

SALINE



CROSS COUNTRY 2012

BROTHERSHIP STRENGTH COURAGE INTEGRITY

www.salinecrosscountry.org

conditioning dates sign-up contacts clothing team-history race schedule forms captains camp info

2012 SALINE MEN'S CROSS COUNTRY

Seniors

Ethan Boyd
Ethan Burnett
Paul Chandler
Tristin Clark
Brayden Dana
Patrick Dunn
Matt Elms[†]
Marshall Gardner
Mitchell Garrison*
Alec Hartman
Alex Hunter

Dylan Jennings^{†*}
Andrew Kitto^{†*}
Hunter Krebs
Anthony Lamus^{†*}
Joey Leptich
Riley McCune
Adam Milley
Jack Nissen
Grant Praschan^{†*}
Mitch Suddendorf
Mitch Tolly

Juniors

Kaj Althaus
Brett Braun
Isaac Castor
John Charles
Sean Dew
John Dolsen
Graham Easom
Joe Enos
Abraham Frey
Thomas Furey

Alex Head
Cam Hibbard
Connor Hoffman
Erik Jacobsen
Mehul Kulkarni
Lee Luckhardt
Matt Pool
Brad Schnitzer
Ethan Van Sickle
Matt Wilson
Nathan Yaklin

Sophomores

Sam Cayen
Tyler Connors
Brennan Corcoran
Evan Czechowicz
Mitchell Dana
Eduardo Gonzalez
Kevin Hall
Brendan Hogan
Theodore Lenk
Brandon Moore
Diego Morse
Garrik Slawski
Logan Wetzel[†]
Mark Whitton
Zach Worcheck

* Team Co-Captain
† Sub-17:00 Runner

The 2011 Saline Cross Country Team



Eighty-one young men were part of the team in 2011, making Saline the largest team in Michigan. We had thirty-three first-year runners, including sixteen freshmen. Only a few runners score points, but everyone has to give something for us to be successful. That is why we are constantly asking, "What do you contribute?"

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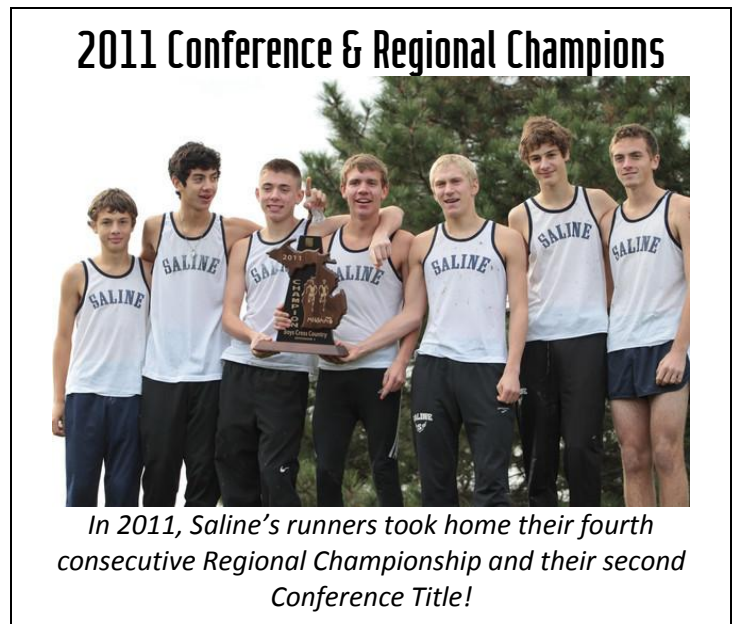
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Why Run Cross Country?

There are a lot of different reasons to join Saline Cross Country. Many run because they want to make friends and be part of our great tradition. Some have tried other sports and did not enjoy them. Others join because so many of their friends are already on the team. Whatever your reason for joining, over the course of the season you will;

Make true life-long friends. Throughout the summer and fall you'll camp, hang-out, attend bon-fires, go to pasta dinners, train and compete with your teammates and friends. At the start of the school year you'll know eighty athletes spread over all four grades.

