

10/17/15 at SPC Conference (Hammel Woods)

Feedback	Athlete	Mile 1	2 Miles	Mile 2	Finish	Mile 3	Fr/So Place	Open Place	Varsity Place	Last Year	Split
Today required more to be in the top 14....You ran strong, but lost a bit of focus during mile 2. Give yourself credit for running a strong mile 3 and giving it everything you had. I know you have more--next week will show that!	Henz, Alexis	5:43	12:26	6:43	18:55	6:29			16	12	0:00
You ran very strong today. You stepped up and took the lead for the team in the 2nd mile. You will keep getting stronger, and you have to remember this was your first conference meet. Keep staying positive, and next week will pay off!	Standish, Kendra	5:50	12:23	6:33	18:57	6:34			17		0:02
You followed through and ran great! You ran smart with Amanda and moved when you needed to, which was very smart. Best 1st mile all season. Next week focus on mile 2 and really closing the gap. We need our #3 runner within 10 seconds of our #1, and 4 and 5 close behind....which means you need to run well and take your teammates with you!	Weizeorick, Shannon	6:01	12:46	6:45	19:18	6:32			24		0:23
Today was not your day. You need to look at all the factors you can control, and focus on controlling them. You can't worry about distractions and circumstances, but do the little things right this week, and you can still get back on track. Focus on the team. The team needs you to run with confidence and to stay positive despite all obstacles.	Cain, Abby	5:53	12:42	6:49	19:28	6:46			28	9	0:33
You ran awesome today! You have enough strength to run a little faster mile 1--so you and Elyssa could have worked side by side a little more throughout the race. You moved up though and had a strong finish. You met the goal of being in the top 5! Great job!	Sim, Katherine	6:15	13:05	6:50	19:35	6:30	4				0:00
You showed great leadership today. You had a great start and provided the spark for the rest of the team. Be aggressive in future races, and your teammates will follow! You are getting better and stronger with each race, next is just to focus on your finish and closing out at strong as you started. Top 5--great job!	Gall, Elyssa	6:07	13:01	6:54	19:40	6:39	5				0:05
Today was not your best, but we know you are capable of much better. Learn from how you felt--think about what you ate, drank, etc vs. what you did at last week's meet. Control what you can control leading up to the race. We will need you to step up next week in order to advance to sectionals--and you can do it!	Flammersfeld, Abby	5:44	12:48	7:04	19:41	6:53			29	18	0:46
You ran okay--but you didn't race. You needed to be more aggressive and focused during mile 2 and maintain contact with our top 5. Keep your head up...you have still come a long way since summer.	Boissiere, Madison	6:07	13:10	7:03	19:53	6:43			33	21	0:58
You were battling a lot today, and just looked run down. Not exactly the conference meet you wanted, but give yourself credit for getting through it.	Bonczkowski, Amanda	6:01	13:10	7:09	19:55	6:45			34	20	1:00
This is the kind of race we knew you were capable of! You PR'd by over a minute and a half! You went out strong and didn't look back. Very proud of your tenacity today--smashed your goals and finished with heart! Can't wait to see how this pays off in the spring!	Schumacher, Tara	6:16	13:33	7:17	20:24	6:51		9			0:00
You had a 30 second PR today! You looked great! Met your goal of being in the top 14! You should be very proud of how you finished this season. You had some ups and downs, but this race shows your upward trend and where you can go from here!	Nepereny, Alyssa	6:28	13:45	7:17	20:37	6:52	12				1:09

<p>We weren't really sure what to expect of a 1st year senior who started the season after we had already begun, but you represent what a lot of effort and heart can get you in one season. It is very refreshing to see how you attacked workouts and races with confidence, and you did great! So proud of you!</p>	Heidkamp, Halie	6:10	13:32	7:22	20:40	7:08	12			0:45
<p>What a race for you today! You were right there and so close to being in the top 14! Almost a full minute PR, and you are starting to race the entire 3 miles! Realize how close you were to being top 14, be proud of yourself, and keep working to meet that goal next year!</p>	Scheerenberger, Kitty	6:43	13:57	7:14	20:56:00	6:59:00	16			1:28:00
<p>So close to breaking 21 minutes the past 2 weeks! You ran a strong race and should be very proud of how you stepped up and played a huge role today. You have had a solid season and just need to keep at it. Be ready to keep working hard--I know you are going to keep getting better!</p>	Dillman, Alexandra	6:33	14:01	7:28	21:04	7:03	17		24	1:36
<p>Today was not your best race, but it was still solid. Keep closer contact to Katherine and Elyssa in both workouts and races--you guys do great when you work together! Be proud of your freshman season--you did great!</p>	Sim, Kathleen	6:38	14:01	7:23	21:11	7:10	18			1:16
<p>You went after it today! You got out really well and took charge from the beginning. It may have been a bit too fast for the first 800 meters, but the way you attacked the race is awesome. I keep forgetting this is your first XC season, and you did great, once you got to get some races under your belt! Great job today!</p>	Sims, Annie	6:10	13:41	7:31	21:11	7:30	17			0:47
<p>You ran very tough today! You were so focused on the race that you literally ran out of your shoe and didn't even break stride or give it a second look. You battled for almost a mile with one shoe! We thought you could be a little further up in the race, but you have finished this season on a high note. Great job!</p>	Patterson, Maddie	6:42	14:08	7:26	21:23	7:15	20		14	1:48
<p>You PR'd by almost a minute today! Best race of the season for you, which is what you want at Conference! We are so proud of you and your mental toughness--a lot this season didn't go your way, but you battled back each time and didn't let anything stop you from giving it all you had. Great job!</p>	DeBoer, Gabby	6:38	14:05	7:27	21:25:00	7:20:00	19			1:01:00
<p>The last few races have been great, and this was your best by another 24 seconds! You respond every time Coach Ideran or myself tell you to make a move, and you have done a great job working your way up throughout the entire season. Nice job!</p>	Jaros, Hannah	6:38	14:14	7:36	21:30	7:16	21			1:06
<p>Way to end your season with a very strong race, and a PR! Despite being injured just a few weeks ago, you rebounded and came back with a vengeance the past few weeks to finish your season on a positive note. Very proud of how you worked and had a great, positive attitude to make that happen!</p>	Balla, Sarah	6:38	14:21	7:43	21:40	7:19	25		26	1:16
<p>Big PR today! You ran very strong! Great job keeping yourself going through the tough patches this season, because the last few weeks you have pushed through and improved a lot! Spring and next fall are going to be great for you!</p>	McCullough, Emma	6:54	14:47	7:53	22:16:00	7:29:00	35			1:52:00
<p>Big PR today! You moved up so well in the race and really closed on your teammates, helping the entire group come together the last mile and a half. You fought through pain and finished the Conference meet on a really high note! Well done!</p>	Bentel, Ally	6:58	14:47	7:49	22:18:00	7:31:00	36		21 FS	1:54:00

