









9/2/17 at TF South Rich Dust Invitational

Feedback	Athlete	Mile 1	2 Miles	Mile 2	Finish	Mile 3	Fr/So Place	Open Place	Varsity Place	Mile to Go	Last Year Pl.	Last Year Time	Split from #1	Last Year Difference
This race is just the beginning of what you are capable of accomplishing this season! You looked great racing, but also got a little comfortable in the middle. Don't be afraid to push in the middle of the race—think about what you have done in workouts and on long runs, and that 2nd mile will feel like a breeze! Great job getting well under 19 at mile 3 for the season!	Flammersfeld, Abby	6:06	12:34	6:28	18:34	6:00			4		7	19:21	0:00	0:47
You looked strong and comfortable this race. Your time is back to what we'd expect and can be a springboard from here! You have room for improvement in the 2nd mile. Even the 1st mile wasn't too fast, and you can expect to get out faster in the weeks to come, and still respond with a 6:15 or faster mile 2. Nice job!	Standish, Kendra	6:16	12:40	6:24	18:54	6:14			6		3	18:57	0:20	0:03
So .2 minutes faster than last year at this point in the season. I'm not surprised, and you shouldn't be either! You belong with that front pack, and I really want you to keep pushing the pace and not allowing anyone to get comfortable. Mile 2 can be and should be much faster in the next few races—you are more than capable of running 3 six minute miles. Believe it, and do it!	Ede, Morgan	6:16	12:40	6:24	18:56	6:16			7	5th FS		21:05	0:22	2:09
You've been impressive these first 3 meets. Keep improving and don't be satisfied. I'm so impressed with your approach this year and your level of commitment and maturity. You knew it was time to get serious, and that's exactly what you've done. Keep improving and being a leader... awesome race today!	Sim, Katherine	6:16	12:51	6:35	19:08	6:18			9		15	20:20	0:35	1:11
This is what we've been waiting for from you! Knowing that the team win was on the line, you got after that last 300 meters. You are calm and confident during the race and you put out all the stops when it matters. So happy to see you back to your old self this past week. Keep it up, and know where you belong on this team! You have the ability to push everyone else, and that's exactly what you need to do. (Don't get too comfortable mile 2—you're too good for that!)	Bonczkowski, Amanda	6:16	13:03	6:47	19:11	6:08			11		10	19:56	0:37	0:45
I'd say this was an average race for you today, and that's saying a lot, considering you were over a minute and a half faster than last year. Mile 2 is really where you need to focus and have confidence that you belong with our top pack. We are stronger when you are in the mix, and you have the ability to get it done! Keep working hard and staying positive, and those PRs will just keep coming!	Webb, Kara	6:16	13:03	6:47	19:34	6:31			15	8th FS		21:06	1:00	1:32
I fully believe that if you were at 100% today, you'd have been under 20 minutes easily. You are still working to get back into your rhythm. Remember, it's early season. You had a tremendous summer. Take confidence in what you've already done since last cross country season, and stay mentally tough when it gets hard. Make yourself take those quick steps to keep in contact, and you'll be so glad in the end!	Gyori, Isabella	6:25	13:32	7:07	20:03	6:31			18		12	20:09	1:26	0:06
You looked so great! I thought you were going to pull out the win! On that note, never be afraid to take the risk. I know you could have beat the 2 girls ahead of you, but it looked like you were afraid to take the risk. I hope you are happy with how you ran, but a little disappointed you didn't win when you had the chance. Next time, I want to see you go for it with about 600 meters to go. Keep your form and run like crazy for that finish line!	Scheerenberger, Kitty	6:30	13:52	7:22	20:38	6:46			3			21:07	0:00	0:28
You looked great today! One thing I can't ignore is that we had a super talented and awesome freshman class last year, and you ran faster today than any of them did on the same course when they were freshmen. That says a lot, and should show you that you are getting closer and closer to racing and training with our top group! Great job!	Garcia, Sammie	6:44	14:07	7:23	20:44	6:37	8						0:00	3:16
Strong race today! Mile 2 was a little tough, but you moved up well in the race and appeared to be the one to cover the most ground and threaten the top 4 at the end. Make sure you keep in contact early on and don't let the leaders away. The lead was a little too much to break down, but you ran great and looked very strong!	Nepereny, Alyssa	6:32	14:08	7:36	20:55.00	6:47			5			21:36	0:17:00	0:41
Nicely done today! I'm so impressed with how you raced. Over a minute faster from last year, and you looked really good! Try to pick off more girls during the 2nd mile to keep your time more consistent. Typically, they will come back to you if you maintain pace. Really nice job!	Sim, Kathleen	6:48	14:22	7:34	21:10.00	6:48			8			22:15	0:32:00	1:05
