November 2nd 2015 Hilliard Davidson Boys Cross Country Report

Region 3 @ Pickerington North HS

 Name 1M 2M 5K Team OA PR .

1. Andrew Tighe-10 5:12 10:34 16:43 36 42 16:05
2. Matt Rose-12 5:17 10:37 16:47 43 49 16:41
3. Adam Hoover-12 5:12 10:30 16:54 45 54 16:22
4. Chris Egolf-11 5:16 10:45 17:07 55 67 16:09
5. Patrick Keck-12 5:23 10:53 17:15 62 74 16:35
6. Andrew Taylor-10 5:26 10:55 17:21 70 82 16:58
7. Max LeClair-9 5:26 10:59 17:27 78 90 16:46

**Team Stats:** 11th Place *1. Watkins-113 2. Thomas-116 3. Darby-149 4. Coffman-155* 5. Liberty-155

 6. Pick Central-182 7. Lancaster-199 8. Bradley-208 9. Jerome-237

 10.Orange-240 **11. Davidson-241** 12. Granville-250 13. Gahanna-279

 14. Newerk-319 15. Teavys Valley-324 16. Olentangy-360

 **Record:** 5 Wins 10 Lost **Total Record**: 105 Wins 25 Lost

 **Split:** 16:43 to 17:15 = 32 seconds! Best at Regionals!

 **Score:** 36, 43, 45, 55, 62 = 241 Points….. Lack of front runner hurts!

**Regional Thoughts:** After taking some time to digest the regional, so I could look at it objectively, I think we competed very well. The race plan was to be conservative so we could finish strong and I believe we did that. The coaches wanted all the runners to enter the woods at about 35th place but our 5-6-7 did not trust us here. Pack running is about running together and the pace early was very manageable for our 5-6-7. So one must ask the question; why did 5-6-7 not stay with the team early when they could? This is what the returning runners must figure out for Davidson to be successful next year. Davidson struggled all year in practice with the idea of running together when they were uncomfortable and I think this is why we did not stay together. What we do before conditions us to believe/think in the same way in uncertain conditions. This is all basic psychology. I believe Davidson was strong but the commitment by all the member of the VARSITY Travel team must be consistent throughout the year to be successful. That means a vision of a team must be set way before the approaching year. This means leaders who want to be great bring others to understand that the little things matter. The top 20 kids in our region are all very committed runners who want to be great at something and leave their mark. For Davidson to regain our dominance, all we have to do is commit and work together. Greatness is like the cream that comes to the top when everyone dreams the same things and pushes each other for a common goal. These are all things to think about.

 The good things that I saw was a team that was ready to run and each runner had wonderful finishes. The back of our team was as good as any team to run at regionals. The only thing missing for next year is for the runners to decide that they want to be winners and I will help you map out what it takes and the first thing to recognize is that you need a plan and each other.

Regional Recap: The stats are solid and the running was good. Davidson did not blow up and all runners finished very well. When you examine the results you will see that we had our last man in with the best team last man and our 5th was the sixth best. Not bad for any Davidson team. Where we did not compete was up front. Our first runner came in as most of the top team’s third man. With the youth of our team and our history of great winter and summer running, we can fix this very quickly. The last thing that I must address is that central Ohio is the most competitive running environment today than any team has ever faced. This is no big deal when we commit. In Illinois, the conference meets are ferocious and the tournaments are all about who survives. This is what sport is supposed to be about. Are you ready for the challenge? I sure am!

**JV States:** Great job Davidson for winning your third championship in a row! 22 points is awesome and you destroyed Olentangy Libery. I am so proud of each of you. Next stop NXR!

Name 5K Place PR Name 5K Place PR

Ryan O’Rorke-12 17:29 2nd  17:11 Colin Taggart-10 19:52 16th 18:58

Brian Egolf-11 18:00 3rd  17:03 Carson DeCarlo-9 20:06 17th 19:43

Reed Farmer-11 18:12 4th  17:10 Manny Jenkins-9 **21:17** 19th **21:17**

Matt Apodaca-11 18:27 6th  17:19 Emmit Hoying-9 21:17 20th 19:50

Nick Sauvey-9 18:31 7th  17:44 Anas Nur-10 21:23 21st 19:12

Drew Sauvey-12 18:33 8th  18:13 Phil Nolette-9 22:40 22nd 21:59

Conner Johanssen-9 18:37 9th  18:01 John Steitz-9 23:18 23rd 21:12

Nick Caiazza-11 19:09 12th 18:24

**Travel Team:** NXR here we come. No pressure and a great experience for all. Davidson will do well in this meet. Our five is as good as anyone’s and the pack will be dense. Great things happen for Davidson runners here as we are well trained and will even run faster than we have. This is a great opportunity for each of you to run hard and see what happens. I am not sure what race we will be in but if we are in the open race we need to be ready to challenge for the win. Davidson will run this last race like it is our world championship and that will mean the pressure is off and you are free to go after it. This will be a fun event and great racing times. Be positive and let’s enjoy what we have before us.