

# RACE STRATEGY



Coach Rick Baker  
Hopi High School



- Mental
- Pre & Post race
- Goal Sheets: Individual/team/training
- Race Plan Sheets
- Race Critique
- Night before State
- Quotes to motivate





Dear Runner,

I look forward to working with you this Cross Country season!

First, "Prepare" for the season by getting in our summer training plan. You need to get in some kind of running in everyday in order to be ready for the XC season. We have 7 spots open for the Varsity Team. We have two State Championship team members back but they too will have to earn their spot by being in the top 7. The Individual State Champion is wide open. Anyone of you can be that Champion. It is up to you to make that choice. You must work hard and work smart. We are the defending STATE CHAMPIONS for the last 22 years and are looking forward to capturing our 23<sup>rd</sup> State Title. I hope you have the same goal as I! "ON MISSION TO PROTECT THE TRADITION".

Included is the summer training schedule. If you follow it closely you will be ready for the season. You must run an average of 6 miles a day to get stronger and in shape. 2-3 miles won't get it done. THINK STRONG!! THINK POSITIVE!! BELIEVE-BELIEVE-BELIEVE!!

Next, I will send you the goal sheet (team and Individual). Get those goals on your mind and write them down, remember: "THINK IT – INK IT". It is very important you write your goals down and put them where you can see it everyday to remind you what you want to achieve this coming school year. SENIORS THIS IS YOUR LAST HURRAH- LAST TIME TO SHINE – LAST TIME FOR HIGH SCHOOL ATHLETICS. Be a discipline athlete/student. THE BEST DISCIPLINE IS "SELF-DISCIPLINE". BE A SELF STARTER. Don't wait for your mom. Dad, bro's, or coach to tell you to start running. Start on your own.

Remember, all other teams are also training and they want to take your STATE TROPHY and MEDALS. What are you going to do to prevent this? I know we have the runners to have a great team and capture our 23<sup>rd</sup> title, we just have to train, train, train.

Last, there is no time for drugs and alcohol if you plan to be a great runner. Drugs and alcohol only get you in trouble or injured. They also keep you from reaching your potential as an athlete and as a person. If you have to think about it twice – it's probably the wrong thing to do. Make wise choices.

See you at practice on Thursdays at 6:30 p.m.

Yours in Running,

Coach Baker

**ATHLETIC GOAL SHEET**

Cross Country Program

“THERE IS NO ACHIEVEMENT WITHOUT GOALS!” Please list down what you want to achieve this season in Cross Country. (Keep this sheet and return the second sheet to Coach)

Write down your OVERALL HIGH SCHOOL CROSS COUNTRY CAREER GOALS. (What you want to accomplish by the time you graduate from High School )

A. \_\_\_\_\_

B. \_\_\_\_\_

C. \_\_\_\_\_

What is my “ULTIMATE” goal in Cross Country this 2007 season”

What are my “IMMEDIATE GOALS” during this season:

What are my “TRAINING GOALS” :

What things must I do to “REACH” my Goals:

What “OBSTACLES” might prevent me from reaching my Goals:

What must I do to overcome these Obstacles?

What REWARDS will I receive when I reach my Goals:

Are you willing to make a COMMITMENT to achieve this Goals? \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_



# HOPI CROSS COUNTRY 2011 SEASON TEAM GOALS

WRITE DOWN WHAT TEAM GOALS WE WANT TO ACCOMPLISH THIS XC SEASON. HOW ARE YOU GOING TO HELP THIS TEAM TO BE BETTER?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

THE MOST IMPORTANT THING TO REMEMBER IS WHAT YOU PUT INTO CROSS COUNTRY IS WHAT YOU WILL GET OUT OF IT..

IT ALL COMES DOWN TO HAVING A DREAM. YOU HAVE TO KNOW WHY YOU HEAD OUT THE DOOR EVERY DAY TO RUN. YOUR PURPOSE WILL MOTIVATE YOU IN EVERY MILE YOU TRAIN.



