

## 2018 Hale Cross Country

Congratulations to every guy on this team for an awesome season! Running cross country is a very fun part of our lives, and the time we spend together is invaluable. We are always grateful to get the opportunity to be a part of this amazing sport, and the coaches are proud of the efforts of every guy no matter whether we win or lose.

We put together a very awesome 2018 season in which we hope to build on. Keep bringing energy and having fun with the sport as we continue to grow as a family and enjoy every day we have! No limits to what we can accomplish!

Enjoy this 2018 Hale CC Book. It reflects on our weekly blogs, awards and accomplishments. Our theme for this year was 'All for the cause', meaning everyone from the athletes to parents and coaches are important to our success. One person can really bring a team down, but a collective group of positive people can make something special happen. This group of boys accomplished a lot this year, including qualifying for the state meet for the first time since 2012. Congratulations athletes and parents!



## **2018 Nathan Hale Cross Country Roster**

<b>Athlete</b>	<b>Grade</b>
<b>Cole Konczal</b>	Freshman
<b>Chase Witty</b>	Freshman
<b>Chris Clark</b>	Freshman
<b>Cole Orlowski</b>	Freshman
<b>Collin Raschka</b>	Freshman
<b>David Martinez</b>	Freshman
<b>Frank Bevsek</b>	Freshman
<b>Gavin Graham</b>	Freshman
<b>Jack Hutter</b>	Freshman
<b>Jordan Pope</b>	Freshman
<b>Robert Petrovick</b>	Freshman
<b>Ryan Bergeman</b>	Freshman
<b>Sam Walder</b>	Freshman
<b>Ty'zarion Greene</b>	Freshman
<b>Brennan Kompas</b>	Sophomore
<b>Joshua Truchon</b>	Sophomore
<b>Matthew Kees</b>	Sophomore
<b>Ethan Osowski</b>	Sophomore
<b>Joseph Hertel</b>	Sophomore
<b>Kenny Parliament</b>	Sophomore
<b>Tristan Sawyer</b>	Sophomore
<b>Ethan Fisher</b>	Junior
<b>Liam Kelley</b>	Junior
<b>Ian Hoffman</b>	Junior
<b>Joey Elliott</b>	Junior
<b>Nick Burgess</b>	Junior
<b>Brad Gliszinski</b>	Senior

## **2018 Hale CC Quotes of the Week**

### **Week 1**

"The path to mastery means doing things that are easy to do, but also easier not to do."

### **Week 2**

"You are who you choose to be." - From the movie The Iron Giant.

### **Week 3**

"We believe in people executing their role and caring about the team more than anything individually." – Gregg Popovich

### **Week 4**

"Today is only one day in all the days that will ever be. But what will happen in all the other days that ever come can depend on what you do today." - Ernest Hemingway.

### **Week 5**

"We don't become the thoughts that pop into our head. We become the thoughts we believe."

### **Week 6**

"Showing up for practice and jogging a few miles will get your name on the roster but that's about it. Respect is earned by giving an honest effort at every practice." - Donn Behnke, The Animal Keepers

### **Week 7**

"A strong team can take any crazy vision and turn it into reality." John Carmack (video game designer)

### **Week 8**

"We don't rise to the level of our expectations, we fall to the level of our training."

### **Week 9 and 10**

"For the team!"

### **Week 11**

"Man imposes his own limitations. Don't set any."

## Pre Season Team Camp!

We had sixteen boys participate in the three day running camp put on by the Central Wisconsin Environmental Station in Amherst, WI. We bonded as a team through activities such as swimming, archery and tree climbing. The boys also got in some solid runs, including a long run on a beautiful path along the Plover River. Our goal was to return to this trail site in October in preparation for the state meet. This camp is where the team started coming together towards that goal.

One of the biggest hits at camp was a game called 'One Night Ultimate Werewolf'. It provided a lot of laughs and some friendly competition and teamwork. The boys finished up camp with a team competition which included blindfolded tree climbing, archery, kayak soccer and trivia. An epic battle ensued in the blindfolded tree climb between Ian Hoffman and Gavin Graham.



The group picture in the dining hall of CWES Camp





**Above, Ethan Osowski enjoys huge ice cream cone to end camp  
Below, the boys have fire starting competition followed by s'mores.**

## Cross Country Week 1 (August 13-19)

No meet this week

### From the Blog:

The best day of the year is here! The first day of cross country and what I call the unofficial start of fall. I want to thank the 15 boys that came to our State Fair Parking Fundraiser. We have a great group of kids that are coming together as a team. It will be fun to watch them challenge each other to be better, and support each other through the ups and downs.

### Workout Highlights:

We continued group challenges with activities such as ultimate tic tac toe, hidden golf ball, ultimate frisbee and team skits. The boys had a lot of fun with the activities and got to know each other and the new runners faster.

The boys did some 5k pace work via a fartlek on the lagoon on the 2nd day of practice. The workout was 10-12 x 350 meters @ 5k with a 300 meter jog rest. For the freshmen, we had them do less and just try to pack up and push themselves.

Thursday, the returners did a 2x8 minute tempo with a 2 minute jog between. Brad and Josh ran together most the way with Josh pulling away slightly on the second repetition. We did a double run this day for everyone. We had freshmen do hard hills on the loop since they were not ready yet for the longer sustained effort.

Brad, Brennan, Matthew, Joshua and Liam met as a group on their own Sunday for their long run of 60-70 minutes.



The boys spent the first Friday of the season at Foxbrook Park for a 5 mile run, cookout and games. It was a bit rainy, but that didn't dampen the fun and camaraderie had!

## Cross Country Week 2 (August 20-26)

### Menomonee Falls Coach's Classic at Rotary Park

#### From the Blog:

"Full sends only" started out as a funny motto at camp, but has really caught on to be one of our true team mottos for this season! It represents going all in on our efforts and pushing past our perceived limits. We have a great young team and together are motivating each other to perform at a high level. Hale is once again a force, and we will keep focusing on our values and consistent efforts to propel us to a great season.

#### Falls Recap

The team competed very well to start the season! Because of different courses and conditions, times are of less importance in cross country, rather it's how you compete. With that being said, we still had some killer times as well! The reward is in the journey, and it was great to see us get off to a solid start for what is proving to be an exciting year for Hale Cross.

