September 4th 2018 Hilliard Davidson Boys Cross Country Weekly Report

Hot Summer Bash 9-1-18 warm with dew point rising each race. Not too hot but still not the best

**Name 1M 2M 5K Place PL@2M PR improve**

1. Conner Johanssen-12 4:50 10:04 15:43 2 3 15:43 -29
2. Max LeClair-12 4:55 10:20 16:33 10 6 16:33 -23
3. Nick Sauvey-12 5:16 10:44 16:43 14 21 16:43 -38
4. Mitchell Messer-11 5:16 10:48 16:55 19 29 16:55 -42
5. Jack Altman-12 5:17 10:52 16:56 20 28 16:56 -39
6. Alex Hudson-9 5:27 11:08 17:26 F-2 1-2 17:26 -35
7. Nate Gilbert-10 5:27 11:11 17:31 F-3 5 17:31 -40
8. Colin Buckley-11 5:32 11:24 17:36 O-2 5 17:36 -58
9. Brian Stroh-11 5:30 11:24 17:45 54 68 17:45 -70
10. Mitch Montgomery-11 5:20 11:15 17:50 60 56 17:50 -51
11. Ray Chung-12 5:46 11:46 18:10 O-6 11 18:10 -35
12. Henry Byrne-10 5:37 11:43 18:12 9-14 15 18:12
13. Carsen DeCarlo-12 5:45 11:45 18:18 O-9 10 18:18 -24
14. Trevor Sommers-10 5:40 11:20 18:21 9-16 25 18:21
15. Nick Puhl-9 5:45 11:23 18:21 9-17 26 18:21
16. Zach Lewis-11 5:56 11:55 18:27 O-12 25 18:27 -29
17. John Steitz-12 5:38 11:45 18:33 O-16 14 18:33 -20
18. Nick DeSilva-11 5:46 11:50 18:35 O-17 19 18:35 -141
19. Zach Whitney-9 5:45 11:22 18:35 9-24 24 18:35
20. Jay Chung-10 5:45 11:30 18:44 9-27 31 18:44
21. RJ Sagrilla-10 5:34 11:22 18:59 9-33 27 18:59 -1
22. Phil Nolette-12 5:59 12:17 19:04 O-29 42 19:04 -59
23. Luke Perez-11 6:01 12:08 19:04 O-30 36 19:04
24. AJ Hoying-10 5:58 12:56 19:12 O-42 54 19:12
25. Thomas Lynch-11 5:38 11:53 19:14 O-37 21 19:14 +28
26. Kirk Myers-11 6:03 12:23 19:14 O-38 47 19:14
27. Roman Niemeier-9 5:51 12:54 19:27 9-51 50 19:27
28. Emmitt Hoying-12 6:03 12:28 19:33 O-52 51 19:33
29. Brady Whitside-9 6:00 13:11 19:37 9-24 65 19:37
30. Manny Jenkins-12 6:18 12:45 19:50 O-58 71 19:50
31. Jacob Bauer-12 6:45 12:50 21:04 21:04
32. Nathan Hand-9 6:37 13:51 21:36 21:36
33. Colin Schleappi-10 6:37 13:51 21:39 21:39
34. Ryan Zmuda-9 6:53 14:01 21:41 21:41
35. Tyler Engram-10 6:53 14:10 21:50 21:50
36. Anthony Bray-11 6:45 12:50 22:49 22:49
37. Tyler Schmidt-10 8:04 16:01 24:22 24:22
38. Brayden Kulesza-10 7:52 15:43 24:25 24:25
39. Kenneth Besson-9 7:24 15:28 25:14 25:14
40. Gabe Davis-9 8:48 18:01 27:01 27:01
41. Xavier Gallo-12 DNR Shin 17:10
42. Noah Pease-10 DNR Shin
43. Noah Andrews-10 DNR Shin
44. Adam Alsko-10 DNR Foot
45. Alex Torrez-9 DNR Shin

**Hot Summer Bash Overall Recap:** After time to reflect on the race and evaluate our objectives, I am pleased to say that I have a good feeling and that we did make progress. 1. We were trying to find the right place and pace for the first 800 meters of the race. All three teams were able to meet this goal because our pace in the field got better as the race went on. In the stats, there is a place for many runners at the two mile mark then you can check your finish place. It is very good. 2. I needed to see better finishes because every place matters. We lost by one point in the open race. We need work here. 3. I wanted awards for each team race and we did achieve that. Good job.

