



2025-26 Championship Culture: A Roadmap to Success

David Monk
Vacaville High School

2026 Athletic.Net SuperClinic - Opening Thoughts

Running world experience:

-As an Athlete...Former SJS runner for FHS - Ran at Baylor University - 1994 NCAA XC National Championships Qualifier

-As a Coach...30th year coaching (4 @ D1, 26 w/ HS) - USATF Level 1 (Great experience), 2 x Texas XC Coach of the Year (98-99), Spoke here in 2017

Goal for the day...Hope all find something useful or encouraging, or both!!!

A great coach will tell you things you may not like hearing...

A great coach will make you do things you may not like doing...

A great coach will help you achieve things you may not think possible...



My beliefs as a coach...

Why Championship Culture???

We as Coaches love to talk about workouts, times/splits, mileage. We'll watch countless workout videos and strive to keep up on all the trends in today's training (Double T, Strides every day, HITTS, etc.) looking for that magic workout to put your kid/s over the top.

But I believe the "Secret Sauce" is in how we invest our time and energy into 3 specific areas in our athletes.

1. Build greater ownership (make it yours, establish & strengthen your why, learn to own your results in a productive manner)
2. Empowerment (be bold, take risks, explore what's possible)
3. Self-Efficacy (build greater problem solvers/resilience, teach how to prepare)

Books on Display

Finish Line Moments



Championship Culture: A Roadmap to Success

Focus on the WHO before the DO!!! The Power of Change



“As a Leader, you are responsible for creating a winning culture that drives behavior and produces desired results” Urban Meyer

“You cannot merely expect culture to be a natural occurrence, It has to be taught and made a part of your everyday routine” Coach K

13 Qualities of Championship Teams

Championship Teams...

- Have Special Character
- Are Respected by Their Peers
(based on actions)
- Are Creative
- Pay Great Attention to Detail
- Are Disciplined
- Are Never Satisfied
- Have a Defined Process
- Have Experience



- Deeply value Preparation
- Leave a Legacy
- Focus on Productive Things
- Have Many Leaders
- Are Always Thinking Ahead

“True Success comes only to an individual by self-satisfaction in knowing that you gave everything to become the very best that you are capable of.”

(Excellence)

John Wooden



Team Culture & Core Values

What is Team Culture and how does it impact a team's Development & Success?

- “Culture is the powerful and pervasive set of collective beliefs, values, and standards that influence and impact everyone and everything in your environment.” Rhoades, Built on Values
- Your Program's **WAY** is your Culture.
 - What is your way of representing your program on campus? In the Community?
 - What is your way of training?
 - What is your way of competing?
 - How well does your way represent your Vision, Values, and Standards?
- “An effective culture leads to engaged, committed, confident, and competitive athletes and staff. They not only get the most out of their talent because they give their best effort daily, they also attract other talented and passionate people who want to be a part of this successful and special culture as well.” Janssen, Championship Culture

CULTURE IS KING!!!

What are the Various Types of Culture???

Corrosive Culture generally is comprised of a situation where athletes...

- Distrust and dismiss their teammates and coaches
- Skip workouts and look to cut corners
- Look out only for themselves and have a “What’s in it for me?” attitude
- Don’t hold themselves or their teammates accountable
- Create cliques and drama that distract, divide, and destroy the team from within
- Are led by selfish people resistant to growth or change

Championship Culture

By contrast, imagine contributing to a highly productive, passionate, purposeful, and positive culture where the athletes and staff...

- Consistently work hard every day because they want to not because they have to
- Are fully engaged and committed to your team's mission and goals
- Take immense pride in representing your team
- Compete passionately for each other, not just themselves
- Hold themselves and each other accountable to high standards
- Have a burning desire to achieve for themselves and their teammates
- Build an unbreakable sense of unity and chemistry
- Expect to win/succeed each time they put on the uniform

The Road Map

Connect the dots between Culture and Success...

Step 1: A Clear and Compelling Vision

Step 2: Core Values

Step 3: Standards of Behavior

Step 4: A Unified Team



Clear and Compelling Vision

The Passionate Purpose Driving The Culture

“Every team needs an ultimate goal, a purpose for what it unites and prepares. Thinking about the goal that lies ahead is what gives your team energy. It’s what you get excited about. It’s why you practice hard. No matter what intermediate steps you take, your team should always have your ultimate goal in mind and allow its pursuit to invigorate you.”

