

September 17, 2011

Woodbridge Invitational @ Estancia High School

Weather: Perfect running conditions. Mid to high 60's. Night Meet

9th grade scorers: Logan Fry, Matt Greenberg, Logan Welty, John Wan, Nef Reyes

10th grade scorers: Steven Mosqueda, Josh Park, Tyson Gongloff, Cyrus Roshdieh, Thomas Castro

Varsity Scorers: Dholakia, Harlan, Ogan, Mayans, Sommer

Aztecs Continue to Shape Up
Big Gains for Lower Level Performers
1st Year Runner Mosqueda Makes top 7!
Amar Dholakia continues to serve up mithaas

14:46 Dholakia***** PR 3rd overall in his race and 2nd fastest time ever by an Aztec!
15:44 Harlan**** PR Fell down and got up to run his best time!
15:49 Ogan**** PR Two years ago, I wouldn't believe it that Ryan would be our 3rd guy
16:12 Mayans***** PR First Varsity Race!
16:20 Sommer**
16:49 Mosqueda***** PR First year running! Rapidly Improving!
16:50 Enos**
16:56 Human*** PR First varsity race! Huge Kick to break 17 minutes!
17:10 French** Nice to have Thomas back in action. On the mend.
17:12 Park**** PR Several top 10 finishes in the bag!
17:15 Llamas, R*** On the comeback trail! Should be in the top 7 soon!
17:26 Llamas, K***** Yet another PR
17:46 Nawfal** A little too ambitious at the start.
18:13 Fry***** PR One of the fastest times this time of year for 9th graders. # 21 All-Time!
19:09 Gongloff***** Huge PR!! By 5 minutes??
19:29 Greenberg*** PR Close to 40 seconds faster. 13 seconds a mile improvement!
19:39 Welty*** PR Close to a 3 minute PR! 1 min per mile faster! Learning to fly!
19:43 Roshdieh**
19:49 Castro*** PR 1st time under 20 minutes!
19:53 Ellington*** PR 1st time under 20 minutes!
20:05 Wan*** PR
20:10 Javin**
20:11 Nef**
20:24 Robello*** PR great break through!
21:22 Worden*** PR another drop in time!
23:41 Hunter*** 1st race of his career! No training.

Racing can be intimidating. There can be lots to think about and so it becomes overwhelming. That's when our brains actually can get in the way of our performance. This is where goal setting can simplify what you are doing. Start making goals on Sunday after your race on Saturday. For example, Make the scoring top 5 for your team. Be in the top 10 overall on the

team. Beat someone on your team that is one or two runners ahead of you typically. Tier your goals in order of significance. This way during a race if your ultimate goal is seemingly lost there are several others left to achieve.

On a night like Friday or Saturday when you raced, most people on the team PR'd. It's because the conditions were favorable for running fast. We had a few young athletes with rising performances. 9th graders Logan Welty, Eddie Robello and Matt Greenberg made huge gains. All of them are becoming more focused in their training through the week and what this does, is two-fold. Practicing harder leads to better performances and makes you feel there is more at stake on race day.

10th graders making a move, Thomas Castro, Tyson Gongloff and Max Ellington have now gone under 20 minutes! Max works so hard moving his arms up and down and if he can relax his arms more he will see continued progress. Thomas and Tyson have been battling growing pains and it has to feel better with a new PR.

I told Steven last year during his 9th grade year that if he tried this summer to run longer distances he would reap success. There are only 5 better runners on the team right now than Steven. I'm interested to see what is ahead for this first year cross country runner. What would be nice is to see Steven run with his brother Thomas at CIF FINALS and possibly the STATE MEET.

Speaking of Thomas French, he's our co-captain with Amar Dholakia and has been recovering from injury since August. His time of 17:10 demonstrates that he is on his way to recovery and we will do everything to keep him on the comeback trail so he's ready to roll by Orange County Championships.

Juniors Chris Harlan and Ryan Ogan continue to be solid within the top 5. This is their first year running varsity and both are becoming very dependable. If this team is to go to the next level, they must continue to perform because unlike the past two years, this is it. Ryan and Chris need to own these positions and know they belong. Tonight was a great test and both should be satisfied with their performances. I'd like them to trust their fitness a bit more and push the middle of the race more in the weeks to come.

Senior Jacob Mayans and Junior Austin Human ran their first varsity race last night. Jacob scored for the first time in his career for the Aztecs and PR'd to do it. This team is going to need Jacob. The team needs Jacob to continue to get into better shape (16:12 is not it for this young man) and finish his long runs. He did have a nice workout on Tuesday with his mile repeats. If he continues to build each week, he will make a great contribution to the team.

Austin dropped under 17 min for the first time during his varsity race on a really big stage. I felt he handled his race super well. His big kick at the end of his three mile race also tells me he has more in the tank. He played it a little conservative his first varsity race (which is better than going too aggressive) and had a huge kick! Spread it out over the course and you'll see your time drop by 20 or 30 seconds.

A nice diamond in the rough could be Ryan Llamas and Josh Park. Ryan has been battling a bad back and Josh is just getting better each week. I think both are ready for a bust! Josh has been in the top 10 each week which has been a nice surprise and Ryan is climbing his way there. Nice work!

Amar Dholakia 14:46! Incredible! He's running so well it's scary! We had a pretty hard week of training because the team is getting ready for November, not Woodbridge, and he still is able to run wicked fast. Amar has had great number one runners to emulate during his time here at Esperanza. Steven Schnieders and Elliot Myers both sub 15, were here during Amar's first

years. It's nice to know people that have done it before while attempting greatness. It helps to grow.

So let's look around CIF and see what's what. Not certain when it is going to happen but we should be DIII this season. Right now we are listed as DII. Here are some times to look at for teams that are ranked in the top ten of CIF.

DII		DIII	
Thousand Oaks	78:26	Cathedral	75:56
Canyon	77:33	San Juan Hills	78:42
Redland East Valley	77:23	Buena Park	79:19
Woodbridge	77:50	South Pas	78:03
		Brea Olinda	78:48

We raced without Thomas French our # 2 on the team and finished with a time of 78:51. Thomas has a PR of 15:10. If Thomas had run his PR from last year and everyone else ran their times last night our time would have been 77:42. Which puts us right in the mix with the top DIV III teams and we are very near the DII teams.

Speaking of times! Our time last night is the 16th fastest time run in the history of our school. Figuring we have 12 races a year and have been keeping records for 30 years, that's well over 300 races! Pretty good!! Congratulations!!! It is nice to see such a young varsity squad accomplish so much!!

After all , this is Chris Harlan, Ryan Ogan and Jacob Mayan's first year of racing varsity! Your time is right

In there with the very best!

Athlete of the Meet

Considering the race they ran you have to look at Logan Welty, Amar Dholakia and Steven Mosqueda. Steven's race is significant because he is in the top 7 and this is his very first year of running cross country. Logan improved by three minutes and it was a legitimate improvement! Amar continues to just hammer and finished with one of the top 25 times of the entire meet and there were close to 5000 runners at Woodbridge. He also finished with the fastest time ever run this time of year for the Aztecs and it is number two ALL-TIME in the history of the school.

Congrats Amar!! You are the Athlete of the Meet twice in a row!!