The standout performance came from Joshua Truchon, who has put in consistent and positive work over the past year. We will see him up front a lot this year, and winning by 80 seconds to start the season is no easy feat. He looks to carry that momentum into a very memorable sophomore campaign for himself and the team. His performance moved him to 7th all time on our sophomore list and we will watch him keep climbing that list. Liam Kelley had a close to 50 second pr to start the season and we expect some big breakthroughs in the coming weeks. Cole Konczal and Richard Eastham made some noise on the freshman side of things by getting top 10 finishes among all freshman to start off their careers! After this valuable first racing experience, the coaches believe these two, along with our other new runners, can really step up and even contribute to varsity roles as the season goes on. Senior Brad Glisczinski and Sophomore Matthew Kees also got medals for their performances. Both will be absolute beasts this year and are doing amazing work, watch out for these two! Congratulations to the 6 guys who received medals in the first meet, let's keep the train rolling. There is no limit for any kid on our team.

#### Workout Highlights

We had a very solid Tuesday effort before our first meet of the season on Thursday. The returners did 2x2k using a 400 meter measured loop on the baseball field at Greenfield Park. The workout design was to do 2k meters continuous alternating 400 meters at 5k effort and 400 meters at tempo effort. The freshmen group did 6x400, hopping in on all the 5k effort portions and taking standing rest during the tempo. Joshua Truchon showed his season was going to be special, cruising with our voluntary workout coach Chase Robles. He alternated about 80-82 seconds for 5k and 90-92 seconds on tempo on a wet and thick grass loop that Coach Mach probably measured long as well. Brad did a great job hanging with him the first one, then settled in a bit behind on the second 2k having a very nice workout. Liam was just off the group as well, keeping a consistent effort. Brennan Kompas got out fast on the first one and had to regroup a bit to put together a fine workout ahead of Matthew Kees and Ethan Fisher.



All the boys returned in the afternoon for a shakeout run and put in some great work this week. We came in a bit fatigued to the race on purpose but still performed fairly well. We knew bigger goals were ahead.

The boys finished up week 2 with an amped up Friday run and a good Sunday long run up Cleveland Avenue toward the trails, with a slight progression at the end. The freshmen group did a shorter 4 miles at up tempo and finished with some hill sprints.



**For most pictured here, it was their first every 5k race!**





**Medalists above from the Menomonee Falls Coach's Classic:**  
**Brad Glisczinski (7th Senior), Richard Eastham (10th Frosh), Cole Konczal (7th Frosh), Joshua Truchon (1st Sophomore), Matthew Kees (6th Sophomore), Liam Kelley (6th Junior)**

## **Cross Country Week 3 (August 27-September 2)**

### **Betz Invitational Greenfield Park**

#### **From The Blog:**

#### **Betz Invitational Recap**

We are always honored to host our home meet, and this year once again brought great competition and teams to Greenfield Park! This year proved a bit more challenging with course set up due to some restricted areas on the park, some puddles at the start line and a discovered bees' nest prior to the race! It was a true cross country meet with the tough conditions, and we loved it!

The meet brought four state qualifying teams from last year, as well as Arrowhead who didn't qualify but are a perennial competitive team. Our varsity squad competed well, finishing just 3 points behind Slinger (17th in state last year) and 18 points behind Tosa East (10th in state last year). Our top three boys put us in an awesome position. Putting three guys in the top 27 at this meet was great, considering our top guy at this meet last year was 30th place! Our 4 and 5 guys will move up a ton over the coming weeks (whoever those end up being!) and we will form a very solid team. Continue to believe in the team and embrace each day!

In the JV race, we had some guys get out fast! We loved it, and will work with them a bit on getting out fast AND smart this week. Ethan, Richard and Cole got out real well. It paid off big for Cole as he finished 18th and was our 6th man, breaking 20 minutes for the first time. Frank did an awesome job moving up throughout the race and getting a big PR! He was our 3rd man scoring for us. We had some other nice PR's from the frosh crew, and we will continue to see huge improvements over the season! There is NO LIMIT for anyone. Let's keep pushing each other to be the best we can be.

#### **Workout Highlights:**

In the last week of summer, we continue to take advantage of the extra time with some double run days and good training. It was a hot and very humid week again, and we had some decisions to make on when would be best to workout. We did our big workout 8:00 a.m. on Tuesday morning. The workout was the long Pendulum Hill workout, where boys were asked to complete 6-7 uphill at a strong 5k-10k effort. Each uphill was about 0.38 miles, which meant for a good long effort.

Freshman Cole Konczal earned a blood and guts today for his run and emergence in our pack. He started out a bit conservative on the first couple, but then led a secondary pack on the 2nd half of the hills. He brought energy and excitement that as we saw over time fueled our team and our momentum this season.

Ethan Fisher loves this hill! He has always had great workouts here, and him and Matthew Kees both did 7. Brad and Joshua ran well together and got through six, both feeling a bit fatigued from our team doing some 150's the day before, but still running 5:30's effort going up.

Ryan Bergeman and David Martinez succeeded in doing their longest continuous runs to this point, and we had another solid freshman pack learning how to push themselves.

We took a couple of easy days racking up some mileage in the humidity headed into the Betz Invitational. On the Saturday after Betz, we had a morning run and then many members of the team went out to Johnny V's for breakfast after.



Left: Liam Kelley 20th overall, Joshua Truchon 8th overall

Right: Joshua Truchon and Brad Glisczinski working together at Betz



## **Cross Country Week 4 (September 3-September 9)**

### **Rocket Invite - Grant Park**

#### **From The Blog:**

Hale Cross Country is becoming a force again! We had a very strong performance this past week, and are looking forward to our progression as athletes and a team. Thanks to South Milwaukee for putting on a great invitational.

#### **Rocket Invite Recap**

We had 22 boys get personal or season bests this past weekend, and with that, we took 5th and 6th respectively in the varsity and jv races. Both were very nice performances in a large meet such as this. There were many highlights, with one for sure having three in the top 15 of the varsity race! Congratulations to Josh, Liam and Brad for continuing their strong seasons up front. Look for them to continue progressing and having no limits! You'll be amazed at what they will do this year and beyond. Matthew Kees and Cole Konczal also had lifetime PR's in the varsity race and continue to push our team to be better!