Become part of an impressive tradition of excellence. The quality of Saline's distance program is recognized throughout the state and nation and that is no exaggeration. In 2007, Saline was ranked as one of the top-ten teams in the Midwest, in 2008 the team was profiled in ESPN's *Rise Magazine*, and 2011 was the team's sixth consecutive top-ten finish in the state finals. With your help, we will build towards even more.



Receive recognition and positive support, regardless of ability. With 80+ runners, you might think many runners go unnoticed and un-coached. Not true! The runners and coaches work hard to include every person in the bonfires, tailgates, pasta dinners, football games and other events. We recognize hard work, improvement, and dedication, so you don't have to be fast to be "important."

Have the opportunity to train and compete with the varsity team, regardless of grade. Because many sports have separate freshmen, JV, and Varsity programs, athletes in those sports don't get to be part of the varsity team until they are juniors. Saline Cross Country has one team; Varsity. All athletes train and race for the varsity team, and as a freshman you'll have an opportunity to compete for your Varsity Letter.

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WHAT CAN WE EXPECT FOR 2012?

The coming fall looks to be one of the best in the history of Saline Cross Country. The team returns five of their top ten runners from 2011 and six returners that have broken 17:00. Those athletes will be supported and challenged by a huge group of very talented underclassmen. With that talent and potential, the team will find themselves among Michigan's finest. Our success should not be a surprise to anyone, as the Hornets have established themselves as one of Michigan's perennial top-ten programs. For 2012, the runners will focus on one goal: *Be great teammates*. Then, they'll focus on the "Championship Series" – Conference, Regionals, and States. The conference races will include three



The reserve team at the start of the Jackson Invite

teams that qualified for last year's state championships and a handful of All-State runners. At the regional meet, the Hornets are the pre-season favorites to win a fifth consecutive Regional Championship, but there will be plenty of competition from several strong programs.

WHAT DID THE TEAM ACCOMPLISH IN 2011?

The 2011 Saline Cross Country team made history. With eighty-one runners, the team was the largest in the history of Saline and probably the largest team Michigan has ever seen. The Hornets captured their second consecutive Conference Championship, their fourth consecutive Regional Championship, and their sixth consecutive finish in the top ten of the State Finals. A total of nine runners broke 17:00, including two that finished the season under 16:00.

The team also set a new benchmark for our reserve runners. For the first time ever, the reserve squad finished the season undefeated. They beat every single one of the 207 teams they faced. In four different races, Saline's runners scored perfect 15's. In one race, they took the first twenty-seven spots. They managed all of this while competing in one of Michigan's best conferences and when racing in the toughest invites.

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GIVE SALINE CROSS COUNTRY A TRY... COME TO SUMMER CONDITIONING

Summer conditioning is an opportunity to train with the team on an informal basis throughout June, July and August. There, you can get in shape for the season, meet the other runners, learn about the program, and see if cross country is for you. Each day, we offer runs for athletes of all ability and experience, so even if you are not a runner now, don't be afraid to come join us. We meet every Monday thru Thursday at 8:30AM to train. On Tuesdays, we meet at the high school near the west entrance and on the other days we meet behind Liberty School, near the middle school track. On Saturdays, the team gets together for games of Ultimate Frisbee at 10:00AM at Mill Pond Park.

1. IF I COME TO CONDITIONING, DO I HAVE TO RUN CROSS COUNTRY IN THE FALL?

- No. Conditioning is a great way to get to know the team, coaches, and sport. Training with us through the summer does not mean you have to run with the team in the fall.
- During the summer of 2011, we had several soccer players run with us a few times each week. Every year, there are a few kids unsure of what they want to do in the fall. They use summer conditioning to see how they fit into the team and if cross country is for them.

2. WHO SHOULD ATTEND SUMMER RUNNING?

- Anyone interested in running and getting in shape may attend. *If you are not sure if cross country is for you, this is the place to find out!*
- Athletes from other sports are welcome to and frequently do join the conditioning runs. Taking part in the conditioning program doesn't obligate you to commit to the team.

3. I'VE NEVER RUN BEFORE. CAN I STILL JOIN CONDITIONING?

- YES! We have groups that run as little as two miles at a time, so everyone has a group to train with.