Hopi Boys Harrier Program  
Coach Baker

**“TRAINING GOALS”**  
*“believe & achieve”*

List down all your training goals you want to achieve this XC season and place this sheet in your locker. These are you're goals, they should match up with your individual/team goals you set at the beginning of the season. I want to see it when I go by. Read these goals everyday to yourself.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_



**HOPI BOYS CROSS COUNTRY  
"RACE PLAN"**

Name: \_\_\_\_\_ Race date: \_\_\_\_\_  
Meet: \_\_\_\_\_ Division: \_\_\_\_\_

Pre-race nutrition planned (be specific about time & amounts) \_\_\_\_\_  
\_\_\_\_\_

What is RACE GOAL for this race (consider course difficulty, weather, your current training and health) \_\_\_\_\_  
\_\_\_\_\_

Warm-up plan (be specific about timing & bathroom breaks) \_\_\_\_\_  
\_\_\_\_\_

If you ran this race before what is your best time? \_\_\_\_\_

Considering the competitors, where will you start in the race? (top-15) \_\_\_\_\_

Where do you plan to position yourself relative to other teammates or competitors? **First half:** \_\_\_\_\_  
**Second half:** \_\_\_\_\_

Have they run faster or slower than you in the last race? \_\_\_\_\_

List specific areas (i.e. hills, turns, kick, surges) of the race that you would like to improve on.  
Consider previous meets. \_\_\_\_\_  
\_\_\_\_\_

What is your **SPECIFIC STRATEGY** on this course? \_\_\_\_\_  
\_\_\_\_\_

What part of the race will you **SURGE** or put **EXTRA EFFORT**? Where will you begin your kick?  
\_\_\_\_\_  
\_\_\_\_\_

List any negative thoughts/doubts you have had recently and possible ways to change them into  
Positive ones. What are the reasons for these negative thoughts? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

List some **POSITIVE STATEMENTS (power talk)** that will help you during this race. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What opponent (team/individual(s)) will you beat today? \_\_\_\_\_  
\_\_\_\_\_

Did you do your **MENTAL IMAGERY** before the race? \_\_\_\_\_ how many times? \_\_\_\_\_

**ARE YOU "TOUGHER" THAN OUR OPPONENTS?** \_\_\_\_\_



**HOPÍ BOYS CROSS COUNTRY  
RACE CRITIQUE**

Name: \_\_\_\_\_ Today's date: \_\_\_\_\_

Name, Place & date of race: \_\_\_\_\_

Temperature and weather at race: \_\_\_\_\_

Finishing time: \_\_\_\_\_ Finishing place: \_\_\_\_\_

Condition of Course: \_\_\_\_\_

Difficulty of course: \_\_\_\_\_

How did you feel during warm-up? \_\_\_\_\_

Were you sufficiently warmed-up? \_\_\_\_\_

What were your thoughts before the race?(nervous, etc.) \_\_\_\_\_

How were you positioned in the first half mile? \_\_\_\_\_

During the race, did you pass more runners than passed you? \_\_\_\_\_

Did you pass runners up hills, down hills, after hills? \_\_\_\_\_

Did you pass runners on the last 800? 400? 100? 50? \_\_\_\_\_

How did you feel physically, mentally and emotionally immediately after the race? \_\_\_\_\_

How long did it take you to recover?(How did you feel on the cool down?) \_\_\_\_\_

What positive things did you do in this race? \_\_\_\_\_

What, if any, negative thoughts did you have during this race? \_\_\_\_\_

What positive thoughts did you have during this race? \_\_\_\_\_

Was there a teammate or competitor that you feel you should have run with or is there someone you noticed you ran with that you hadn't previously? \_\_\_\_\_

What is your overall feeling about this race? \_\_\_\_\_

How will this race help you with future races? \_\_\_\_\_

General Comments About The Race: \_\_\_\_\_





HOPI BOYS CROSS COUNTRY  
STATE MEET - 2011

THESE ARE THE RUNNERS TO BEAT ON SATURDAY. IT IS YOUR JOB TO BET  
THE GUY RANKED AHEAD OF YOU. THE MORE GUYS YOU BEAT THE LOWER  
OUR SCORE WILL BE. KICK LIKE A MILER!!