In the JV race, the definite highlight was Cole Orlowski getting after it and racing to a two minute plus pr of 19:33! Coaches have been seeing his potential since day one, and know there is no limit to what he can do from here. Keep the aggression in both races and workouts, and watch the team get better from it! We expect more breakthroughs this week now that Cole has set the tone!

Frank Bevsek continues to keep moving up, finishing as our 4th guy and scoring once again. Kenny Parliament battled for the team, fighting off a side ache and making sure he got to the finish strong. Chase Witty is starting to get after it more and more, and is improving like rapid fire! It was great to see Ty Greene complete his first 5k, and the guys cheering him on! This is a close family of boys supporting each other and their performances.

We see tons of growth ahead and we will emphasize continued daily purpose and embracing each day. It's been a ton of fun with this group, keep working hard and wanting to do more! With many having races under our belts, set some goals for yourself and the team. The team will decide what we can accomplish. What do you guys want to achieve?

#### **Workout Highlights**

School started up again this week which means a shift in sleep and eating schedules. We knew boys would be a bit more tired this week so we tried to keep an eye on this and adjust as needed. We also began to get a bit more deliberate with race tactics and somewhat more controlled workouts for the team. With a mostly young group, we want aggressiveness to be developed first, while slowly incorporating good racing over the year. Aggressiveness is needed to compete up front in races, so it's important to be developed and encouraged early and often.

On the last day of summer (Labor Day) the boys completed a very solid long run at dusk Brad Glisczinski did 11 miles, while Joshua and Brennan completed 10 miles. Brad felt awesome on this long run, and for Brennan it turned into a very hard effort when they progressed on the way back. It was one of his best runs getting down just under 6 minute pace the last mile.

Wednesday's workout this week was a fun one. On a wet and rainy day, we knew we wanted to get out and battle these conditions as it would pay off at the bigger meets later in the season. To this point, we had our best workout of the season as a team.

Most of the boys did 2x(3x600) on the loop at 5k pace. Brad and Josh did a 2x8 minute tempo with a 2 minute jog between, followed by 2 400's at 2 mile effort. We had many boys asking if they could do an extra set and our group was really running as a pack! Brad and Joshua really dominated their workout, cruising the 400's around 75 seconds uphill after a long tempo! We made a lot of strides this week in race preparedness.



Left: Liam Kelley, 9th, Brad Glisczinski 14th, Joshua Truchon 6th  
Right: Brad, Ethan, Matthew, Josh, Cole and Liam at Rocket Invite

## Cross Country Week 5 (September 10-September 16)

### Angel Invite - Parkside

#### From The Blog:

#### Angel Invite Recap!

The boys varsity finished 10th and JV 8th in the Angel Invite this past weekend. We were without a few guys due to sickness, minor injury or for accountability reasons, so we are looking to have a full 27 out there this next week!! With some of the guys racing being under the weather, we had them out more conservative and used the race as a way to try and pack up and get a good workout in.

We had some nice performances with Ethan Osowski getting back on track with a nice race in the JV race. Jack, Cole K, Joseph, Collin and Chase all set personal bests, while Joey Elliott had a nice seasonal best and has been progressing very well! On the varsity side, we were without Liam this week, but had a great performance from Josh starting out conservative and moving all the way up to 7th and looking strong! Brad was sick but wanted to race! Will be nice to have him healthy again this week. Cole K. fell down by the two mile but got back up and ran to a personal best! A true blood and guts effort for Cole. We are setting up nicely to run fastest this weekend and into October! We have built a ton of strength and are moving into our specific period of training and competing. Looking forward to some awesome races now and to make some new Hale CC history!

#### Workout Highlights:

We had hoped to gain some momentum coming off of a great team performance at the Rocket Invitational, but as with any season, ran into some tough breaks this week. We had many guys on the team missing school due to sickness, and many others battling through illness but not able to run as well because of it. Liam Kelley also was battling a knee problem mid week that held him out of racing. Brad and Joshua both entered Saturday under the weather, so we had to adjust our team game plan and have them run more conservatively. We had some obvious setbacks but made no excuses for this week's team efforts or our future plans. The boys stayed positive and understood patience would pay off.

Along with the circumstances and his solid performance at the Rocket Invite, Cole Orlowski got his first shot at varsity! Both him and Cole Konczal scored for the first time on varsity and are guys we hope take the next step in 2019 to becoming top end varsity runners.

We still got some solid training in for most this week. Monday, most guys were healthy and we did a great 10 mile long run toward Whitnall High School. Ethan Fisher had a great run averaging low 7's, as did the entire team. He was gaining some confidence off of a great run and it would pay off rather quickly as you'll see next week.

We held off on doing a workout until Thursday. Some of our boys did a 3x5 minute tempo on the lagoon after starting with 4 hills on the course. The other group did 4 hills, followed by 5x700 meters on the course @ 5k pace, finishing with 4 more hills. As many would say, it was an 'NBA Jam' type workout, focusing on getting out fast and



finishing strong when tired, while running consistently in the middle. Ethan Osowski had an awesome workout leading the group doing the 5k pace work. Brennan did very well on the tempo, while Joshua did as well running with Chase Robles.

We knew it was a better effort workout again before a race, but were willing to put in the work this time of the year. Next week our focus would be on getting healthy again!



Pic: Cole Orlowski, Matt Kees and Cole Konczal packed up on Parkside Course

## **Cross Country Week 6 (September 17-September 23)**

### **Lourdes Invitational - Lake Breeze Golf Course**

#### **From The Blog:**

Thank you once again parents and athletes for making the best of the situation this Saturday! We were so fortunate to get a beautiful weather day and great course to race on, and the boys did very well with the varsity and junior varsity both placing 7th overall (out of 42 teams in varsity and 27 teams in JV race!).

#### **Lourdes Invitational Recap**

Nice weather, adrenaline from no bus, and a fit cross country team combined to produce a great day for the team! 24 boys had personal or season best times, but we were more proud of how we competed. The varsity and jv both took 7th overall in the large meet. We are excited to see Hale continue to move up and not settle for average!