Mike Krzyewski, Duke and USA Men’s Basketball Coach, *The Gold Standard*

Clear and Compelling Vision

- **Create a Vision that excites everyone and provides meaning & purpose for your actions (Parable of the 3 Bricklayers working on construction site)**
 - **1st Complained “I’m just laying bricks”**
 - **2nd Half Heartedly “I’m putting up a wall”**
 - **3rd Beamed “I’m building a spectacular cathedral that will serve thousands”**
- **Involve your team, be sure it represents their aspirations and dreams**

“He who has a why to live can bear almost any how.” Nietzsche

VHS Distance: Clear and Compelling Vision

VHS Distance will foster a **Championship Culture** centered around the **Pursuit of Excellence** in all we do. (Staff Vision)

- Through individualized methods
- Process-oriented approach
- Emphasis on personal improvement
- Training and competition will be viewed as an exciting opportunity to display the skills that have been developed through a well planned and highly structured system.

What is the cathedral you and your team want to build?

VHS Distance: Clear and Compelling Vision

2025 Team Vision:

We are dedicated to compete for Section titles and State podiums. We will display boldness and explore what's possible through a growth mindset and all-in approach. We will leave a legacy that displays People Matter Most, and that through hard-work & dedication we can all be Champions!!!



Core Values

Core Values

...”are the unshakeable, bedrock principles that your program believes are foundational to its success. They are what your program values and stands for...all decisions the leaders and team make should revolve around them.” Janssen, Championship Culture

10 things that require zero talent

@Secrets2Success | @AgentSteven

1. Being on time
2. Work ethic
3. Effort
4. Body language
5. Energy
6. Attitude
7. Passion
8. Being coachable
9. Doing extra
10. Being prepared

VHS Distance Core Values

Here is a list of 9 Core Values that have been identified to reflect the Mission and Vision of Vacaville HS XC/Track & Field.

- Excellence - extremely high quality, being outstanding
- Accountability (Commitment/Discipline) - being answerable to one another to get the job done
- Courageous - a willingness to face fears and take on challenging tasks
- Determination/Grit - firmness of mind or spirit, unyielding courage in the face of hardship
- Unity (United) - made into one, being in agreement or joined together for common purpose
- Enthusiasm - intense and eager enjoyment, heightened interest in a task
- Leadership - the power & ability to lead other people
- Composure (Problem-Solvers) - calmness of mind & manner, state of being in control of oneself
- Selflessness/Service - concern more with the needs and wishes of others than one's own

Standards of Behavior: Daily Decisions that Drive Your Culture

Commitment & Accountability

[2025 Track](#)

[Goal](#)

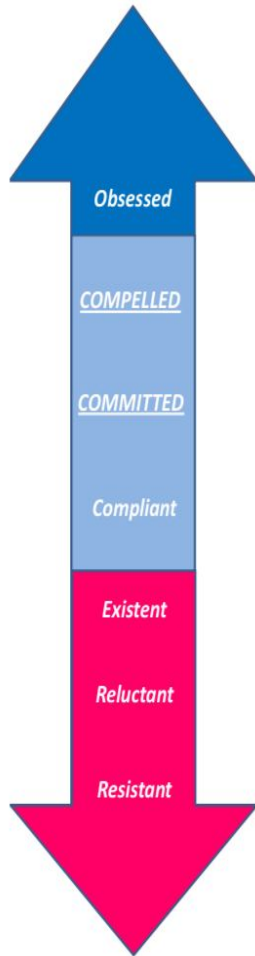
[Setting](#)

[Activity](#)



[2025 Track](#)
[Expectations](#)

“Do today what others won’t, so you can do tomorrow what others can’t.”



COMMITMENT CONTINUUM™

Where are you?

Definition

Obsessed: So consumed with achieving a specific goal that perspective is lost. Unmerciful drive in the relentless pursuit of goals. Disregard for a balanced life. Fine line between compelled & obsessed, but an important distinction.

Compelled: Regardless of adversity, obstacles & distractions, compelled people find a way to get the job done to the highest level. Never go through the motions. Maximises every opportunity. Highest expectations.

