

Silverhawk Cross Country

Scouting Report

MEET: *District A-3 and A-4 Championships*

DATE: Thursday, October 16, 2014

SITE: Pioneers Park, Lincoln NE

DISTANCE: MEN - 5 K WOMEN - 5 K

Location: Pioneer Park is located at Van Dorn and South Coddington. Exit I-80 at the Highway 77 exit. Take HWY 77 south to Coddington (Rosa Parks Way). Follow Coddington to Van Dorn Street. Turn right (west) on Van Dorn – the park will be on your left. It is west of Lee's Restaurant.

COURSE DESCRIPTION: Pioneers Park is one of the toughest courses in the state. The start takes you immediately downhill for about the first 100 to 200 meters. This probably makes the first 1000 meters of the course the fastest. At about 1500 meters, you begin an uphill climb (rabbit hill), eventually bringing you into contact with the spectators and fans for the first time on the course. The 5k course for the men and women will then turn right and run the "middle loup." Next both the men and women run downhill through Pinewood Bowl, then head across the flat area just below the statue, "Smoke Signal," and then head across the road and into the "oven." You then climb "choo choo hill" and will have about 700 meters until the finish. This is a very strategic point in the race, and you should save enough energy to "surge" at this point. You finish going uphill, at about the same area where you started.

A-3 & A-4 District Cross Country Championships

Lincoln's Pioneer Park

October 16, 2014

Girls A-3

Fremont
Grand Island
Lincoln Northeast
Millard West
Omaha Central
Omaha North
Papillion-LaVista

Boys A-3

Creighton Prep
Lincoln High
Lincoln Northeast
Millard West
Omaha Central
Omaha North
Papillion-LaVista

Girls A-4

Lincoln High
Lincoln Southwest
Millard North
Omaha Benson
Omaha Bryan
Omaha Marian
Omaha Westside
Papio South

Boys A-4

Fremont
Grand Island
Lincoln Southwest
Millard North
Omaha Benson
Omaha Bryan
Omaha Westside
Papio South

Time Schedules:

A-3 Girls 3:00 PM A-3 Boys 3:45 PM
A-4 Girls 4:30 PM A-4 Boys 5:15 PM

6:00 PM: Team and Individual Awards: presentation near the start/finish area.

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Results: In determining team scores, if fewer than 5 competitors of a school finish, team score will not be recorded for that school; individuals will be eligible to medal and qualify based upon their place of finish. Although the sixth and seventh finishers of a team do not score points toward their team's total, their places are counted in determining the score of other teams and they remain eligible to win medals.

Awards: Individual Medals to top 15 finishers
Team Champion and Runner-Up Awards

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

WOMENS TEAM - MEET OUTLOOK:

Above all, Believe in yourself. You can and Will run faster than you even thought possible!

IN OTHER WORDS, RUN SMART. RUN WITH HEART. RUN AS A TEAM. NEVER GIVE UP! THE RACE ENDS AT THE FINISH LINE. YOU WILL NEED TO FIGHT FOR EVERY PLACE! IF YOU DO THIS . . . THE SILVER HAWKS WILL NOT BE DENIED!

Remember - "NOBODY BEATS A SILVER HAWK IN THE LAST 1,000 METERS - NOBODY!"

REMEMBER - Don't Quit! Each second, every place counts! Let's take care of business!

MENS TEAM - MEET OUTLOOK

And a special message to BOTH squads:

Be proud of the tradition you are building at Southwest. Be proud of what YOU have accomplished, and what you have YET to accomplish!

Win a Battle, Get ready for the fury of the final 200m at State now!

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.

OTHER INFO: *Pasta Feed at 6:00 p.m. at*

**The Berzonsky's
2933 forest ave**

Directions from Lincoln Southwest High School to Forest Ave

Lincoln Southwest High School 7001 S 14th St, Lincoln, NE 68512

1. Head south on S 14th St toward Southpointe Trail
2. Turn left onto Yankee Hill Rd
3. Take the 3rd right onto S 27th St
4. Take the 1st left onto Wilderness Hills Blvd
5. Take the 1st right onto S 28th St
6. Take the 3rd left onto Forest Ave

2933 Forest Ave Lincoln, NE 68516

Varsity runners bring the following:

Freshmen— bring a Salad

Sophomores—bring Fruit

Juniors—bring a Dessert

State Qualifiers Practice Info:

Friday:

3:30pm Practice at LSW

Saturday:

8:00 am Practice at Jamacia North

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

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

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, former 200 Meter American Women's

Record Holder