A big congratulations to Joshua Truchon for tying the all time sophomore school record of 16:14, and finishing 4th overall! Liam Kelley went sub 17 for the first time ever, taking 13th in 16:41. Brad Glisczinski, Ethan Fisher and Matthew Kees rounded out our scoring, with Ethan going under 18 minutes for the first time in his career! Brennan ran in his first varsity race, running to a personal best as well.

Cole Konczal led the JV squad, breaking the 19 minute barrier for the first time finishing 17th overall in 18:36. Joseph Hertel moves up to our 2nd man and is continuing to compete better. Nick Burgess and Frank Bevsek went under 20 minutes for the first time! Check out our home page for the results link for more detailed team results. It's awesome to see how much things are shuffling around and seeing new guys each week continue to break through, knowing there are no limits!

We are very excited for October, and look to keep embracing each day and just having a blast being a team. This has been such a wonderful team to work with in my first year as head coach, and I look forward to every day with them!

#### **Workout Highlights:**

On Tuesday we went after a big workout. The workout goal was progressing our 5k pace to a longer held distance, and we did 5x1000 meters on the course. The loop was not easy and the mosquitoes were everywhere! Coach Mach hopped into this one and tried his best to run with Joshua who had a big breakthrough workout. His splits were approximated at 3:11, 3:09, 3:15, 3:15, and 3:12 with a goal of having the first two being faster to practice getting out. Brad was consistently right off of us at 3:20 to 3:25, again on a very hard loop with rough footing.

Coach Dewitt monitored most the rest of the group, but it was a workout where you were mainly on your own and had to learn how to push it when nobody was watching! Successful races are created when guys can push themselves with no external motivation from coaches, so it was an important time to have this type of workout.

We did 2 miles of alternating 200 fast and 200 easy on Thursday to prime ourselves for the Saturday race. This turned out to be a fun run seeing young guys like Collin, Sam,

Robert, Chase, Ryan, and others really open up and push themselves at the shorter distances. We are excited to see these freshmen continue to develop and learn to push past their perceived limits! Liam rejoined again today healthy and ready to go.



Liam Kelley 13th and Joshua Truchon 4th overall at the 42 team invitational.  
Liam set his season PR here of 16:41, Joshua ran 16:14



## Cross Country Week 7 (September 24-September 30) Off Week of Racing

### Workout Highlights:

The boys got a much deserved off weekend racing to prep for the championship season the final few weeks. A lot of boys took trips or just relaxed, and even Coach Mach went to Colorado to run and hike for the weekend!

We did however put in some great training! Monday was our annual Lakefront Run, where we run from Hale over to Oklahoma Avenue and then all the way to Lake Michigan! 14 boys made the trek this year.



Lakefront runners - Brennan Kompas, Nick Burgess, Ethan Fisher, Brad Glisczinski, Frank Bevsek, Cole Orlowski, Collin Raschka, Joseph Hertel, Kenny Parliament, Liam Kelley, Matthew Kees, Joshua Truchon and Joey Elliott (not pictured). Ty Greene couldn't run this day but came to hang out!

Wednesday we did a solid workout, individualizing workouts a bit as to what the coaches see as best for each guy to improve. Most of the group did a 1 mile tempo on the loop to warm-up and then did a workout of 2 sets of (800,800,600) @ 5k effort on the intramural fields. Brad had a big workout and got a huge boost from it. Liam did a nice job being right off of Brad, while our pack was right behind them. Joshua stayed with Coach Scotty on the loop to do 2x 10 minute tempo with 6x long hills in the middle. This workout went very well, with Josh averaging around 5:05-5:10 mile pace for the run. This workout set the boys up well for a great last 4 weeks of racing.



**The boys --- always relaxed and confident!**

## Cross Country Week 8 (October 1 - October 7)

### Viking Invitational - Mccarty Park

#### From the blog:

It's an awesome time to be a part of Hale Cross Country! This youthful team continues to improve and trust in their hard work. We are bringing great positive energy each day and it's been a fun group to coach!

#### Viking Recap

The varsity boys took 8th place out of 21 teams, while the JV took 9th. This was a competitive invitational, as most all of ours have been this year. We were happy with our JV packs which moved up a ton during the race, but know we could have been up a bit further early on, so we are excited to learn and improve in that area! The varsity competed well once again, and are definitely prepared for their best three weeks to be at the conference, sectional and state meets.

Sophomore Joshua Truchon ran an excellent race this Thursday, taking first place overall out of 156 runners in the varsity race (and 553 total runners in the invitational!). It was definitely an exciting moment for the team, coaches and fans involved as he pulled away the last mile from some other very good runners. The Hale coaches were not surprised at all by Josh's performance, having watched him continue to enjoy himself and trust his training. His positive and consistent work is what brought him from 13th in the JV race here one year ago, to overall winner this year! There is no limit for him or any other guy, and we look forward to continued growth over the coming weeks and years from him! His time of 16:04 (currently) ranks him 3rd all time in Hale CC history. The year was 2001 when a Hale runner last won this invitational. Keep it rollin'!

This did not overshadow many of our great performances. Junior Liam Kelley finished in the top 15 once again. He has been top 20 in every race he's run this season. Senior Brad Glisczinski finished 31st with a season best time of 17:26. All three have been leading the way this season, putting our team in a great position. Matthew Kees and Brennan Kompas finished out our scoring this week, and it was the first time Brennan has scored for varsity! Matthew and Brennan were both nearly a minute faster here than last year, and are two more guys who have been putting in consistent positive work. Although Ethan Fisher didn't have the race he wanted, he's ready and dangerous these next two weeks as can be seen in practices. Our entire varsity roster this week is comprised of guys steadily improving due to consistency, and this has been the main message to our young group this week and this year!! The consistency and dedication each of us applies will carry over into where we take this program over the coming years. Young guys you have no idea how far you can go with that consistent work! Keep it up boys!