1.	DOMINIC	SINQUAH	HOPI	
2.	MCCRAY	HUMA	HOPI	
3.	NICO	MONTENEX	ST. AUG	
4.	CALEB	JOHNSON	OREM*	
5.	DARNELL	BEN	HOPI	
6.	DOMINIC	TOSI	NPA	
7.	JOSH	HOSKINSON	AZ LUTH	
8.	COREY	QUIGLEY	VALLEY	
9.	KELSEY	JONES	HOPI	
10.	CULLEN	HAMBLIN	NPA	
11.	JD	HOSKINSON	AZ LUTH	
12.	DAN	NELSON	MF	
13.	JOE	LOCOSPINO*	GAN	
14.	BRANDO	SNICKERS	SEDONA	
15.	CALEB	PECKMAN	TEMPE PREP	
16.	REX	YELLOW	HOPI	
17.	JONA	HALL	NPA	
18.	KYLE	CAJERO	PUSH RIDGE	
19.	COLIN	BEGAY	ROCK PT	
20.	DION	BEGAY	MF	
21.	ANDREW	JACOB	NPA	
22.	STEPH	TOOTSIE	HOPI	
23.	ZACH	ALDERETE	ST. AUG	* NPA - 5TH RUNNER
24.	ALESEN	UENTILLE	MF	
25.	MARK	KOONYAQUAPT	HOPI	
26.	NOLAN	BEGAY	MF	
27.	JOSE	EDGINGTON	VAL LUTH	
28.	GALEN	GEILINGER	HORIZON HON	
30.	TY	BEGAY	MF	

HOPI	38
NPA	74
MF	98

REMEMBER THIS IS ONLY A PREDICTION. DO BETTER AND WE WILL BE  
SUCCESSFUL.





## Hopi Boys Cross Country

### Rules Of The Pack

Run as close together as possible, especially through the first mile of the race.

In a race, never hold back or slow down so that a teammate can stay with you.

Never allow a teammate to drop back with out encouraging them to stay up.

Never pass a teammate without encouraging them to go with you.

If a teammate gets in trouble, a teammate should move in quickly to pick him up.

Talk to each other and help each other out.

Never let anyone do your racing for you--- You do your job.

## **Training the Mind**

Check yourself each week for loyalty to yourself, the team and the sport.

Know what success means to you, know your goals and never stop striving for them.

Never settle for second place, with a fight you can be a Champion. Be aggressive in your thoughts.

Focus on your goals, concentrate on reaching them. focentrate.

Vision--to win, to focus on the leader and **beat him**.

Pat Porter said prior to making his first Olympic team in 1984 he lived, trained, socialized, dreamt and thought like an Olympian 3 years prior... Preparation begins like the farmer, years before.

"It is not where you start, but where you **CHOOSE** to finish.

Commitment: It is seasonal, 6-months, 9-months, or year round.

**Be a tough-ass-bastard!**

Purpose: what gets you out of bed in the morning with enthusiasm?

Results: write a statement of desired results, detail how those results should look.

Motivation: what are you going to do to provide motivation for yourself.

Selections: are your interpersonal relationships' selections in line with your purpose and vision? Align with people who enhance your vision.

To be a Champion, you will have to win the race 100 times before you win it in real life---Marty Liquori

Have absolute confidence in your ability to perform up to or **PAST** your expectations.

Attack every race not like it is to the finishline, but to the death!



**TEN COMMANDMENTS FOR ATHLETICS**  
**HOPICROSS**

When I became an athlete, I learned and accepted without question a code of conduct that ran something like this:

1. TRAIN HARD
2. ATTACK THE BARRIERS OF PAIN.
3. SET HIGH GOALS: REACH FOR THE STARS.
4. LIVE A PURE LIFE AND THINK CLEAN THOUGHTS BY FOLLOWING A RIGID SET OF TRAINING RULES.
5. MAKE SACRIFICES IN ORDER TO SUCCEED: TEMPORARILY SET ASIDE NORMAL LIVING.
6. WORK AS A TEAM SO THE GROUP WILL BE STRONGER THAN THE SUM OF ITS PARTS.
7. RUN TO WIN, AND TAKE ANYTHING LESS THAN VICTORY AS A PERSONAL INSULT.
8. KEEP PUSHING YOURSELF: YOU CAN ALWAYS GO FARTHER THAN YOU THINK YOU CAN.
9. KEEP TRYING TO RAISE YOUR OWN STANDARDS OF PERFORMANCE AND YOUR EXPECTATIONS.
10. PURSUE EXCELLENCE: SEEK PERFECTION