4. SHOULD I DO ANYTHING ELSE?

- Cross country is a sport which requires you to be an athlete, not just a runner. You should work on your core strength, flexibility, and agility using the drills and workouts learned at conditioning. You can also become a better athlete by participating in other sports, such as swimming, biking, and Ultimate Frisbee.

5. WHAT ARE LETTER POINTS AND TRAINING LOGS?

- Training logs are for you to keep track of your own mileage and **all runners should keep one**. They allow you to get an overall look at progress and keep you consistent with your training. Training logs are turned in at the end of each month to Coach Spina. You can earn Varsity Points and T-Shirts if you update your mileage regularly.
- Varsity Letter Points are awarded for verified summer miles as follows: 100 miles - 1pt, 200 miles - 2pts, 300 miles - 4pts, 400 miles - 6pts, and 500+ miles - 8 pts.

6. DOES CROSS COUNTRY MAKE CUTS?

- The cross country team can welcome an unlimited number of athletes, but all athletes must be able to meet minimum time standards. In 2012, all runners will complete a two mile time trial on the track at the end of the first week of practice. In order to be on the team, an athlete must be able to run those two miles in under 15:30. If making that standard may be difficult for you, that is even more reason to come to conditioning early in the summer. Regardless of where you are now, I am confident that with proper and regular training in June, July and early August, you will be able to make that standard.

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SCHEDULING INFORMATION

Summer & Season Schedules

The team website has an updated conditioning and team events calendar. There, you can learn more about summer conditioning, camp, and other events.

Important Dates Before the Start of School

Below is a list of important events that occur before the start of the regular school year. **Mandatory events are bolded.** For further details, please contact the captains or coaches.

June 18	Conditioning Begins	
July 1 – 7	MHSAA Dead Period – No Conditioning	
July 16 – 19	Team Camp	
August 6	Team Meeting (Details Below) - 7PM @ HS Commons – Nearly Mandatory	
August 8	Mandatory Practice Begins	
August 8	Parent Meeting - 7PM @ HS Commons	
August 10	Team Night @ Tortoise and Hare (Tentative Date)	
August 17	Three-Mile Time Trial (Mandatory)	
August 20	Run-A-Thon and Family Picnic (Mandatory)	
September 2	Optional Labor Day Practice	Athletes are expected to attend Labor Day practice OR notify a coach that they cannot by the prior Wednesday.
September 5	Optional Labor Day Practice	

August 6th Team Meeting

It is very important that runners attend this meeting. Before attending, athletes must complete all necessary forms. There are TWO sets of forms that must be completed. One set is located at the school's athletic website <www.salinehornets.com>. The second set of online forms is available on the team website <www.salinecrosscountry.org> under "Sign-Up." An athlete cannot practice until all of his forms have been completed.

Latest Start Date, Commitment and Absences

Any athlete that is interested in joining the team must attend practice and submit all necessary forms by Friday, August 10th. If an athlete cannot attend practice by the 10th because of family vacations, prior arrangements must be made with the coach, but forms must be submitted by the 10th. *Leniency regarding this rule will be allowed for students new to Saline or athletes "cut" from other sports.*

All practices and competitions are mandatory. Doctor's appointments, illness, family emergencies, test make-ups, college visits and college admissions testing are all excusable reasons to arrive late for, leave early from, or to miss team events. In all instances except emergencies, the athlete is expected to provide the courtesy of advance notice.

Jobs, vacations, other extra-curricular activities, etc..., while important, are not valid reasons to miss, arrive late, or leave practice/competitions early or to start the season late. Missing practices or competitions for these reasons will require the athlete to make-up all missed workouts, complete "administrative duties," and possibly miss competitions.

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SALINE CROSS COUNTRY IN THE NEWS

Renberg, Bishop Lead Hornets to Fourth Place in State

Nick Renberg set a personal record and placed third in the state.

