**CCXC Boys’ Races @ PTXC**

**Coach’s Comments**

Overall guys, we really did have a very good performance on Saturday. We finished third in a very competitive invitational, won the JV race in dominating fashion to display our true TEAM depth, and saw a ton of people set their career best for a 5k! At the same time, I need to offer you this challenge—I want the real CCXC TEAM to stand up and define itself! You will make the decision—are we a League-caliber team…or are we a STATE-caliber team??? On Saturday, we finished right with Manheim Township (a team that will be a force at both Leagues and Districts). Altoona put on a dominant performance that demonstrates why they are the #1 Team in the state of PA right now. However, I can’t stop thinking about where you guys want to take this team. We had 10 guys break 18:00 on Saturday (without T-Rob or Campbell)!!! Altoona only had 8 and no other team came close to that. We have the depth to become a championship level team, but we need to move that depth forward! Our gap from our #3 runner to our #5 runner was 1:10! That absolutely will not get the job done in a championship race. It’s awesome that we had 7 guys run between 17:28 & 17:58, but we need to get that group to significantly close the gap with our top 3 runners.

**This is your TEAM on a MISSION…my question becomes—what is your MISSION this year?**

**Areas to Improve:**

* Positive Thoughts/Positive Self-Talk/All-Around Positivity
* Kickers! We need to be the TEAM displaying our GUTS at the end of races. From now on when I say “One Point,” I am doing that to remind you how close the difference can be between victory & defeat.
* Middle Mile—Get the pace closer to your opening mile pace

**CCXC Girls’ Races @ PTXC**

**Coach’s Comments**

Wow ladies! Way to go!!! PTXC Blue Race Champions! I am very proud of your efforts as a TEAM this year; you have taken significant steps forward as individual runners and as a result this team is GOOD! At the same time, we need to keep moving forward. On Saturday we had a 46 second gap between our #3 & #5 runners—we need to close that gap! So to the large group of girls who ran in the 22s & 23s, congrats…but let’s start thinking about getting down into the 21s! I was very excited with our performances in the JV race—there were some incredible time drops from Tuesday! I am really looking forward to seeing how much you improve in the upcoming weeks. I challenge you to come together like never before and define the 2010 Girls’ XC team!

**This is your TEAM on a MISSION…my question becomes—what is your MISSION this year?**

**Areas to Improve:**

* Positive Thoughts/Positive Self-Talk/All-Around Positivity & Enthusiasm
* Kickers! We need to be the TEAM displaying our GUTS at the end of races
* Middle Mile—Get the pace closer to your opening mile pace