DESIRE                      DEDICATION                      DETERMINATION

TO BECOME A WINNING ATHLETE, YOU MUST BE HUNGRY.....HUNGRY FOR SUCCESS, HUNGRY FOR VICTORY, HUNGRY TO SIMPLY BECOME THE BEST YOU CAN BE. IT STARTS WITH A DREAM BUT SOME HOW YOU MUST BE INSPIRED OR YOU WILL NEVER BE ABLE TO REACH YOUR GOAL.

DESIRE IS SOMETHING MORE IMPORTANT THAN TALENT AND ABILITY.  
DESIRE IS WHAT MOTIVATED A YOUNGMAN FROM THE DAKOTA'S TO BECOME A OLYMPIC CHAMPION IN TRACK.

IF SOMEHOW YOU ARE NOT INSPIRED YOU WILL NEVER DO IT. YOU WILL NEVER GET YOUR EDGE AND THEREFORE NEVER REACH YOUR GOAL.  
BECAUSE WITHOUT A TRUE LOVE FOR YOUR SPORT AND A BURNING DESIRE TO BE GREAT, YOU WILL NEVER BE ABLE TO PUSH YOURSELF TO DO WHAT HAS TO BE DONE. IT WILL BE EASY TO SKIP A WORKOUT NOW AND THEN. ONLY YOU CAN PUSH YOURSELF WHEN YOU ARE TIRED...AND MAKE YOURSELF WORKOUT WHEN OUTSIDE DISTRACTIONS START TO COME YOUR WAY.

ONCE YOU HAVE THE DESIRE , IT IS THE DETERMINATION AND DEDICATION THAT WILL CARRY YOU TO YOUR GOAL. KEEP YOUR MIND ON THE THINGS YOU WANT AND OFF THE THINGS YOU DO NOT WANT.

THERE ARE NO SHORTCUTS IN THE WORLD OF ATHLETICS...ONLY GOALS TO BE SET AND GOALS TO BE REACHED...COMPETITION TO BE FACED...ADVERSITY TO OVERCOME. ONLY THE TRUELY DEDICATED WILL EVER COME CLOSE TO ATTAINING THEIR GOALS.

LACK OF OPPORTUNITY IS OFTEN NOTHING MORE THAN LACK OF PURPOSE OR DIRECTION. YOU HAVE TO SET A GOAL SO THAT YOU KNOW WHERE YOU ARE GOING. FOR IF YOU DO NOT KNOW WHERE YOU ARE GOING, HOW ARE YOU GOING TO KNOW WHEN YOU GET THERE?

UNKNOWN



CHAMPIONS

ARE MADE IN  
THE OFF-  
SEASON...

WHAT HAVE  
YOU DONE  
TODAY

TO BE BETTER  
THAN YOUR  
COMPETITORS?



“WHEN EVERYTHING  
IN YOUR LIFE IS  
SCHEDULED AROUND  
YOUR TRAINING, YOU  
ARE TRULY A  
COMMITTED RUNNER.”



HOPI BOYS CROSS COUNTRY  
"HALL OF FAME"

ARIZONA 2A STATE CHAMPIONS

Tilford	Tungovia	1990	Estrella Park	17:54
Jonathan	Lomayestewa	1992	Fiesta Corp -Tempe	15:44
Juwan	Nuvayokva	1994	Fiesta Corp- Tempe	
Juwan	Nuvayokva	1995	Fiesta Corp- Tempe	14:56
Ralston	Lamson	1997	Freestone Park	16:00
Devan	Lomayaoma	1998	FreeStone Park	16:39
Devan	Lomayaoma	1999	Freestone Park	
Justin	Secakuku	2010	Cave Creek Golf	16:12