**Hot Summer Bash Varsity race recap:** The race started quick and we looked to be a bit back coming into the stadium. The boys were patient leaving the stadium, then the magic was starting to happen. At the one mile mark Gahanna was clearly leading with Centerville right there with us. Conner Johanssen-12 was riding in the lead pack with Max LeClair-12 floating in 5-6 place. Nick Sauvey-12, Jack Altman and Mitchell Messer-11 were back in 30th place. Mitch Montgomery was solid with Brian Stroh-11 following close. I was a bit worried at first, but when I saw 3-5 at 5:16 I knew they would be moving up. By the time the runners left the stadium the second time, I could see that we looked fresh and were moving in the field. By the woods with 1000 meters to go I could see a close race turning into something that I hoped would be much better. Johanssen-12 and Cook from Jerome were moving ahead of the field. Johanssen-12 place 2nd overall with a new PR in 15:43. Max LeClair-12 was fighting but was struggling and dropped back to 10th place in 16:33. If Max would have held his place he would have run 16:15 to 16:20. Nick Sauvey had a great finish moving into 14th place in 16:43. Mitch Messer-12 and Jack Altman-12 had great finishes placing 19th and 20th in 16:55 and 16:56. Brian Stroh-11finished strong in 17:45 while Mitchell Montgomery faded to 17:50. As for the team, great job for this time in the season. There were more runners in the race then there has been in the past. I am pleased.

**Varsity**

**Team Stats: Record:** 13 Wins 0 Lost **Total Record:** 43 Wins 0 Lost

**Split:** 15:43 to 16:56 = 1:13 1-2 = 50 seconds 2-5 = 23 seconds Pack must close

**Scores:** 2, 10, 14, 19, 20 = 65 points

**Teams:** **1. Davidson-65** 2. Gahanna-96 3. Centerville-104 4. Olentangy Liberty-128

5. Upper Arlington-132 14 Teams

**9-10 Race Recap:** The race started fast with four runner’s way ahead before the patient Alex Hudson-9 and Nate Gilbert-10 slowly caught up. They were smart because when the lead group formed, Hudson-9 and Gilbert-10 could ride along for the first two miles. By the time Davidson reached the two mile mark, we had a nice group at 11:20- to 11:30. Their places were 24 to 30th . Instructions were ordered to Trevor Sommers-10, Zach Whitney-9, RJ Sagrilla-10, Nick Puhl-9, Henry Byrne-10 and Jay Chung-10 to start moving up if we want to have a chance to win. Trevor Sommer really took off and passed 4 to 6 runners right away and the rest of the guys started picking up points for the team. When the dust settled, Alex Hudson finished second in 17:26, followed by Nate Gilbert-10 in 17:31 for third place. Those are great times but the exciting part came next. Davidson’s 3-5 really finished hard. Henry Byrne-10 moved up to 14th place in 18:12. In 16th place was Trevor Sommers-10 in 18:21. Fifth man was Nick Puhl-9 in 17th place and a time of 18:21. Freshman, Zach Whitney came across the line in 18:35 followed by Jay Chung in 18:44 while RJ Sagrilla-10 faded a bit to 18:59. Great team race. On a side note, Roman Niemeier-9 and Brady Whiteside-9 ran solid with Brady Whiteside having a great finish. These two are major runners in the freshmen race in Pittsburgh.

**9-10 Team: Record:** 9 Wins 1 Lost 11 Teams **Split:** 17:26 to 18:21 = 55 seconds

**Score:** 2, 3, 14, 16, 17 = 52 Points **Team:** 1. Centerville-41 **2. Davidson-52**

**Open Race Recap**: Every point matters and this team fell one point short of a championship. I hope this inspires all runners to dig a little deeper when we are finishing races. Colin Buckley-11 was leading runner in the Open race. Colin started smart and went through the mile in 5:32. Colin Buckley was back in fifth place but close going into the woods with 1000 meters to go. Coach kept telling him that only 3 runners earn awards. I was trying to inspire this young man to get ready to embrace the true meaning of racing. Each step Buckley took as he approached the finish was with a purpose and that purpose was to fly and fly he did. Colin Buckley finished in 2nd place in a new PR of 17:36. Davidson’s second runner was Ray Chung-12 in 6th place moving up from 11th at the two mile. Ray Chung’s time was 18:10. Carsen DeCarlo-12 followed Ray Chung into the chute in 9th place in 18:18. Last year he faded 10 spots but not this year. Zach Lewis moved from 25th place at the two mile to finish in 12th place in 18:27. Zach now owns family dominance by 45 seconds. John Steitz-12 and Nick DeSilva-11 crossed the line in 16th and 17th place for Davidson with times of 18:33 and 18:35. A real good race but as I always say, “Every Point matters!”

**Open Team: Record:** 8 Wins 1 Lost 10 Teams **Split:** 17:36 to 18:35 = 59 seconds

**Score:** 2, 6, 9, 12, 16 = 45 points **Team:** 1. Olentangy Liberty-44 **2. Davidson-45**