

Jackson Invitational

Friday & Saturday, September 24th & 25th, 2010



FEW MEN DURING THEIR LIFETIME COME ANYWHERE NEAR EXHAUSTING THE RESOURCES DWELLING WITHIN THEM. THERE ARE DEEP WELLS OF STRENGTH THAT ARE NEVER USED.

~RICHARD BYRD

Varsity Point Leaders

| | |
|----------|----|
| Renberg | 39 |
| Bishop | 37 |
| Barnett | 34 |
| ParkerJ | 29 |
| Elms | 20 |
| Praschan | 18 |
| DolsenD | 17 |
| Phelps | 16 |
| Martis | 15 |
| Crowley | 9 |
| Moeller | 8 |
| Chandler | 8 |

Saline Runners that have Broken 16:00

| | | |
|----------|-------|------|
| Voss | 14:54 | 2003 |
| Moore | 15:17 | 2000 |
| Atzinger | 15:25 | 2003 |
| Davis | 15:38 | 2000 |
| Johnson | 15:38 | 2007 |
| Conn | 15:41 | 2007 |
| Renberg | 15:54 | 2010 |

Spartan & Huron O.P.'s

Andrew Barnett & DolsenJ

Let's talk about your feelings...

Whether you are aware of your feelings or not, how you feel affects how you perform. Feelings are based on how you imagine or interpret an event and not from the event itself. Two players appearing in the Wimbledon for the first time will imagine different things about the match. One might imagine she will be unable to play well in such a big final. This player is likely to feel nervous and uncertain and her performance will be poor. The other might imagine it as a great experience and go out and enjoy it - she might feel liberated and relaxed and her play is likely to reflect that. The same event evokes two different responses which result in two very different performances. The message here is very simple - learn how to change your interpretations and you learn how to manage your emotions. When you manage your emotions you perform at your best. Taken from www.pponline.co.uk

Varsity for Jambo #2: We can race 10 and we will announce that line up on Monday.

Varsity Points

| | | |
|-----|-----|------------|
| 64 | 19% | Seniors |
| 177 | 53% | Juniors |
| 61 | 18% | Sophomores |
| 34 | 10% | Freshmen |

This season has been one of steady "home run" performances, where nearly every time we step to the line, in practice or races, we hit the ball out of the park. And that steady string of spectacular performances has set a very high standard for anything to be considered a "success." This weekend of racing is a good indication of just how high our standards are. Our reserve team, without our 14 top runners, dominated Friday's race, taking 3rd-10th places, but walked away with few PR's and a sense of "what else is new." Meanwhile, our varsity squads posted 8 PR's on Saturday and still walked away with a feeling of disappointment.

At Friday's race, our Reserve runners were presented with a special challenge; win the race without the help of our top 14 runners. By sweeping 3rd-10th places, our squad not only rose to the challenge, but exceeded all expectations. We all wear the "Saline" jersey, and each share the pride of our team's achievements, but the guys that carried us Friday don't often get to step into the limelight that is the front of the race. This weekend, they outshined the entire field! The depth of our program continues to be an enormous source of pride for all of the runners, coaches, families, and friends.

The warm weather and high winds kept PR's to a minimum. Park was one of just 4 athletes to post new records, and his 7 second PR brings him within a breath of being sub 19:00! One of the most exciting PR's came from Alex Barnich, who has struggled this fall. After running many sub-par performances, the young man has turned things around, and under less-than-ideal conditions, Barnich posted not only a 25 second PR, but also his first benchmark! Perseverance = success...Less learned! Paxman and Magelby posted nearly identical PR's, each using their improving fitness to drop nearly 2:00's.

Watching the entire race come together was definitely exciting. While other teams dominated the early going, our runners were steadily moving through the packs. As a Saline runner moved forward, he joined other Hornets, and formed a pack. As that pack moved forward, it picked-off other runners and picked-up more of our athletes, and the pack, which started with just a few individuals, grew to a small herd. Watching them storm around the final corner just before the finishing stretch will be one of my favorite memories from this fall. As we head into the final few races for our Reserve squad, I hope they'll use the lessons of Friday's race, the importance of getting out well and racing in packs, to finish the second half of the season with a spotless record.

Saturday's performance was far from satisfying for the varsity squad. The top priorities included smart first miles and strong packs throughout the race. While we managed a strong start, our packs quickly dissolved shortly after the mile mark. Despite this, we did get solid races from Renberg (Saline's 9th fastest runner EVER), and Elms, Phelps, and DolsenD (who all dipped under 17:30 for the first time). As a reflection of our standards this season, they each summed up their races with a similar sentiment; "I could have done better." Following the race, we spoke with several athletes about having expectations for each other, not only in behavior, but also in performance in races. Each time you knot-up your spikes, there are 6 other guys (or 60 other guys) counting on you. As you rely on them for success, they rely on you too, and we did not all honor that trust on Saturday.

Now, we turn our eyes back to the conference. On Tuesday, the six teams of the SEC Red division will compete in a race that is very significant in determining who will be champions. At Jamboree #1, Bedford was just 1 point behind us, and with the return of their #2 runner, the outcome will be determined by seconds.

SALINE CC BY THE NUMBERS...

116

NUMBER OF SECONDS PHELPS HAS DROPPED IN GOING FROM 19:06 TO 17:10

80

PERCENT OF THE TOP-TEN SPOTS SALINE TOOK IN FRIDAY'S RESERVE RACE...WITH 14 RUNNERS OUT OF OUR LINEUP. LOVE IT!

2

NUMBER OF SALINE RUNNERS THAT HAVE EVER RAN FASTER THAN RENBERG DID ON JACKSON'S COURSE. SALINE HAS BEEN RACING THERE FOR 26 YEARS!

49

NUMBER OF SALINE RUNNERS UNDER 20:00. WHO WILL BE THE 50TH?

Coming Up...

- The bus for Jambo #2 will leave at 3:00 on Tuesday. The Varsity race is at 4:30 and the reserve race is at 5:30. We should be back at the high school before 8:00.

- Make plans to attend Pasta Dinner #2, on Monday at Jonathan Parker's house. Dinner is at 6:00 and athletes need to bring their own drink and a chair.