Committed: Willing to go the extra mile to achieve a goal. Self-motivated meaning they do not need to be told or watched. Takes initiative to do what is necessary to get the job done.

Compliant: Does what they are told but lacks initiative to go above & beyond. Does enough to meet the standard, but does not do any extra. Needs to be supplied with direction & motivation.

Existent: There in body, but not in mind & spirit. Shows up but gives little more than their presence. Goes through the motions with little enthusiasm. Contributes & gains little.

Reluctant: Not yet willing to buy in. Hesitantly does what is asked, only giving half effort & enthusiasm. Skeptical about committing because often concerned that the investment will not pay off.

Resistant: Not open to being influenced. Does not agree with the rules & standards, instead pulls in the opposite direction. Openly opposes & complains.

Example Behaviours

- Lack of sleep due to work load, trains excessively even at the risk of injury or burnout, immoral & prepared to break rules to achieve
- Lacking balanced lifestyle, cannot switch off & socialise
- Knowing everyone else's improvement card
- Goes for a 10km run before completing planned training program

- Student of the game – knows the benchmarks & wants to exceed them
- Always extremely well prepared (diet, recovery, S&C, equipment)
- Never needs coach to drive session – always highest quality application
- Complete understanding of their priorities & exhausts every resource & opportunity to maximise chances of success

- Very seldom needs coach to drive the session
- Proactive contribution to the culture – good role model
- Willing to go the extra mile (court time / gym, pushes to exhaustion)
- Understands what is required to improve, can self-reflect & problem solve by themselves

- Happy to fulfil all requirements of the session but never asks for more
- Ticks all boxes (intensity, recovery, diet, equipment) but needs to be told
- Is part of the program – does not detract, but does not add
- Easily influenced by external factors (negative or positive)

- Completes most sessions, but with no real spirit
- Needs to be pushed to work at all
- Poor intensity when coach is not there
- Looks for outs & excuses (tired, stiff, rain, homework)

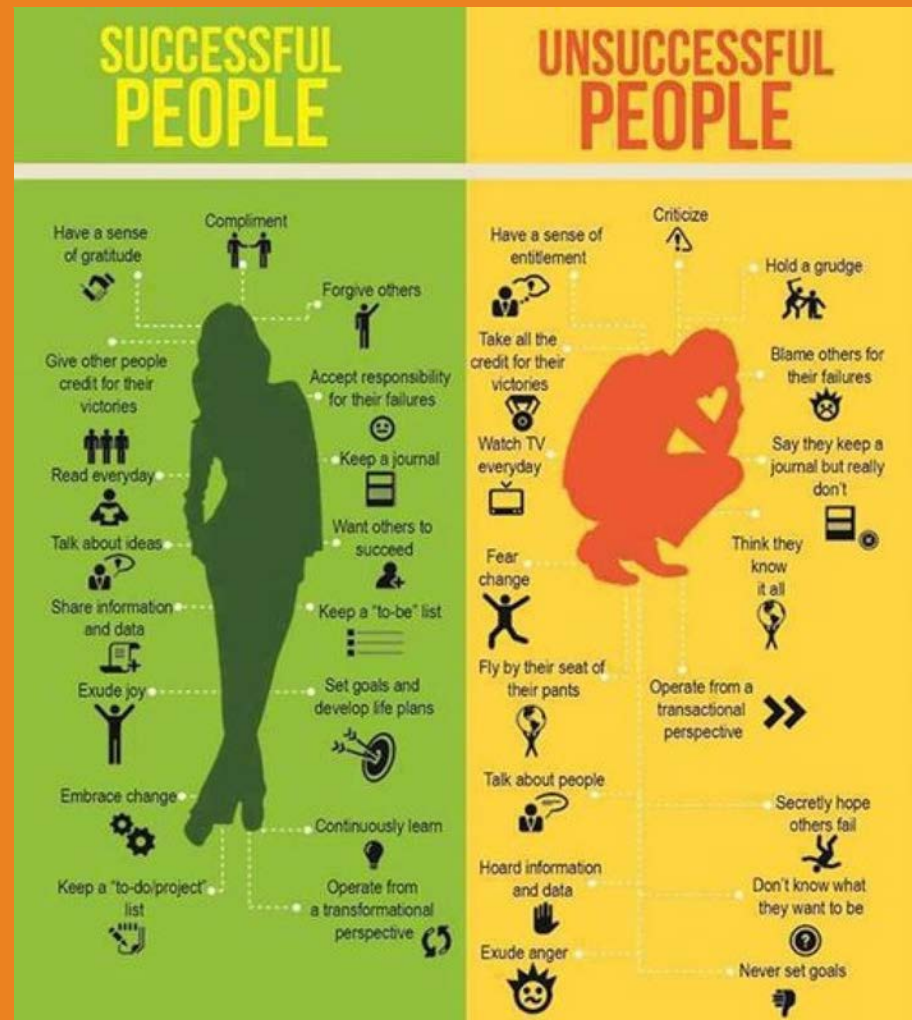
- Most sessions are driven by coach
- May complete sessions but attitude detracts from strong culture
- Generally will not work hard in areas that are out of their comfort zone
- Actively tries to pull people down or acts jealous