Cole Konczal led the JV squad and is going to be joining the varsity squad once again for conference this week. He was out aggressive and ran to another PR time on a tougher course than was last week. Frank Bevsek got out exactly how we wanted our group to get out! He will do the same this week, looking to hold on better the 3rd mile and compete up front in the conference meet. Ethan



Osowski broke through with a big personal best time, and competed very well for us today, helping out the entire group. Jack Hutter, Jordan Pope, Chase Witty and Ryan Bergeman also ran career bests today. It will be fun to watch this entire group to see who puts in the time and enjoys the training to become their best for the team!

Continue to enjoy your teammates, put in max effort and never set limits on what you and the team will achieve!

#AllForTheCause #FullSends #NoLimits



### **Workout Highlights:**

With an off weekend and a Thursday meet this week, we got after a faster effort on Monday. We once again started with a 2k tempo on the roads, and went to the track today to get some turn over on the legs. The workout was fun, alternating 5k and 1 mile efforts. We cut down 1k, 800, 600 at 5k pace, and put a 300 meter at mile after each one. The workout went well all around, with us being able to move a little faster being on the track surface. We had been working out mostly on hilly or grassy surfaces, so it was nice to go fast today and feel good.

We took two mileage days before the meet Thursday, along with our strength work on Tuesday. On Saturday, we did a long run with most, with a couple going on Sunday. Joshua, Brad and Brennan were a bit banged up Saturday so ran on Sunday instead.

## **Cross Country Week 9 (October 8 - October 14)**

### **GMC - Back to Rotary Park**

#### **From the blog:**

The Hale Varsity had a fine week at the Greater Metro Conference Meet! We had 4 of our 5 scorers run all time bests, and we are excited to make a statement this weekend at the sectional meet at Mitchell Park!

#### **GMC Recap**

The varsity boys took 6th place in an awesome field of teams/runners this past weekend! As an example, 5th place Brookfield East was right ahead of us and they were ranked 11th in the state coming into conference! We had two boys, and nearly a third, earn all conference honors!

Joshua Truchon continued his great season with a 4th place finish in a personal best 16:00! He ran with a chase pack of two other great runners, pushing the pace on them throughout and finishing within seconds of both of them! His consistent and positive work has brought him the ability to gain a lot on these guys over the year. He will get another chance at beating the three guys that were ahead of him when we race them again in two weeks at the Ridges!

Liam Kelley finished 16th overall in a gutsy race. He was in the top 5 through the half mile, and fell back from the group a bit, but battled to finish as a 2nd team honoree! Liam has beaten the 8th place finisher from conference this year, and is having a great season for us! We are excited for him to continue his great race execution and help to be a low scorer for the team these next two weeks.

Brad Glisczinski ran his fastest 5k of his life this weekend, and will do it again the next two weeks! His time of 17:14 put him just outside of all conference honors, with his 26th place finish. Bradley is really coming around nicely at the right time, and has been a great senior leader for us this season! We are lucky to have him lead us into the next two weeks!

Matthew Kees also ran his personal best, with a nice breakthrough time of 17:38. We have seen the hard work he has put in as well, and it is cool to see him step out of his comfort zone this week and step up 'for the team'! We are excited to watch him drop even further and continue to compete up front for us!

Cole Konczal rounded out our varsity scoring, running another personal best of 18:05. We loved seeing Cole get out after it with Matthew, and helping close the gap between or 3-5 runners! Cole will keep bringing it, and never putting limits on what he can do these next two weeks and over the coming years. Keep it up!

Ethan Fisher and Brennan Kompas didn't have the ideal performance they were looking for this weekend, but we have no worries in these boys! The coaches know the fitness they are in and have the confidence in seeing the breakthroughs similar to the one Matthew had this week! It only takes one good race to make it a great season! Keep

believing, you both are a huge part of our success this season and the growth of our program!

On the JV side, we had some nice performances as well! We finished 8th overall, which is much lower than what we know we were capable of, but this is the beauty of the sport. We race each week with a clean slate, and trust in our progression as athletes through the good and the bad. We are looking to bring more intention and purpose to our training and competitions, and continue to push ourselves and our teammates!

Cole Orlowski led the pack with a personal best of 19:10. He got out gradual and really moved up a lot during the race. This week we will watch him get out aggressive and have the confidence to run with our top 5! Collin Raschka improved again, running under 20 minutes for the first time in his career! Sam Walder, Robert Petrovick, David Martinez and Gavin Graham also ran career bests! All of these guys are guys we'd love to help continue to build our program! Great job and keep moving up! We are excited to watch other guys step up this Thursday, and get after it! Keep learning and progressing. No limits!



**Joshua Truchon (1st Team All Conference, 4th overall)**  
**Liam Kelley (2nd Team All Conference, 16th overall)**



## **Workout Highlights:**

A big thing I believe as a coach is that we should always be making athletes better and progressing them. Tapering is an overused coaching term that gets taken to extremes by many coaches, and athletes come in to late season meets feeling flat and unprepared. Our goals the last few weeks were to keep the intensity up and keep providing a stimulus to improve as athletes and runners. There is an emphasis on recovery and rest, as well as relaxing mentally, but we don't totally stop working hard or running far.

Mondays after Saturday races I have found can be tough to get a good workout. We did a workout Monday that went not as great for the group but we still had some guys with really nice ones. Brad had a very nice workout today, in what was an interesting one with some of it on the road, some on grass, and some on the track. We did a light tempo on the road, followed by a couple 800's on the intramural fields at 5k, and finished with a couple faster 400s on the track.

We came back Wednesday with a more controlled workout of 2x3 loops @ tempo, followed by some short hill sprints. This workout went very well. Joshua started experiencing some hip issues we worked hard on fixing but battled through the pain today and had a good workout. Brad followed closely behind and then the big positive was seeing a solid group right behind him. This workout gave us a lot of confidence headed into conference, and didn't take a lot out of us.



