscle missing in her foot and wears a brace all the time. She came home one beautiful spring day to tell her parents that she had competed in "field day" - that's where they have lots of races and other competitive events.

Because of her leg support, my mind raced as her parents tried to think of words of encouragement for little Sarah, things they could say to her about not letting this get her down - things they had heard many famous coaches tell the players when they were faced with defeat - but before they could get a word out, she looked up and said, "Daddy, I won two of the races!"

Her Daddy couldn't believe it! And then Sarah said, "I had an advantage."

Ahh. "I knew it" thought her father. He thought she must have been given a head start . . . some kind of physical advantage. But again, before I could say anything, she said, "Daddy, I didn't get a head start . . . my advantage was I had to try harder."

The last word . . .

"A lot of people run a race to see who's the fastest. I run to see who has the most guts."

Steve Prefontaine

"Life is 10% of what happens to you and 90% of how you react to it."

Dr. Joe Vigil, former Adams State coach.

"I tell our runners to divide the race into thirds. Run the first part with your head, the middle part with your personality, and the last part with your heart."

Mike Fanelli, club coach

"In my 1976 Training Diary is a photo of Jack Nicholson from *One Flew Over The Cuckoo's Nest*. It's a facial shot of him trying to pull out the drinking trough and use it to smash one of the barred windows to escape. One of the other patients said: 'Don't be stupid, you can't do that.' Jack replied, 'Yes I can, anything is possible.' He strained his guts working at it for a few minutes with the veins sticking out of his neck. Of course he couldn't move the bloody thing. They all said: 'We told you that you couldn't do it.' Nicholson looked at them and said: 'At least I tried, you bastards.' To me that summarizes what I think about life."

Chris Wardlaw, 2:11 Australian marathoner

NXCCA Cross Country State Rankings Class A—Week 6

<u>Boys (1st place votes)</u>		<u>Points</u>	<u>Last</u>
1.	Millard West (14)	140	1
2.	North Platte	126	2
3.	Creighton Prep	113	6
4.	Fremont (1)	94	5
5.	Papillion-La Vista	93	3
6.	Kearney	91	4
7.	Lincoln Southwest	54	7
8.	Papillion-La Vista South	49	8
9.	Lincoln North Star	30	9
10.	Omaha Burke	22	10

Others Receiving Votes: Bellevue West (5), Lincoln East (4), Norfolk (3), Omaha Westside (1)

NUMBER OF COACHES VOTING: 15

<u>Girls (1st place votes)</u>		<u>Points</u>	<u>Last</u>
1.	Millard West (14)	140	1
2.	Papillion-La Vista South (1)	126	2
3.	Norfolk	118	3
4.	Omaha Burke	106	5
5.	Lincoln Southwest	92	4
6.	Lincoln East	61	7
7.	Millard North	54	8
8.	Omaha Marian	38	10
9.	Omaha Westside	35	6
10.	Fremont	23	9

Others Receiving Votes: Lincoln Southeast (13), Papillion-La Vista (6), Bellevue West (5), Elkhorn (4), Kearney (3), Millard South (1)

NUMBER OF COACHES VOTING: 15

NOTES: The Nebraska Cross Country Coaches Association (NXCCA) will be compiling state rankings based off of a coaches poll. The rankings will be completed on a weekly basis with the final poll based on state meet results. Any questions or concerns regarding this poll can be directed to Jeremy Haselhorst, NXCCA president, at jhaselhorst@paplv.esu3.org.