- Does not respect or adhere to advice or instruction
- Disorganised, regularly late for sessions & looks for shortcuts
- Poor attitude & intensity
- No buy-in to do what is required to get better
- Makes excuses & blames others

Accountability isn't punishment, it's alignment. It's the agreement that standards matter, even when enforcing them feels uncomfortable.

[2025 Masters Boys 1600](#) - Accountability on display

Success is a CHOICE!



2025 Roughrider									
NAME	1M Split	1600RP Diff.	2M (Split)	Diff.	5k (3M Split)	Willow Hills	Woodward Park Equiv.	0 - :20sec.	Satisfactory
Khloe	5:41		11:28 (5:47)	:06	18:05 (5:57)	18:29	17:59	:21 - :35	Caution
Makayla	5:43		11:51 (6:08)	:25	18:26 (5:55)	18:39	18:09	:36 +	Misexecution
Gisselle	6:03		12:47 (6:44)	:41	19:52 (6:22)	19:50	19:20		
Lucia	6:08		12:59 (6:51)	:43	20:08 (6:26)	20:02		1600 RP Diff. for Mile 1 (:25sec. - :35sec.)	
Cora	6:11		13:10 (6:59)	:48	20:21 (6:27)	20:03	19:33		
Cooper	4:47		9:43 (4:56)	:09	15:06 (4:49)	15:25	14:59		
Ty	4:48		9:53 (5:05)	:17	15:27 (4:59)	15:33	15:07		
Smith	4:51		10:01 (5:10)	:19	15:33 (4:57)	16:02	15:36		
Ezra	4:54		10:07 (5:13)	:19	15:53 (5:10)	16:59			
Shahan	5:01		10:17 (5:16)	:15	16:02 (5:09)	16:19	15:53		
Bob	5:01		10:13 (5:12)	:11	16:03 (5:15)	XXXX			
Alex V.	5:08		10:40 (5:32)	:24	16:32 (5:15)	17:01			
Tyler	5:14		10:43 (5:29)	:15	16:36 (5:16)	17:07			
2025 State									
NAME	1M Split	1600RP Diff.	2M (Split)	Diff.	5k (3M Split)	Mile 1 - 2	Mile 1 v. 3		
Khloe	5:30	:42	11:21 (5:51)	:21	17:30 (5:31)	0 - :25sec. Satisfactory	0 - 12sec. Satisfactory		
Makayla	5:31	:26	11:26 (5:55)	:24	17:39 (5:35)	:26sec. - :35sec. Caution	:13sec. - :20sec. Caution		
Gisselle	6:01	:40	12:33 (6:32)	:31	19:09 (6:01)	:36sec. + Misexecution	:21sec. + Misexecution		
Lucia	6:00	:32	12:35 (6:35)	:35	19:25 (6:15)				
Cora	6:06	:21	12:50 (6:44)	:38	19:38 (6:06)				
Riley	6:09	:14			20:52				
Jessa	6:14	:19			20:52				
Cooper	4:45	:32			14:48	0 - :20sec. Satisfactory	0 - 10sec. Satisfactory		
Ty	4:45	:29			15:27	:21sec. - :35sec. Caution	:11sec. - :20sec. Caution		
Smith	4:52	:33			15:38	:35sec. + Misexecution	:21sec. + Misexecution		
Bob	4:55	:20			15:49				
Shahan	4:55	:24			15:57				
Alex V.	5:01	:20			16:25				
Will	5:01	:37			16:31	1600 RP Diff. for Mile 1 (:25sec. - :35sec.)			