HOPI BRUIN TOP-12 TIMES

Juwan	Nuvayokva	1995	Tempe/Fiesta Corp	14:56
Juwan	Nuvayokva	1996	Tempe /Top-20	15:07
Juwan	Nuvayokva	1995	Tempe/Top-20	15:12
Juwan	Nuvayokva	1996	Tempe Fiesta Corp	15:17
Juwan	Nuvayokva	1995	Peaks-Flagstaff	15:21
Ralson	Lamson	1998	Tempe/Top-20	15:21
Juwan	Nuvayokva	1994	Tempe/Top-20	15:27
Devan	Lomayaoma	1999	Desert Vista	15:27
Ralson	Lamson	1999	Tempe/ top-20	15:35
Ronald	Laban	2009	Mt.Sac, CA	15:35
Justin	Secakuku	2010	Mt. Sac, CA	15:36
Jonathan	Lomayestewa	1992	Holbrook	15:42
Ronald	Adams	1991	Holbrook	15:44





HOPI HIGH SCHOOL  
BOYS CROSS COUNTRY "HALL of FAME"  
ARIZONA STATE "CHAMPIONSHIP" TEAMS

**1990 Team**

Tilford Tungovia\*\*  
Ronald Adams, Jr.  
Elward Edd  
Ronnie Lomayaktewa  
Jarrett Puhuyaoma  
Jonathan Lomayestewa  
Eddison Torivio, Jr.  
Coach: Baker

**1991 Team**

Ronald Adams, Jr.  
Jonathan Lomayestewa, Jr.  
Tilford Tungovia  
Elward Edd  
Len Coochwytewa  
Jeremy Nez  
Ronnie Lomayaktewa  
Coach: Baker

**1992 Team**

Jonathan Lomayestewa, Jr\*\*  
Manuel Fredericks  
Elward Edd  
Jeremy Nez  
Patrick Howesa, Jr.  
Ohtin Preston  
Reggie Joe  
Coach: Baker

**1993 Team**

Jonathan Lomayestewa, Jr.  
Larin Poleahla  
Carl Calnimptewa  
LaMon Barehand  
Manuel Fredericks  
Bryant Honyouti  
Marvin Fernando  
Coach: Baker

**1994 Team**

Juwan Nuvayokva \*\*  
Geoffry Antone  
Manuel Fredericks  
Bryant Honyout  
Shawn Namoki  
Lawrence Histia, Jr.  
Ralford Phillips  
Coach: Baker

**1995 Team**

Juwan Nuvayokva\*\*  
Jeffery Sekakuku  
Manuel Fredericks  
Bryant Honyouti  
Lawrence Histia, Jr.  
Ralford Phillips  
Julian Koopee  
Coach: Baker

**1996 Team**

Lawrence Histia, Jr.  
Jeremy Pooyouma  
Jeffery Secakuku  
Ralford Phillips  
Bryant Honyouti  
Devan Lomayaoma  
Rayburn Kootswatewa  
Coach: Baker

**1997 Team**

Ralston Lamson\*\*  
Lawrence Histia, Jr.  
Jeremy Pooyouma  
Kellen Lomayestewa  
Devan Lomayaoma  
Wilmer Lomayaoma, Jr.  
Evan Horace  
Coach: Baker

**1998 Team**

Devan Lomayaoma\*\*  
Evan Horace  
Ralston Lamson  
Jeremy Pooyouma  
Kellen Lomayestewa  
Logan Koopee  
Wilmer Lomayaoma, Jr.  
Coach: Baker

**\*1999 Team**

Devan Lomayaoma \*\*  
Ralston Lamson  
Evan Horace  
Delwyn Takala  
Christopher Lowe  
Logan Koopee  
Christopher Hawk  
Assist: B. Navin  
Coach: R. Baker



**2000 Team**

Delwyn	Takala
Ralston	Lamson
Logan	Koopee
Cornell	Tungovia
Roger	Kisto
Christopher	Lowe
Christopher	Hawk
	Coach: Baker

**2001 Team\*\*\***

Logan	Koopee
Stet	Lomayestewa
Matthew	Honanie
Dellen	Lomayestewa
Harry	Kisto, III
Roger	Kisto
Douglas	Begay
	Coach: R. Baker

**2002 Team\*\*\***

Stet	Lomayestewa
Matthew	Honanie
Harr	Kisto, III
Travis	Sahneyah
Steven	Ovah
Douglas	Begay
Aaron	Johnson
	Assist: O. Polcyestewa
	Coach: R. Baker