SPORTS | [Tran Longmoore](#) | Sunday, November 6, 2011



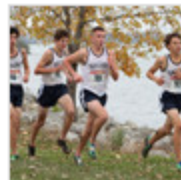
BROOKLYN — All-state runners Nick Renberg and Spencer Bishop powered Saline to a fourth place finish in the MHSAA Division 1 cross country race at...

[Photos \(12\)](#) | [Videos \(1\)](#)

Saline Boys Win Fourth Straight Cross Country Regional

Nick Renberg was individual champion and the Hornets pack seems to be tightening up.

SPORTS | [Tran Longmoore](#) | Sunday, October 30, 2011



The all-terrain Saline Hornets raced their way to a fourth straight regional championship at Lake Erie Metropark Saturday. Senior Nick Renberg was...

[2 Comments](#) | [Photos \(18\)](#)

Renberg, Bishop Lead Hornets To SEC Red Championship

Saline cruised to victory at Hudson Mills Metopark, winning its third jamboree of the season.

SPORTS | [Tran Longmoore](#) | Friday, October 21, 2011



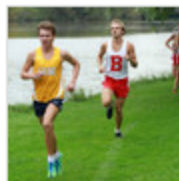
Seniors Nick Renberg and Spencer Bishop placed 1-2 and Saline placed five runners in the top nine as the Hornets cruised to victory at the third and final SEC...

[1 Comment](#) | [Photos \(1\)](#)

Hornets Step Up, Follow Renberg's Lead To Jamboree Victory

Despite missing two of their best runners, the Saline boys' cross country team won Tuesday's jamboree at Mill Pond Park.

SPORTS | [Tran Longmoore](#) | Wednesday, September 28, 2011



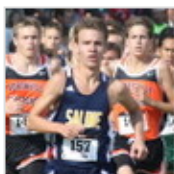
No one was surprised that Saline senior Nick Renberg blew away the competition at Tuesday's second SEC Jamboree of the season, held at Mill Pond Park. But...

[Photos \(7\)](#)

Saline Boys First at Bath Invitational

Nick Renberg took first place as the Hornets placed three in the top five.

SPORTS | [Tran Longmoore](#) | Saturday, September 10, 2011



Saline's best boys' cross country runners took first place at the Bath Invitational Saturday. Saline entered its fastest seven runners in the event and finished...

[Photos \(1\)](#)

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WHAT IS SALINE CROSS COUNTRY *REALLY* ABOUT?

WHAT YOU DO SPEAKS SO LOUDLY, THAT I CANNOT HEAR WHAT YOU SAY.

~ *Ralph Waldo Emerson* (American Poet)

Talking about a goal is easy. Working towards one is not. A successful runner will run thousands of miles over several years in order to reach his goal and his training will speak loudly on the course. You will be encouraged to set short and long term goals. Then, you'll be expected to complete the training necessary to reach those goals.



REGARDLESS OF WHAT DIFFICULTIES MAY EXIST, I HAVE TO HELP MY TEAM.

~ *Ryan Shay* (4-time CC State Champ, 9-time NCAA All-American, 2001 NCAA National Champion at 10,000 meters)

In sport, family, business, and any other relationship, teamwork leads to success. Being on a team is a relationship between athletes, and between athletes and coaches. While everyone won't always agree with one another, they must always agree to care for each other and work towards the team goals. Always be a great teammate.

FORTUNE FAVOURS THE BRAVE.

~ *Virgil* (Roman Philosopher)

Whether you are pursuing a conference championship or a national championship, any worthwhile victory you have will be the result of taking calculated risks. In cross country, taking a risk means training and racing with athletes that are usually faster than you. If you continually attempt to train and race faster than you ever have before, you'll be rewarded with success.



A HERO IS NO BRAVER THAN AN ORDINARY MAN, BUT HE IS BRAVE FIVE MINUTES LONGER.

~ *Ralph Waldo Emerson* (American Poet)

The difference between a great runner, who steadily improves and performs consistently, and a poor runner, who fails to reach goals in workouts and races, is not a mystery. It's usually quite obvious to coaches, other runners, and spectators. When one runner folds under the weight of tired legs and burning lungs, a great runner decides to press on for a bit longer. When that time has passed, the great runner decides to press on again...and again...and again...and again...

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