**Collin Raschka Rollin' through at conference!**

## **Cross Country Week 10 (October 15 - October 22)**

### **Sectionals - Mitchell Park in Brookfield**

**From the blog:**

**The Hale Boys Cross Country Team has qualified for the WIAA State meet to be held this weekend at the Ridges Golf Course in Wisconsin Rapids!! #ForTheTeam**

**Watching the boys celebrate and embrace each other was the coolest moment in my coaching career thus far. This has been such a memorable season, and this moment was incredible for these boys and the program.**

**Coach Dewitt said it best, "Consistency wins!". The 7 boys competing this weekend were some of our top mileage and most consistent summer runners! Consistency is what creates confidence, and the boys Saturday went out so confident in their training and abilities, and ran to an awesome race! They didn't let any conditions or external factors get in their way of their objective. They were on task and ready to compete for what we set out for in the beginning of the summer. It hasn't always been perfect. We have had many setbacks and tough moments through our journey, but we get stronger and learn through every experience. The journey continues every day. Win or lose, we are extremely proud of the efforts and positive commitment being made by this team.**

#### **Race Recap and Beyond!!**

Every person in this program was important in the team qualifying for the state meet! Every runner on the roster, the parents, and supporters helped promote the positive and hard working culture necessary to create moments like we had Saturday. For returners next season, realize the opportunity you and the TEAM have if you commit to being your best. We will look at how much consistency created improvement, and give you guys the option of where you want to take our program these coming years. But first things first, it's state time!

Our senior captain Brad Glisczinski was instrumental these final weeks in keeping the team having fun and motivated to achieve at the highest level. He proudly held the plaque after the race, and is a huge reason for our success and shift in culture. Watching him grow as a person has been incredible, and we are excited for him to finish his high school cross country career with his best race at the state meet!

In some awesome and windy conditions, the boys got out and after it this week. We didn't let anything limit us, and put ourselves up front from the start. Even a bit aggressive for my liking early, but I had confidence we would find our rhythm and race great, and that's exactly what happened. Our top 3 once again just finished very nicely, and now our 4 and 5 guys have closed the gap which gave us the 2nd place finish Saturday! Ethan, who we know can be right with Matthew, fell back Saturday and freshman Cole Konczal really stepped up and scored for us! It is a total TEAM effort, and watching boys step up and run for the team is great. Ethan Fisher now gets his chance to run great at the Rapids. These guys practice together and push each other each day, so come race day, they know how to respond. Very cool to see.

Joshua led our crew again, and raced a very competitive race against Aidan of South Milwaukee. You have to tip your cap to Aidan who ran a very awesome race and has been all year. Joshua was right with him and will get an opportunity to race him again this weekend! It's fun to have that competition. Liam Kelley and Matthew Kees were our other two scorers, finishing up front as well for us. Matthew and Cole actually both ran personal bests on a 'tougher' condition day where times were likely a bit slower than usual. It's not times that matter, but it just shows how well we competed and performed as a team!! We will be challenged at the state meet again, and are excited for the challenge and opportunity it brings for us to perform at our best!

**Our state team is comprised of Joshua Truchon (So.), Liam Kelley (Jr.), Brad Glisczinski (Sr.), Matthew Kees (So.), Cole Konczal (Fr.), Brennan Kompas (So.), Ethan Fisher (Jr.), and alternate Collin Raschka (Fr.).**

Our JV boys also competed in their final races Thursday at Grant Park! They set a great tone for our varsity, competing like animals and running in packs! We had a 17 second spread in the 'faster' race, and our top 4 in the 'fast' race were very close as well. Sam Walder ran up front the entire race, en route to a personal best and momentum going into the off season! Collin Raschka led the JV crew with a personal best and more aggressive race. He helped the pack he was with all race their best yet this season and has really come on the last few weeks. We had ten total PR's at the JV meet!! Again, it was how we competed that led to positive outcomes for many. For those that didn't have their best race, no fear. Use it as fuel in how you train and commit over the coming months!

We hope to see all of our guys putting in consistent miles with the team over the winter, and then competing in track and field! It was a great week again for Hale Cross, and we can keep building and doing more with focusing our goals not on outcomes, but rather on what we can control and what we would like to do each day to become better.

Cross country is an amazing sport. Watching athletes transform not only as runners, but as people. Keep loving each other, being there for each other and acting with class. A positive and respectful team can accomplish a lot!

Congratulations Hale Boys! Let's make it a great state meet! Keep sticking to our standards and showing good character with everything we do. Take care of school work and be kind.





**2018 Hale CC State Qualifying Team - Brad Glisczinski, Liam Kelley, Cole Konczal, Brennan Kompas, Matthew Kees, Joshua Truchon, Ethan Fisher**

### **Workout Highlights:**

We had to prepare for two races this week, with the JV competing Thursday and varsity competing Saturday. The JV boys had some fun on the track doing 2x200 practice starts followed by 4x600 accelerating last 200's with long recovery. This workout was to prime them for fast racing on Thursday. We continued to teach guys today about racing and tools they can use. Other than that, we let them loose and had a great workout.

Wednesday, the varsity did a workout on the lagoon. We started season here and wanted to go back to it since it's comfortable setting. We did a 1200 tempo, followed by 2x800 w/ 400 controlled and second 400 fast, and ended with 2x400 with changing gears last 200. All this in effort to be able to change gears and compete the next two weeks. Brad was a machine and today was first time we had entire group together for most the entire workout! Hopefully that trend can continue into next season of building bigger pack running as it definitely paid off Saturday. Great week for everyone!



## **Cross Country Week 11 (October 23 - October 29)**

### **State - Ridges Golf Course, Wisconsin Rapids**

#### **From the blog:**

#### **State Meet Recap**

It is always an honor to qualify for the state meet and finish the season at the Ridges Course! For the seven boys that toed the line Saturday, they truly earned their trip by putting in the months of running necessary to compete at the highest level. It started with a post track meeting at Coach Mach's house, where one of our goals was to get the team back to state and work on progressing the program back to the top over the next few years. The boys didn't focus their goal on the outcome, but rather focused on the journey and daily commitment they would need to have as a group in order to achieve the goals they set out for. This season was proof of what a committed and positive team can accomplish. This team has put Hale Cross Country back in a position to compete over the coming years at the state level and beyond. The expectations have changed, and there are no limits to what we can achieve!

Our goal coming into the state meet was to compete and run our race. Experience is big at the state meet, and having 8 first time athletes we knew no matter what the outcome we would walk away better from the experience. The realistic goal was to run our race and beat a few teams this season. The boys ended up 19th overall in the state of Wisconsin this year which can't be taken for granted! They have come so far in just one season, and as many know, we return 26 boys and add some new freshmen faces next season in hopes of building off this meet. The experience of the 6 boys who return next year and raced at state this year will be extremely valuable next season and beyond.