2025 Tower Time Trial Results

BOYS				BOYS			
RANK	BOYS	8/18/25 Tower Time	Plus/Minus	RANK	7/16/25 Tower Time	Plus/Minus	RANK
1	Cooper Stream (11)	10:10	NEW RECORD	1	Cooper Stream	10:38	
2	Ty Hundley (11)	10:28	-32	2	Ty Hundley	10:58	
3	Jericho Corpus (11)	11:21	-20	3	Connor Shahan	11:31	
4	Connor Shahan (12)	11:38	-37	4	Jericho Corpus	11:45	
5	Tyler Sirois (12)	11:42	-33	5	Tyler Sirois	11:45	
6	Carson Morrill (12)	11:45	-36	6	Ezra D'Anjou	12:04	
7	Connor Smith (10)	12:07	-	7	Carson Morrill	12:21	
8	Wesley Stead (10)	12:18	-24	8	Roman Davis	12:28	
9	Caleb Connolly (12)	12:31	-	9	Ian Fish	12:37	
10	Alex Valencia (11)	12:43	-36	10	Alex Valencia	12:49	
11	Jackson Clark (9)	12:47	-33	11	Wesley Stead	12:52	
12	Spencer Robertson (9)	13:05	1:05	12	Luka Oila	13:12	
13	Isaiah Pacas (10)	13:12	-26	13	Isaiah Pacas	13:38	
14	Roman Davis (11)	13:15	-47	14	Jackson Clark	13:40	
15	Gunter Lyon (12)	13:35	-	15	Alex Alonis	13:56	
16	Ian Fish (10)	*13:38	-	16	Garrison Cruz	13:59	
17	Aiden Neisingh (12)	13:53	-	17	Cody Geisinger	14:00	
18	Caden Santopadre (11)	14:03	-33	18	Caden Santopadre	14:06	
19	Alex Alonis (11)	14:10	-14	19	Spencer Robertson	14:10	
20	Noah Monk (9)	14:38	-34	20	Niko Rowlett	14:26	
21	Jackson Santopadre (9)	15:22	2:05	21	Connor Giettonini	14:28	
22	Joseph Zamani (9)	15:32	-49	22	Noah Monk	14:29	
23	Kalani Tabura (12)	16:38	-28	23	Lucas Powers	15:54	
24	Alex West (10)	16:39	-	24	Quinton Davis	16:12	
25	Grady Smolen (9)	18:38	-1:51	25	James Nulley	16:19	
26	Kenny Fortney (9)	19:53	-2:02	26	Joseph Zamani	16:21	
27	Isaak Rodriguez (9)	20:03	1:56	27	Kalani Tabura	17:01	
28	Ethan Hunt (9)	21:15	-	28	Jackson Santopadre	17:27	
				29	Kenny Fortney	19:51	
				30	Grady Smolen	20:28	
				31	Isaak Rodriguez	21:11	
GIRLS				GIRLS			
RANK	GIRLS	8/18/25 Tower Time	Plus/Minus	RANK	GIRLS	7/16/25	
1	Khloe DeLaTorne (12)	12:46	NEW RECORD	1	Makayla Galvan	13:52	
2	Makayla Galvan (12)	13:15	-37	2	Khloe DeLaTorne	14:08	
3	Gisselle Swartz (11)	14:44	-40	3	Gisselle Swartz	15:24	
4	Riley Gagron (10)	15:26	-38	4	Luci Rodriguez	15:58	
5	Cora Petley (10)	16:15	-15	5	Cora Petley	16:00	
6	Jessa VanNieuwburg (10)	17:14	-35	6	Riley Gagron	16:15	
7	Jullanna Bash (9)	17:36	-	7	Jessa VanNieuwburg	17:39	
8	Tessa Currie (9)	18:58	1:01	8	Brianna Rowlett	18:29	
9	Alyssa Sirois (9)	19:20	-39	9	Alyssa Sirois	19:11	
10	Gabriela Philpot (12)	19:28	2:31	10	Tessa Currie	20:06	
11	Evelyn Wang (9)	20:38	-45	11	Evelyn Wang	20:53	
12	Macey Currie (9)	20:42	-1:39	12	Gabriela Philpot	21:17	
13	Brianna Rowlett (11)	*21:04	-	13	Macey Currie	22:21	
14	Brooklyn Tingley (11)	21:51	2:11	14	Brooklyn Tingley	24:02	
15	Evie Decker (9)	25:42	-	15	Natalie Zuriga	28:59	
	Guest Runners						
	Nolan Smith	13:40					
	Rachel Warzbach	16:58					
	Coach J	*19:28					
	Coach Monk	*18:51					