You are going to keep getting faster and faster, and it's because of all of your hard work throughout the off season. The main thing to keep working on is remembering when you're racing. Sometimes you get into a mode of just running comfortably rather than trying to beat people. Today was definitely a step in the right direction, running with your teammates throughout the race. Don't be afraid to get outside of your comfort zone and push the pace in the middle of the race. Nice job!	Murphy, Meghan	6:44	14:16	7:32	21:17	7:01	8					24:10:00	0:33	2:53:00
Awesome job today! There were moments that I could tell got very tough for you, but you pushed through and ended up finishing right in the middle of our pack. Make sure to stick from the very beginning because then you can help move our pack up in the race, rather than work to re-join them. Really good job!	Mendoza, Liliana	6:44	14:18	7:34	21:25	7:07	10					24:48:00	0:41	3:23:00
You are really starting to figure out how to get the most out of your races! You guys have been working so well in a group, and we can see that you are pushing way more than you ever have before. Remember you train so you can run fast, so don't be afraid to do that. We are seeing you compete and try to beat people, and that's a beautiful thing! Keep it up!	McKillop, Emma	6:44	14:20	7:36	21:34	7:14	11					toe	0:50	
Mile 1 was great, and mile 3 was strong, but mile 2 you lost some ground. Overall, I thought this was a great race for you. Every day in practice you are improving and moving up the ranks. Don't settle! It's staying focused and determined throughout mile 2 that will help bring that time down. You can't think about how much you still have to run, you just have to keep trying to catch and pass people.	Stonhocker, Anna	6:48	14:54	8:05	22:12.00	7:18			14			out of town	1:34:00	
Looking at your splits, you should be more confident from the beginning. You are way faster than you give yourself credit for, and you've been training for months now. Things are starting to click in practice, and it's fun watching them click in meets as well. Keep up the great work, and challenge yourself to run with our top freshman/sophomore pack—you belong there!	Goduto, Angle	7:21	15:26	8:05	22:23.00	6:57	18						1:39:00	
I think you moved up more than anyone else in the whole race. Honestly, if you would have stayed in the mid 20s, we would not have done nearly as well as a team. As the race progressed, you picked girls off one at a time, and I don't know if I've ever seen you race that way before. It was great to see, and I'm so excited for you moving forward. It's a great way to run when you hit your pace mile 1 and then start picking girls up after that. Next race, you need to get out a little faster and then move from here!	Dillman, Alexandra	7:09	15:20	8:11	22:30	7:10			18			22:20	1:52	10 sec over
You ran tough today! Way to step up and fill in where the team needed you! You are proving that you belong with our top freshmen and sophomores, and it is so exciting to watch everything come together! Keep working hard and moving up in races and practices too!	Salmeron, Emily	7:21	15:30	8:08	22:50	7:20	25						2:06	
I know you were disappointed in finishing 26th, but you ran very strong today! I'm proud of you for going out with the group you started with, but you need to work on sticking with them in the race. Mentally, the middle is the toughest part. You are getting better with each 3 mile race, so stay positive and keep it up!	Allen, Naylah	7:14	15:18	8:04	23:00	7:42	26						2:16	
You got out well mile 1 and last confidence mile 2—that close to 9 minutes is way too slow for you! You moved back up mile 3, but I want to see you leading our group and pushing the entire way! Keep those times coming down!	Patterson, Maddie	7:20	16:06	8:49	0:06:00	7:57			27			22:55	3:28:00	
Great job for your 2nd race! You will be surprised by how much and how fast you improve, because you are doing great! Keep it up, and keep working hard in practice and listening to your body!	Krapez, Marie	7:47	17:23	9:36	2:04	8:41			46				5:26	
Good job today! You are still not running to your potential, because we can see how fast you really are! Keep moving up in practice, and don't limit how fast you can run or how hard you can push. You are running hard, but you aren't quite racing yet—so that's our goal!	Patterson, Eillery	8:08	17:35	9:27	2:07	8:32			47				5:29	
You should feel good about your race today! I thought you looked much stronger and you kept your running form throughout the entire race. Don't limit how much you can PR—keep bringing the times down each week, and you'll be so happy at the end!	Lopez, Jessica	8:13	18:07	9:54	3:11	9:04			59				6:33	
Your improvement in just a few weeks has been insane. Keep it up! You are going to keep surprising yourself and improving each and every day at practice and with every race. Try to stay with your teammates! Great job and great improvements so far!	Sniegowski, Madison	8:29	18:28	9:58	27:36.00	9:08			60				6:58:00	
Glad you came today, even though you weren't well enough to race!	Lee, Rosie											23:33		
Thanks for your help with splits today!	Wolf, Becca											23:32		
Thanks for your leadership warming up with the 1's group and your help on splits today!	Weizeorick, Shannon											25:15:00		
Thanks for your help today—let's get you back racing!	Gall, Elyssa											20:10		