Our lone senior Brad Glisczinski did a heck of a job leading this young crew. As I have mentioned, he has grown as a person and continues to develop his leadership and team building skills. He is going to be greatly missed next fall, but knows he has this winter and spring to continue building himself and the boys around him into leaders. He will continue to lead and pass his experiences onto the younger guys who will be becoming leaders themselves. Brad was our 3rd runner at the state meet, and has consistently held that position for us all season. His best races came at the end of the season, finishing 26th at conference, 14th at sectionals, and having an awesome first ever race at the state meet. Awesome senior fall for Brad, and no better way to cap a cross country career than crossing the finish line at the state meet!

Sophomore Joshua Truchon capped an extremely consistent and progressing season with a 21st place finish in his state meet debut (16:11)! He moved up from 46th place at the mile to finish 21st overall by the end of the race. His debut performance sets him up the next two years to set sights on some very cool opportunities! He's going to just keep enjoying each day, put in off season work and have fun with the sport. His other highlights include being 1st team all conference, winning two invitationals, finishing 2nd at the sectional and he was 8th overall among non seniors at the state meet. We are excited to continue watching him progress!

Junior Liam Kelley was geared up...a little too geared up! He got out very aggressively in the lead through the first half mile which definitely made the rest of his race more challenging. He still finished with a respectable placing as our 2nd guy, but will definitely

learn from his first state experience! We are looking for continued improvement and growth from Liam and do believe he belongs as one of the top runners in the state as he continues to improve. He had a very nice junior season, finishing as our 2nd runner in every meet, earning 2nd team all conference and finishing 6th overall at the sectional. Let's have a great winter and spring!

Sophomore Matthew Kees came on at the right time! His progression from the first meet to sectionals was incredible, and was due to his summer work! He has built a lot of strength and has now experienced the state meet. We hope this helps motivate him to take his running even further and be a consistent low stick for us the entire season next fall. Matthew came up huge for us when it mattered, and will continue to improve by putting in the proper work. Great Season Matthew.

Freshman Cole Konczal rounded out our scoring. He got the very rare opportunity to run in the state meet as a freshman! Cole stepped up huge for us at conference and sectionals when a couple other guys had off races. He scored as our 5th guy and was a big part of why we were competing at the state meet! Being a varsity runner as a freshman and helping a team make state, we hope Cole takes this sport seriously and is committed to off season training and doing track in the spring! He has unlimited potential and is just a great guy to have around the team. Great first season Cole!

Junior Ethan Fisher was our 6th guy and had a better performance than sectionals. He broke 18 for the first time this season and was as high as our 4th guy on the team for much of the season. He didn't quite have the finish we expected, but gained some awesome experience that can help him break through this spring now. Ethan is a great runner and guy to have on the team, and we hope he can build confidence in some consistent cold winter training to get himself to the next level. Ethan wants to continue to develop as a leader for our team, and we look forward to watching him learn and grow. A great season for Ethan being able to finish at the state meet!

Sophomore Brennan Kompas put in some awesome work this summer and put together a nice 2018 season. He improved a minute this season with a personal best of 18:44. He will be the first to tell you he expected more, but with running, progressions of individuals happen at different times! Some guys progress very quickly, while others take longer. I know with his work ethic and some new ideas for training going forward that Brennan will continue to be a very important member of our team's success! He has gained valuable experience, and was a varsity runner on the 19th place team in Wisconsin. I know he wants to achieve a lot and with continued enjoyment and daily focus he will continue to progress! Great job Brennan!

Freshman Collin Raschka also got to make the trip as our alternate and is a guy we see who could be scoring for us on varsity next fall! It was great to see so many others come up to watch and support and take in the experience. Now's the time to get a mental break for a couple weeks, but start considering what you boys want to achieve. We made an awesome step this season getting back to winning ways and now we know we can achieve at the highest level. Motivate each other and make the decision of where you want to be these coming years. I am extremely proud of the season all of the boys had, and can't wait to see how we continue to progress starting this spring in track!!



### **Workout Highlights:**

We did another mini long run Monday of 7 miles, with hill sprints after. Ethan and Brennan accidentally did about 9 miles! We set our sights on a solid Tuesday effort this week. We had 3 workouts happening between our 7 guys. Joshua, with his hip and him doing best with sustained efforts, did a 12 minute continuous progression cutting down every 4 minutes. Brad and Matthew did a threshold as well starting with 800 at 5k, into 3.5 loops at tempo, and finishing with 800 at 5k. The rest did 6x600, focusing the first 3 on attacking the downhill, and the last 3 attacking the uphill. All these were on the loop and in an effort to simulate Saturday.

We drove up to the meet Friday and got to revisit the trail in Stevens Point that we ran on at the camp to start the season! It was great to be back, and the boys enjoyed a 3 mile run on it together before the state meet the next day.

We had a great Friday, going to eat together as well as playing putt putt golf! It was a very fun night and relaxing way to go into the state meet.



^Cole, Joshua and Liam dominating on the greens  
>Group Photo of the boys at putt putt golf



The boys competed great at state and all season. We finish 2018 as the 19th best team in Wisconsin. Congratulations!

# 2018 Hale CC Runners of the Week!

## Menomonee Falls Coaches Classic (Rotary Park)

Frosh/Soph Race - **Joshua Truchon (So.)** led the field coast to coast, clocking a personal record time of 16:53 to kick off the season. His race put him 70 seconds ahead of the next nearest finisher.

Junior/Senior Race - **Liam Kelley (Jr.)** kicked off his season by leading the junior/senior crew with a 17:33 and 9th overall finish. This was a near 50 second pr for Liam and a solid start to the season, and we see him running a lot faster in the coming meets.

Blood and Guts winners - **Richard Eastham (Fr.)**

## Leighton Betz Invitational (Greenfield Park)

Varsity - **Joshua Truchon (So.)** was the top finisher for the Huskies again, running a more controlled pace this week and progressing his way up to an 8th place finish by the end. He helped teammates Liam and Brad to solid races as well.