2025 Tower Team Accomplishments

BOYS

NEW RECORD = Fastest Cumulative (1-5) Time of 55:17 (Record was 58:29 set in 2023) by 1:12!!!

NEW RECORD = 1-5 Average Time of 11:03!!!

6 Boys Break 12min.

GIRLS

NEW RECORD: Girls Cumulative (1-5 Avg. 14:31) Team Time of 72:36!!! Breaks their own record set in July by 2:48!!!

9 Girls Break 15min.

7 Girls Break 18min.

Using data to measure progress

[Link here](#)



**Tower - 1.5
Miles w/
701ft.
Elevation**

**Accountability
is for ALL!!!**



Tower Time Trial Over The Years

BOYS	7/17/24 Tower Time	BOYS	8/17/24 Tower Time	BOYS	7/16/23 Tower Time	BOYS	7/31/23 Tower	BOYS	2022 Tower Time	BOYS	2021	Varsity Boys	8/10/20 Tower	
Cooper Stream	10:39	Jackson Stream	10:58	Colton Walker	10:43	Colton Walker	10:46	Colton Walker	11:08	Colton Walker	11:25	Kalen Stepiaga (11)	10:33	Course Record
Jackson Stream	11:11	Steven Gonzalez	11:11	Steven Gonzalez	11:16	Justus Hundley	10:50	Josh Rowland	11:40	Josh Rowland	11:50	Paul Hobbs (11)	11:38	
Steven Gonzalez	11:33	Cooper Stream	11:16	James Rowland	11:69	Steven Gonzalez	11:05	Jackson Stream	11:66	Lorenzo Cila	14:28	Kellen Rupp (11)	11:60	
Jericho Corpus	11:40	Jericho Corpus	11:33	Nash Martinez	12:48	James Rowland	11:53	Steven Gonzalez	12:13	Evan Mitchell	14:32	Ryan Scholtes (12)	12:41	
Nathan Rondoni	11:43	Nathan Rondoni	11:40	Landon Borchers	12:57	Ty Hundley	11:55	Justus Hundley	12:24	Nash Martinez	15:48	Jack Boyd (12)	15:25	
Connor Smith	11:53	Connor Stream	11:48	Jacob Neura	12:57	Nash Martinez	12:05	James Rowland	12:26	Landon Borchers	15:40	Varsity Girls		
Will Wurzbach	11:56	Connor Smith	12:00	Jericho Corpus	12:56	Cooper Stream	12:06	Treshon Anshay	12:57	Kaden Orozco	15:32	Hayley Wurzbach	14:26	
Alex Valencia	12:06	Carson Montil	12:10	Carson Montil	12:59	Carson Montil	12:17	Lorenzo Cila	13:04	GIRLS 2021		Emma Boyd	16:20	
Roman Davis	12:24	Will Wurzbach	12:11	Luke With	13:13	Josiah Rowland	12:17	Evan Mitchell	13:18	Katelyn Collins	17:32	Lynzie Bai	17:40	
Carson Montil	12:27	Gaimes Lyon	12:33	Craigton Bernard	13:13	Landon Borchers	12:40	Nash Martinez	13:20	Caitlyn Gonzalez	18:30	Paige Muller	18:53	
Landon Borchers	12:38	Roman Davis	12:18	Alex Valencia	13:25	Connor Shahan	12:48	Craigton Bernard	13:43	Isabella Solorzano	22:27	FS Boys		
Ezra D'Anjou	12:44	Alex Valencia	12:22	Ezra D'Anjou	13:58	Luke With	12:50	Max Valenzuela	13:51			Max Valenzuela	16:35	
Jacob Neura	12:44	Landon Borchers	12:28	Connor Shahan	13:59	Craigton Bernard	12:50	Landon Borchers	13:52			Kareem El-Mahmoud	17:87	
Tyler Soosa	12:49	Nash Martinez	13:07	Cooper Stream	14:13	Ezra D'Anjou	12:58	Jacob Neura	14:09			FS Girls		
Lucas Cila	12:56	Caden Santopadre	13:07	Lucas Cila	14:57	Alex Valencia	13:06	Carlos Palacio	14:42			Avery Courtney	19:00	
Caleb Connolly	13:30	Ezra D'Anjou	13:18*	Canyon Barber	15:18	Jacob Neura	13:18	Carson Montil	14:49			Alicia Rawdon	20:52	
Alex Alans	13:40	Tyler Soosa	13:28	Carlos Palacio	15:54	Canyon Barber	14:06	Lucas Cila	14:52			Hannah Shelton	21:38	
Ell Blaettler	14:05	Ell Blaettler	13:35	Ell Blaettler	16:25	Caleb Connolly	14:20	Dash Dibbas-Islas	15:08			Lyndie Robertson	21:43	