Team Results:									
Varsity:			Fresh/Soph.			Open:			
Lincolnway Central	37	1	Lincolnway Central	18	1	Oswego E	48		
Oswego East	37	2	Oswego East	67	2	Lincolnway	51		
Joliet West	146	3	Joliet West	82	3	Pretty confident we won			
Merrillville	169	4	Argo	130	4				

Argo	202	5	TF South	218	5					
Homewood										
Flossmoor	206	6	Whiting	236	6					
Illiana	218	7	Bremen	237	7					
Evergreen Park	224	8	Thomridge	298	8					
Whiting	278	9			9					
TF South	318	10			10					
TF North	337	11			11					
Bishop Noll	342	12			12					
Bloom	390	13								
Gavit	397	14								





























10/14/17 SPC Conference at Channahon

	Athlete	Mile 1	2 Miles	Mile 2	Finish	Mile 3	Fr/So Place	Open Place	Varsity Place	Mile to Go	Last Year PL	Last Year Time	Split from #1	Last Year Difference
Nice race today! You did exactly what you needed to...ran smart mile 1, moved at the 1.5, and took off mile 3. Way to get past the parts last year that didn't go so well and get to that finish line. Top 3 in conference! Way to go! Next week you should see yourself in the top 3 as well. Great job, Abby!	Flammersfeld, Abby	5:54	12:19	6:25	18:22	6:09				3	18		0:00	
What an amazing race for you today! That chip on your shoulder proved to help you out and get you in that top 18- and shooting for the top 10. You are one of the very, very few athletes who actually PR'd today, which shows how much better you are than even some of the times you've run this year. Way to step up and lead our pack to a great race today. Keep it up the next 3 weeks, and all those goals will be achieved-just like becoming All Conference! Congrats!	Bonczkowski, Amanda	6:05	12:37	6:32	18:50	6:13				11	19		0:28	
You ran strong today, Morgan! You should see yourself with the top girls in our conference, and this was a big step forward. Way to work with our pack and keep pushing towards the front. Mile 2 was a little slower, which isn't surprising, but something to keep working on for next week. You should see yourself in the top 10-15 in our Regional too! Great job!	Ede, Morgan	6:02	12:37	6:35	19:04	6:27				14	28		0:42	
Week after week you are running well and should be gaining so much confidence! You are ready for a big PR in the weeks to come. Keep working with our pack, moving to the front of the race as the race goes on. In the next few weeks, make sure to go with the race so we can really do some damage up front! Keep it up, Katherine! Great job! Congrats on your first All-Conference honor!	Sim, Katherine	6:05	12:41	6:36	19:07	6:26				15	5 FS		0:45	
Wow! Congratulations! Take a deep breath...getting that race under your belt, accomplishing All Conference, and running so well should give you so much confidence! We'll keep working in the weeks to come to make sure that continues to happen. Remember, you have done the foundation work and the miles all season, and this is why! You ran great, and have even better races ahead in the weeks to come! Stay on top of your conditioning/exercises. Great job, Kendra!	Standish, Kendra	6:04	12:40	6:36	19:08	6:28				16	23		0:46	
Nice job kiddo! All Conference! Congratulations! Looking at how the race progressed, you dropped back a little more than we would have liked. You are good enough, strong enough, and fast enough to stick right in our pack--and we need you in there! You ran great and accomplished a big goal. The weeks to come should be focused on racing with our pack and pushing to the front of the race. Think about making that move at the 1.5 mile mark and then trying to roll a little more mile 3. Great job!	Webb, Kara	6:05	12:47	6:42	19:22	6:35				18	4 FS		1:00	
