

District Follow Up

The good:

There is another week! Just 2 years ago (and 3 years ago) SJA did not qualify from districts to regionals, so the fact that there is another week is a good thing that we should not overlook.

There are many teams not running this week – it is a privilege to do so.

Maggie Wagner became just the second Jaguar to ever be a district champion (Alex Miles being the other). Awesome!

Sydney earned 2nd place and Olivia was 11th – both considered “all-district”.

We survived the course apparently healthy – no small feat considering the conditions.

The team finished 3rd, but just 7 points behind 1st. Considering Mentor and Madison ran well and we had some hiccups you should be excited. You have more room to improve than the other teams.

To improve:

Pre-race preparation – I think this is the only thing that needs to be improved. This is mental. We need all 7 to have their heads in the right place and together. It appeared at districts that some got too nervous and some may have had their minds some place else completely. Be focused and be angry at the start of regionals.

Things we learned:

Madison is for real.

Mentor won't roll over.

Running in mud is HARD.

Kieser's runners of the meet.

Wagner – District champ!

Seymour – District Runner-up!

OBatt – battled with the right people the whole race

Bonca – When most people were 1:00-1:30 off their PR times, Bonca was only 38 sec off her PR. Awesome!