Nash Martinez	14:10	Alex Alans	13:49	Kaden Orozco	16:35	Lucas Cila	14:22	Kaden Orozco	15:19			Reagan Fisher	22:17	
Wesley Stead	14:29	Aiden Neislingh	13:59	Alexander Alans	17:00	Ell Blaettler	14:51	Aiden Raud	15:26			Caitlyn Gonzalez	22:17	
Aiden Neislingh	14:58	Evan Hagerman	14:06	Caden Santopadre	17:20	Kaden Orozco	15:05	Liam Courtney	16:24					
Kalani Tabara	14:58	Spencer Robertson	14:08	RJ Romo	17:40	RJ Romo	15:30							
Ryan MacDonald	15:28	Ryan MacDonald	14:26	GIRLS	7/15/23 Tower Time	Roman Davis	16:06	GIRLS	Time					
Connor Giottonini	16:58	Wesley Stead	14:33	Grace Blystra	15:30	Caden Santopadre	16:16	Khloe DeLaTorre	16:11					
Noah Monk	17:05	Connor Giottonini	15:48	Makayla Galvan	16:04	Noah Monk	15:52	Kelsey Collins	17:05					
Matthew Keskull-Moffatt	17:10	Matthew Keskull-Moffatt	15:53	Reagan Fisher	16:15	GIRLS	7/31/23 Tower	Caitlyn Gonzalez	17:59					
Evan Hagerman	17:11	Niko Rowlett	16:07	Giselle Swartz	17:05	Khloe DeLaTorre	14:51	Alison Cline	18:18					
Nicholas Ross	18:21	Garrison Cruz	16:12	Jessie Lennox	18:50	Makayla Galvan	14:58	Isabella Solorzano	19:41					
RJ Romo	19:51	Nicholas Ross	18:24	Caitlyn Gonzalez	19:49	Grace Blystra	15:00	Kylie Lopez	20:16					
Niko Rowlett	20:16	James Nutley	18:28	Kylie Lopez	21:27	Giselle Swartz	16:30	Gabi With	21:15					
Cody Giesinger	22:27			Gabi Phipot	24:07	Kylie Lopez	16:56	Gabi Phipot	23:52					
GIRLS	7/17/24	GIRLS	8/17/24											
Khloe DeLaTorre	14:54	Khloe DeLaTorre	13:18	Course Record				Kelsey Collins	17:15					
Makayla Galvan	15:20	Makayla Galvan	14:48					Jessica Rafferty	17:20					
Giselle Swartz	15:43	Giselle Swartz	15:52					Jessie Lennox	17:21					
Lucia Rodriguez	17:53	Lucia Rodriguez	16:48					Reagan Fisher	17:40					
Riley Gagnon	18:40	Riley Gagnon	17:52					Gabi Phipot	24:16					
Natalie Burns	21:17	Kylie Lopez	18:25											
Brianna Rowlett	22:25	Jessa VanNieuwburg	18:53											
Jessa VanNieuwburg	23:35	Brianna Rowlett	20:27											
Gabriela Phipot	26:25	Gabriela Phipot	23:28											
		Cora Prethey	23:35											
Guest Runners:		Guest Runners:												
Hayley Wurzbach	13:19	Tatum Wurzbach	15:25											
Coach Racher	16:35	Coach Racher	15:54											
Heleodoro Gonzalez	16:35	Heleodoro Gonzalez	15:30											
		Notan Smith	16:41											
		Noah Monk	17:20?*											
BOYS														
NEW RECORD: 7 Boys BROKE 12min. (Previous Best was 5 in 2023 = 2nd Trial of Summer)														
2nd Fastest 1-5 Cumulative Time by just 17sec. to 2023 (2nd Trial of Summer) 2024 = 56:46 2023 = 66:29														
NEW RECORD: 15 Boys equalled Time. (Previous was 14 in 2023 = 2nd Trial of Summer)														
7 out of Top 9 are 10th or 9th Graders!!!														
GIRLS														
2nd Fastest 1-5 EVER!!! (2023 2nd Trial of Summer) 2024 = 82:30 2023 = 78:15														
2nd Highest Number of Girls to Finish Tower = 9 TOTAL (2023 & 2020 each had 10)														
2025 Tower Team Accomplishments														
GIRLS														
NEW RECORD: Girls Cumulative (1-5) Team Time of 75:20!!! Breaks Old Record set in 2023 of 78:15														