Junior Varsity - **Frank Bevsek (Fr.)** improved a lot from his first race, and moved up to being our 3rd runner on JV this week. This is also the first time he scored for the team, moving from our 14th guy last week to being our 8th guy this week.

Blood and Guts winners - **Jack Hutter (Fr.)** , **Cole Konczal (Fr.)** (Cole's for hill workout)

## South Milwaukee Rocket Invitational (Grant Park)

Varsity - **Brad Glisczinski (Sr.)** got out nicely, helping his teammates do the same. He has been a consistent and strong runner for us, finishing 15th overall helping us put 3 boys in the top 15 at the invitational!

Junior Varsity - **Cole Orlowski (Fr.)** had his "here I am" moment by dropping over 2 minutes and getting under 20 for the first time! His performance is the launch into what will be a very special running career for Cole. He was the top finisher on JV and will run his first varsity race at Angel next week.

Blood and Guts winners - **Kenny Parliament (So.)**

## Angel Invitational (UW-Parkside)

Varsity - **Cole Konczal (Fr.)** ran in his 2nd varsity race and ran to another personal best on a hot day. The impressive part of his race was that he fell down at mile two, but didn't let that bother him, getting up and making no excuses in his efforts.

Junior Varsity - **Joey Elliot (Jr.)** made big progress this week, finishing as our 3rd guy on JV and helping the team take 8th overall! He ran a competitive race and has steadily improved throughout the year.

Blood and Guts winners - **Joshua Truchon (So.)**



### **Lourdes Invitational (Lake Breeze Golf Course)**

Varsity - **Joshua Truchon (So.)** tied the all time sophomore record, running 16:14 en route to a 4th place overall finish at the 42 team invitational. Many great performances today!

Junior Varsity - **Joseph Hertel (So.)** is in his first season of cross country, and has had a very nice debut season! Joseph is working his way up further and further each week, running as our 2nd guy on JV this week and just missing the 19 minute barrier.

Blood and Guts Winners - **Nick Burgess (Jr.)**

### **Viking Invitational (McCarty Park)**

Varsity - **Brennan Kompas (So.)** scored for the first time as a varsity runner, picking up some guys who had off days today. He ran similar in time to his Lourdes PR the week before, which was likely a faster course.

Junior Varsity - **Cole Konczal (Fr.)** ran aggressively and smart, continuing to test himself and not set any limits. He is back on varsity and wants to contribute in a big way there.

Blood and Guts Winners - **Frank Bevsek (Fr.)**

### **GMC Meet (Rotary Park)**

Varsity - **Matthew Kees (So.)** broke out with a big performance, moving up closer to our 3rd man and helping the team take 6th place in the conference.

Junior varsity - **Collin Raschka (Fr.)** ran under 20 minutes for the first time, and continues to improve as a runner. We are excited to see what he can accomplish over these next four years.

Blood and Guts Winners - **Sam Walder (Fr.)**

### **JV Meet (Grant Park)**

Faster Race - **Collin Raschka (Fr.)** ran aggressively and for the team this week. He helped pack up four Hale guys to a close finish en route to a personal best time.

Fast Race - **Sam Walder (Fr.)** ran up front and competed very well, which led him to a personal best placing (6th) and time (19:31). He also helped three other teammates compete and finish high up.

Blood and Guts Winners - **Robert Petrovick (Fr.)**

### **Sectionals (Mitchell Park)**

It was a total team effort today, so kudos to every guy who stepped up!

**Matthew Kees (So.)** continues to climb and move our pack closer together. His personal best time in tough conditions proves his preparedness for a great state meet next week.

Blood and Guts Winners - **Brad Glisczinski (Sr.)**

### **State (Ridges Golf Course)**

**Joshua Truchon (So.)** caps off an awesome season with a 21st overall placing at the WIAA State Meet! He ran a 16:11 and had a very solid debut! His time should earn him 2nd team all state honors this year.

## 2018 Hale Cross Country Coaching Staff



**Coach Mach, Coach Dewitt, Coach Scotty**

## HALE CC Team Standards

We will continue our motto and living the value of “The Journey”. Our added motto for this fall season will be “All For The Cause!” Our team purpose is to push to be the greatest team we can be by always doing what is right, acting with character and class. That means **each** person contributes to the success of us as a whole. We must always act as a team, striving to achieve highly in running, school and life.

In any situation where a decision must be made, think of the following pillars that will help guide you and our team in making the most successful and optimal decision.

In no particular order, together we will always act in the following manners.

**For The Team** (support, encourage, celebrate together, group goals before you)

**Character** (kindness, helpfulness, selflessness, always doing the right thing, always being you)

**No Complaining** (trust the coaches, listen to teachers, *want* to be better, belief, max effort)

**No Excuses** (control what you can, do your best to be your best, focus less on outcomes)

**Find A Way** (expect obstacles, get in that run, finish that essay, pass that guy, be a leader)

**Be Accountable** (always at practice, communicate)

**Max Effort** (do everything you can to be better, everything for the team)

**I will expect the following,**

1. Keep your grades up. I monitor grades closely, so I can make a call to sit you from a meet, if I feel there is a lack of effort or I hear of problems in the classroom.
2. Talk to a coach if you are hurt and be in communication with the trainer. Many “injuries” can be managed early and even avoided!
3. No walking. It teaches the mind bad habits. Push yourself further than you think you can go; there is no bar.
4. No phones at practice. This is a time to be away from that. Be an 80’s child.
5. Act with class. Don’t ever talk down to a teammate or competitor. Be competitive, but respectful to competition and others. This goes back to our standards.

### Meet Conduct

1. Always act with class. Remember the team pillars.
2. Uniforms are “uniform”. We will bring the same attire, so we match.
3. Warm up and cool down together. As a team, begin the warm up an hour before, then take care of personal things (use bathroom, put on spikes, etc), and finish with walking to the line, as a team, 15 minutes before the race begins.
4. Be at awards, both on time and all sitting together.
5. Thank the host coaches and the officials.
6. Relax and smile, but no games and horseplay. Be with the team.
7. Take the bus home.

Every day is an opportunity! We don't have to run, we GET to run!

Take advantage of our gift and have fun.

#AllForTheCause