**August 22nd 2016 Hilliard Davidson Boys Cross Country Report**

**OHSAA Pre Season Meet 8-20-16 Great footing, Very Humid and hot.**

**Name 1M 2M 5K PL Last 3.1**

1. Andrew Tighe-11 5:11 10:58 17:19 31 6:21
2. Andrew Taylor-11 5:18 11:02 17:19 32 6:17
3. Chris Egolf-12 5:11 10:57 17:28 37 6:31
4. Brian Egolf-12 5:24 11:20 17:34 42 6:14\*
5. Conner Johanssen-10 5:18 11:12 17:46 54 6:34
6. Jack Altman-10 5:20 11:12 17:48 58 6:36
7. Reed farmer-12 5:20 11:33 18:02 74 6:29
8. Max LeClair-10 5:20 11:24 18:03 77 6:39
9. Ian Cook-12 5:24 11:24 18:05 80 6:41
10. Nick Sauvey-10 5:28 11:37 18:30 100 6:53

**Team Stats:6th Place** **Split:** 17:19 to 17:46 = 27 seconds! **Score:** 31, 32, 37, 42, 54 = 196

**Teams:** 1. Louisville-65 2. Thomas-70 3. Pickerington Central-111 4. Kenston-168 6**. Davidson-196** 7. Medina-202

**Varsity Recap:** With a plan to start slow and pick up steam as the season progresses, Davidson was solid. We were back a bit early but held our own as the humid conditions took its toll on the runners. I wanted the runners to get a taste of hard running and fight to the end and I believe we did that. Our places were better than last year and there were more runners in the field. Davidson is in a good place and we will learn from this meet to get better.

**Name 1M 2M 5K PL Last3.1 Medal**

1. Xavier Gallo-9 5:43 12:02 18:56 15 6:54 M
2. Nick Dauer-11 5:51 12:12 19:01 19 6:49 M
3. Mitchell Montgomery-9 5:58 12:18 19:14 23 6:56 M
4. Peter Burback-10 5:56 12:21 19:20 30 6:59 M
5. Bolin Buckley-9 5:51 12:17 19:40 43 7:23
6. Mitchell Messer-9 6:03 12:47 20:10 65 7:23
7. Layne Marshall-11 6:03 12:43 20:23 69 7:40
8. Thomas Lynch-9 5:59 12:54 20:29 72 7:35
9. Andrew Schueler-11 6:08 12:55 20:37 79 7:42
10. Carson DeCarlo-10 6:17 12:58 20:40 83 7:42

**Team Stats**:4th Place **Split:** 18:56 to 19:40 = 44 seconds **Score:** 15, 19, 23, 30, 43 = 131

**Teams:** 1. Lancaster-84 2. Medina-91 3. Canton McKinley-121 4. **Davidson-131**

**JV Recap:** A great blend of Davidson runners that have been training together ran a great race together. The team was close and the finishes were good. This group of runner will improve very fast the next month and I am excited to see who wants to move to the top group in the next few weeks.

**Name 1M 2.5 PL Medals**

1. Kirk Myers-9 5:59 14:15 10 M
2. Nick Caiazza-12 6:18 14:21 14 M
3. Luke McWherter-10 6:10 14:27 17 M
4. Zach Lewis-9 6:20 14:39 21 M
5. Dane Farmer-9 6:32 14:56 24 M
6. John Steitz-10 6:32 15:06 28 M
7. Colin Taggart-11 6:34 15:29 31
8. Nick DeSilva-9 6:33 15:29 32
9. Brian Stroh-9 7:00 15:52 38
10. Anthony Bray-9 7:08 16:26 45

**Team Stats: 3rd Place** **Split:** 14:15 to 14:56 = 41 seconds **Score:** 10, 14, 17, 21, 24 = 73

**Teams:** 1. Little Miami-24 2. Lancaster-70 3. **Davidson-73**

**Open Recap:** This was a great meet for many to get experience and learn the ropes of pushing themselves. These young men were patient in the early parts and tough in the last mile with great finishes. These guys ran for medal and did a great job.

**Those who did not run:**  Manny Jenkins-10, Phil Nolette-10, Bret Lehwald-9, Ray Chung-10, Seth Altman-9, Emmitt Hoying-10, Anas Nur-11.

**OHSAA** **Pre-season Recap:** Davidson is still in the Reformation. Just like in history, the first year was brutal, the troops have to figure out that they, and they alone are redefining the **Davidson purpose**. The outcome is the same, excellence, but the organization of leadership has changed. When the 2016 team defines itself and really commits everyone to the championship season, Davidson will be awesome. The process takes time and the first meet is nothing but a chance to see where we are at this moment in time. When the Davidson runners reflect on this moment (today), they can use their minds to create whatever destiny they choose (Carl Jung). I hope that each of you buy into the awesome idea that we can all overachieve and that we need each other so we can push each other to new levels of productivity. Synergy is real but each of you must create it. Each of you must desire to be on a mission to break boundaries and support each other. Each of you must push the Tempo workouts with very little rest because when you do get the rest when VO2 comes, you will pop and overachieve. Nothing is impossible. Believe in getting better. Study your sport. Clearly see what you want. Combine your vision with others and the process will be worth it because you will not want to let anyone down including your faithful alumni.

**Thoughts:** When I was your age, I could only see things that were in front of me. I loved the stage of athletics because it is a place that you can outwork someone. **I mean you can improve if you work**. I have been around so many people that have more talent, but many of them waste it. When someone relies on talent, they will be overcome and they will change their direction. Talent runners that rely on it will face hardships that Davidson runners face every day and **embrace it**. Sooner or later the talent runners, who are not, hardened by work ethic, loose their fire because they want it easy. Hard work over time beats talent. Be patient and get hardened. Forge your sword in the hot fire every day because it will not break. The quick solutions don’t last and do not standup to the test of the Davidson reputation. Davidson will grind five more weeks in workouts; we will run hard and fight the heat and humidity. We will understand that **workouts are the most important part of our day after school work**. We will love our families and do all the chores that are expected of us when we get home from practice. Remember this above all; when you are done with practice and family, it is time to hit the books because those books will make your life possible. Cross Country will satisfy your desire to achieve. Cross Country will teach you that every day is a challenge and you will acquire work habits that will take you to adulthood believing that nothing is impossible. Always remember that **time** is your friend when you use it wisely and focus on your personal vision to contribute to something that is bigger than yourself. (Coach Schlecht)