You ran strong today, even though I know you are faster! You were a little compromised, which I think is where the slower splits came from. In the weeks to come, you have to stick with our pack early so you can continue to move with them during the later stages in the race. If you get disconnected too early, it's so hard to make up ground. We also need 7 strong in the race, and you have worked too hard to not put yourself in with our other 6 runners. You can do it! Stick stick stick!	Gyori, Isabella	6:18	13:29	7:11	20:30	7:01				32	30		2:08	
You have had a great season! I know you're disappointed, but you still ran very strong and finished in the top 15 in the conference! Even with as much improvement as you have had, you still haven't tapped into your full potential yet. Keep working, and it will definitely pay off! Great job! For the weeks to come, keep focused like you are racing...you need to be mentally prepared to race, which is a challenge I know you are up to!	McKillip, Emma	6:36	13:49	7:13	20:54	7:05	15							
You moved up very well in this race! Unfortunately, the first mile was a little slow, so you didn't see the race reflected in your time. You moved up in the race better this time. Be very happy with the 2nd and 3rd miles but know that your first one could have been a little quicker to maintain contact earlier on. Overall, great job!	Nepereny, Alyssa	7:02	14:01	6:59	21:00	6:59				3				
You got after this race like you should. Don't lose confidence! Think about how hard you have trained, week in and week out. Your body is capable of more than you think--it's the head that needs to follow! Keep working your butt off, and you will be one of the big reasons we meet our team goals in the weeks to come! I think in this race, a little physical pain and a little loss of confidence in the middle of the race is what causes you to lose steam. The best runners are the ones who push through it and get everything out of their training possible. That has to be the only thing on your mind mile 2. Stick stick stick!	Gall, Elyssa	6:21	13:54	7:33	21:01	7:07				4				
You came back strong in the 3rd mile, but lost a little ground mile 2. I know the past few weeks have been tough--which is expected when you go from junior high to high school and think about how much you have done dating back to summer. You have trained this hard for a reason, and it definitely paid off. You have a lot to be proud of and a lot to look forward to!	Garcia, Sammie	6:43	14:09	7:26	21:04	6:55	16							
This was a better race for you--getting back into racing well again! It was great to see you at the front of the race where you should be! You are strong enough to have a faster mile 2, but I know you know that. Think about your form and pushing through those tough patches. In your mind, it helps to break the race up into smaller chunks, which could be really helpful. Keep up the great work and great training, and the races will follow! Great job!	Scheerenberger, Kitty	6:35	14:09	7:34	21:17	7:08				6				
Miles 1 and 3 were great! Based on splits, it looks like you lost a little focus and probably had some pain during mile 2. This is something to keep working on. You have pushed so hard in practice to get to this point, so don't forget that in the middle of a race and take a break. 3 miles is 3 miles, so you might as well give it all you've got and keep your focus on getting to that line and beating people in those rough patches. Nice job being in the top 18!	Sim, Kathleen	6:36	14:38	8:02	21:44:00	7:06:00				11				
From last year's conference meet to this year, you ran almost a minute faster! You had so much improvement this year, and I know there is even more improvement you will see in the seasons and years to come. Your work ethic is what's going to make that possible, so keep working hard and being your positive self! You've had a great season, and I'm very proud of you!	Murphy, Meghan	6:42	14:19	7:37	21:45	7:26	21							