**2003 Team\*\*\***

Stet	Lomayestewa
Matthew	Honanie
Harry	Kisto, III
Aaron	Johnson
Travis	Sahneyah
Vonn	Sekakuku
Jaynes	Saufkie
	Assist: O. Polcyestewa
	Coach: R. Baker

**2004 Team\*\*\***

Stet	Lomayestewa
Matt	Lamson
Vonn	Sekakuku
Travis	Sahneyah
Chad	Baker
Andrew	Honyaktewa
Jaynes	Saufkie
	Assist: J. Nuvayokva
	Coach: R. Baker

**2005 Team\*\*\***

Kevin	Rivers
Matt	Lamson
Chad	Baker
Vonn	Sekakuku
Vincent	Timms
Nathaniel	Numkena, Jr.
Rydell	Namoki
	Assist: J. Nuvayokva
	Coach: Baker

**2006 Team\*\*\***

Matt	Lamson
Chad	Baker
Kevin	Rivers
Ronald	Laban
Vonn	Sekakuku
Andrew	Honyaktewa
Jose	Acevedo
	Assist: J. Nuvayokva
	Coach: Baker

**2007 Team**

Ronald	Laban
Chad	Baker
Keith	Pahovama
Kevin	Tsinnigini
Rydell	Namoki
Brennon	Sidney
Anthony	Poleyestewa
	Assist: J. Nuvayokva
	Coach: R. Baker

**2008 Team**

Kevin	Tsinnigini
Ronald	Laban
Brennon	Sidney
Justin	Secakuku
Kyle	Silas
Clayden	Torivio
Joshua	Satala
	Assist: J. Nuvayokva
	Coach: R. Baker

**2009 Team**

Kyle	Silas
Ronald	Laban
Justin	Secakuku
Brennon	Sidney
McCray	Huma
Clayden	Torivio
Kevin	Tsinnigini
	Assist: J. Nuvayokva
	Coach: R. Baker

\*\* State Champion

\* Perfect Score

\*\*\* 3A Conference



#### 2010 Team

Justin Secakuku\*\*  
McCray Huma  
Rex Yellow  
Kelsey Jones  
Kyle Yoyokie  
Marcus Koiyaquaptewa  
Darnell Ben  
Assist Coach: Nuvayokva  
Coach: Baker

#### 2011 Team

Dominic Siquah  
Darnell Ben  
McCray Huma  
Rex Yellow  
Kelsey Jones  
Stephan Tootsie  
Marcus Koiyaquaptewa  
Assist Coach: Nuvayokva  
Coach: Baker

#### 2012 Team

Anfernee Howard  
Ryan Siquah  
Terry Honvantewa  
Aaron Swimmer  
Kelan Poleahla  
Stephan Tootsie  
Skyler Tootsie  
Assist Coach: Nuvayokva  
Coach: Baker

#### 2013 Team

Anfernee Howard  
Terry Honvantewa  
Kelan Poleahla  
Jason Laban  
Aaron Swimmer  
Sean Sloan  
Slim Jackson  
Assist Coach: Nuvayokva

#### 2014 Team

Diome Talaswaima  
Andre' Lucas  
Jason Laban  
Kelan Poleahla  
Adam Laban  
Iversen Qumyintewa  
Slim Jackson  
Assist Coach: Nuvayokva  
Coach: Baker

#### 2015 Team

Diome Talaswaima  
Andre' Lucas  
Jihad Nodman  
Darion Fredericks  
Iversen Qumyintewa  
Steven Baker  
Trey Lomayestewa  
Assist Coach: Nuvayokva  
Coach: Baker

#### 2016 Team

Who's Next?



## Mind Over Matter

“Now if you are going to win any battle you have to do one thing. You have to make the mind run the body. Never let the body tell the mind what to do. The body will always give up. It is always tired morning, noon, night. But the body is never tired if the mind is not tired. When you were younger the mind could make you dance all night, and the body was never tired... you’ve always got to make the mind take over and keep going.”

George S. Patton, U.S. Army General  
and 1912 Olympian



