

# **GENEVA VIKINGS CROSS COUNTRY**

**IHSA Regional hosted by Glenbard West**

**Camera Park, Glendale Heights**

**Bus leaves at 8:15. Check in at 8:00**

*Competing teams: Geneva, Addison Trail, Bartlett, Elgin, Glenbard North, Glenbard West, Lake Park, St. Charles East, St. Charles North, West Chicago, Wheaton North, and Wheaton Warrenville South.*

*Awards: Team: 1<sup>st</sup> place plaque*

*Individual: 1-5 medals*

*Advancing to Sectionals – Top 6 teams and Top 5 individuals not on an advancing team.*

Boys' Varsity	Alternates
11:00 am	
3 miles	
<b>Julian Hipp</b>	Griffin Poterek
<b>Dominic Ross</b>	Connor McInerney
Noah Martin	Matt Bultmann
Ernie Bebe	Kurt Borter
Drew Hosman	Gabe Ochenschlager
Mack Biesk	Liam Dwyer
Dominic Savarese	Noah Yung

This is the first step in the State Series, we are repping the Retro Red, White, and Blue jerseys, and racing a course we have become familiar with and against teams we know well. Several of the DuKane Conference teams are the key ones here to compete against, and we just saw them last week. We have continued to improve as individuals and as a team this season, and this is our next chance for growth. Let's make sure to have the right mindset to compete hard and give it our best. While PR's are nice, this race is all about place and lowering the team score. We need to focus on competing against and beating the individuals on other teams. **Every point matters!** This entire season our motto has been about diamonds forming under pressure. This race will certainly be our chance to shine like diamonds!

For those not competing, let's be sure to encourage and support our teammates who are. Let's be spirited and bring some positive energy to the event. When the races are going on, our team tent should be empty, and we should all be out on the course cheering like crazy for our teammates. We all know that a little encouragement during a race goes a long way. Let's also make sure that we allow those who are competing the space they need to get ready and to not be a distraction.

Compete Hard, Run Happy, and Run like Vikings!

Coach Raak