You have improved so much in just one year! It's incredible! I still think you don't give yourself enough credit for how good you are and how good you are going to be. Your workouts have been great, and your races are really coming along as well. Your mental toughness is impressive, and I can't wait to see what you accomplish moving forward. In today's race, you ran well, but I know you are actually good enough to be in the top 18! I hope you take that into next season and keep working hard!	Mendoza, Liliana	6:43	14:22	7:39	21:58	7:36	22													
First mile was great, and then you started running rather than racing today. The fact that 22:04 is comfortable for you and looked so easy is awesome! I think you have just scratched the surface of how good of a runner you could be. You have speed, and you have gotten stronger and better with distance training. Keep it up, and keep working hard with your teammates! Great job!	Salmeron, Emily	6:56	14:37	7:41	22:04.00	7:27.00	24													
You almost set a PR today, which not very many people did! The last few races have been very good for you—and you are looking more powerful and strong in them. Great job running with Emily and not falling back and losing contact. You still have more in you, and you'll continue to improve by a lot each season! Keep it up!	Allen, Naylah	6:56	14:37	7:41	22:10	7:33	25													
You ran through all kinds of emotions and postures in the race today. First mile was great, from the 1.5 to the 2.5 was pretty rough, and then you pulled it back together the last 800 meters to finish strong. You should know you are good enough to stay in that top 18 and earn an award. I know you had a cramp, and that changed your form, and you lost confidence and let some girls pass you. Try to keep pushing, and stick with the first girl who tries to pass you while you work out the cramp. Great job finishing the race strong! Keep working hard!	Stonehocker, Anna	7:03	15:05	8:02	23:03	7:58	23													
Couldn't ask for a cooler finish than for you to be the tie breaker for the team title. I know you aren't happy with your time, but running isn't always about that. I believe you are a better person and our team has been better for having you the past four years. It hasn't always been easy, but knowing the impact you made should make you very proud! Great job!	Dillman, Alexandra	7:26	15:35	8:09	23:40	8:05	29													
I know you had some anxiety going into the race and further hurting yourself. You did a great job once the race started! You looked good, smooth, and were smiling! I know it's never appealing to think about starting a race and not finishing it, but if you don't start, you'll never know! Great job pushing through and finishing in the top half of the race!	Goduto, Angie	7:29	15:49	8:20	23:50	8:01	39													
You might not be super happy with the time you ran today, but you did things in the race you haven't done all season, and you really put it out there! You got out well mile 1, and you made a HUGE move to get back with Alexandra and in order to not run by yourself! That was amazing to see! Those moments are things you can look back upon and have confidence that you have the strength to make them happen. It wasn't an all-time PR today, but it was a season PR! I'm proud of you Maddie!	Patterson, Maddie	7:27	15:49	8:22	23:58	8:09	35													
Every race is more experience for you and a step in the right direction. You improved a ton this year, but I want you to know you have a lot more in you! Keep working hard, and don't be afraid to get out of that comfort zone! You are running strong... the next step is trying to race and beat people! Today was solid, but you would have had to push more miles 2 and 3 to set a personal best. Nice job—keep working hard!	Patterson, Ellery	7:42	16:06	8:24	24:14.00	8:08.00	43													
Very proud of you for all the effort all season, and for finishing this race strong! We definitely figured out a strategy that works for you, and one to apply to both racing and life. Break things up into manageable pieces, and they don't seem so bad! Great job, and way to push to the finish!	Krapez, Marie	8:09	17:32	9:23	26:56.00	9:24.00	77													
Your last 3 races were all well below 30 minutes, which is great! Remember that distance training is what makes it possible to run the same time for all 3 miles. Your next goal should be 24:00...running 3 x 8 minute miles. You can do it! Great effort this season, and keep working hard! There are no limits with how much you can improve in distance running.	Lopez, Jessica	8:13	18:13	10:00	27:59.00	9:46.00	86													
Thanks for your help today!	Lee, Rosie																			
Thanks for your help today!	Sniegowski, Madison																			
Thanks for your help today!	Wolf, Becca																			
	Weiizerick, Shannon																			

Varsity			Frosh/Soph			Open
Minooka	37	1	Minooka	21	1	Oswego East 47
Oswego East	59	2	Oswego	54	2	Oswego 47
Oswego	69	3	Oswego East	98	3	Minooka 49
Plainfield North	71	4	Joliet West	99	4	Plainfield North 85
Plainfield South	160	5	Plainfield North	107	5	Joliet West 119