A Unified Team

The WHO before the DO!

In order to have a unified team, ask yourselves the following questions:

1. What does this team most need from me?
 2. How can I best contribute?
 3. What do I need to sacrifice in the short term to meet the needs of the team in the long term?
 - Incorporate activities that Build Relationships
 - Camp, Recreation, Team Dinners, Book Club, Team Meetings, Banquet
- “With the team, For the team”

Team Camp Role in Championship Culture: Building Relationships

Team Camp - Tower Time Trial



Team Camp - Recreation



XG



Truckee River Rafting

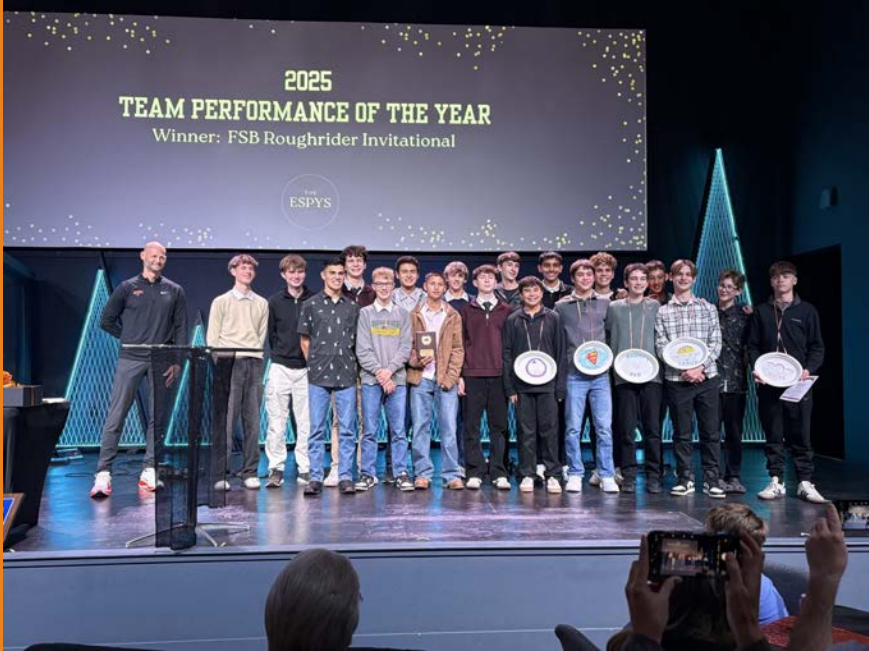




Team Camp Book Club



Celebrate the WINS and the GROWTH



Championship Culture: Behind the Scenes

[Banquet Slideshow](#)

[Team Website](#)

QR Code for Endurance Panel Q & A