10/21/17 IHSA Regional at West Aurora Stuart Sports Complex

Athlete	Mile 1	2 Miles	Mile 2	Finish	Mile 3	F/SO Place	Open Place	Varsity Place	Mile to Go	Last Year Pl.	Last Year Time	Diff from #1	Last Year Difference
<p>The first half of your race was perfect! You did let the DHS girls go a bit, but were able to come back on them and stay in the top 5 to the end. Next week, you need to BELIEVE that you can beat BOTH of them! The closer you are to the front of the race, the better our chances are of qualifying as a team. You have done a tremendous job all season. You just need to stay focused on doing your job and not get distracted or lost in the pressure. It's still a 3 mile race, and we still have to race it just like everyone else. Next week, stick the first 1.5 miles, move at the 2 mile, and fly mile 3! You've got this, Abby! You have worked so hard, and it's all going to be worth it!</p> <p>Overall, you ran great today! Keep those times dropping, you ran with confidence and a great rhythm today! Stay confident and consistent mile 3—think about your form and channel those wickets in the final 400 meters. Know that you are better than both of Nequa's top runners. The closer you can be to the front of the race, the better. See yourself in the top 20. Take a deep breath, relax, and race! Great job today! I'm so excited for you for next week!</p>	Flammersfeld, Abby	5:40	11:48	6:08	17:57	6:08			5				0
<p>You ran strong today, and I'm still feeling a huge PR next week—you are ready for it! Although we were solid, our pack strung out mile 2 and had to work to get back together. A race like that feels different and plays out differently than the ones in which we are side by side working through the tough parts together. Be the catalyst for us next week and push our limits. Our whole pack can be in the top 35—which is what we need to do! I'm so pumped for next week! See yourself having a great race—win it—and make it happen!</p>	Standish, Kendra	5:45	12:07	6:18	18:28	6:21			15				0:31
<p>You were solid today, but I know you are faster! You were a little tight mile 2 and didn't quite move like we know you are capable of doing. I know your last mile can be—and will be—much faster next week. When state is on the line, you will find that extra gear and push to the finish. Run with confidence and put yourself in good position early in the race. Keep Nequa's 1st and 2nd runners within reach. With 800 meters to go, pass them and don't look back! You got this, Morgan!</p>	Sim, Katherine	5:50	12:17	6:27	18:40	6:23			19				0:43
<p>If there's something I know about you, it's that you rise to the challenge and are a go-to in high stakes races. You know how races break down, and you know how to finish strong. Today, when Ibram told you to take off you did. Have the confidence to move sooner in the race and really move up in the last mile. You have done the work for 4 years, and it's time it will pay off! I'm so excited for you and know you can help push our pack into the top 35 at Sectionals. You can do it, Amanda!</p>	Ede, Morgan	5:45	12:12	6:23	18:40	6:28			20				0:43
<p>You also ran solid, but got a little disconnected early on and were several meters back throughout the race. You ran strong on your own, but you run your best when you stick right in our pack. I'm proud of your efforts, especially with the way the week started for you. I'm confident you will have a tremendous week and race next week—and we need you—so that we can accomplish that big goal! Top 35 should be your goal! Great job today!</p>	Bonczkowski, Amanda	5:51	12:25	6:34	18:51	6:26			28				0:54
<p>CONFIDENCE is the name of the game for you. The first mile felt very hard today, and that didn't get you on the best start. Next week, mile 1 will probably be similar in time but feel easier for you. You should be able to respond to a 6:05 with 6:30's rather than 7:00. I want you to build throughout the race and keep fighting—no matter where you are. As our #7, you matter and will have a greater impact the closer you are to our pack. Be confident in all that you have done, from the miles to the weight room, and that they will pay off in the final stretches of the race. You can do it, Isabella!</p>	Webb, Kara	5:54	12:22	6:28	18:54	6:32			24				0:57
<p>Thank you for being so positive and so poised in the current situation. Keep doing exactly what you're doing and know that if needed, you will race amazing. If not, you can hold your head high and know that you pushed everyone else to be the best they could be. Thank you for all your help, and let's get ready for next week!</p>	Gyori, Isabella	6:05	13:12	7:07	20:22	7:10			51				2:25
Varsity													
Batavia	29												
Oswego	77												
Oswego East	82												
Metea Valley	103												
Nequa Valley	103												
Waubonsie Valley	114												
West Aurora	198												
East Aurora	222												

Varsity





