		1	0/17/15 at S	PC Confere	nce (Hamr	mel Wood	s)					
Feedback	Athlete		2 Miles				Fr/So			Last Year	Split	
Today required more to be in the top 14You ran strong,			2 Miles		i illisti				1 1000	loai	opin	
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.		0.40	12.20	0.40	10.00	0.20				12	0.00	
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												
behindwhich 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 1so 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-	Gall, Elyssa	6:07	13:01	6:54	19:40	6:39	5				0:05	
-great job! Today was not your best, but		0.07	15.01	0.54	13.40	0.53					0.05	
we know you are capable of much better. Learn from how												
you feltthink 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 sectionalsand you can do it!	Flammersfeld, Abby	5:44	12:48	7:04	19:41	6:53			29	18	0:46	
You ran okaybut 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 upyou 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	Bonczkowski, Amanda	6:01	13:10	7:09	19:55	6:45			34	20	1:00	
through it. This is the kind of race we	DUIUZRUWSKI, AIIIdillid	0.01	13.10	1.09	19.00	0.40		L	- 34	20	1.00	
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 todaysmashed your goals												
and finished with heart! Can't wait to see how this pays off								-				
in the spring! You had a 30 second PR	Schumacher, Tara	6:16	13:33	7:17	20:24	6:51		9			0:00	
today! You looked great! Me your goal of being in the top	ł											
14! You should be very proud of how you finished this	1											
season. You had some ups and downs, but this race												
shows your upward trend and where you can go from here!	Nenereny Alvssa	6:28	13:45	7:17	20:37	6:52	12				1:09	
where you can go from here!	nopereny, Aiyasa	0.20	1 13.40	1 1.17	20.37	0.02	1 12	L	I	I	1.09	

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	Heidkamp, Halie	6:10	13:32	7:22	20:40	7:08		12			0:45	
great! So proud of you! What a race for you today!		0.10	15.52	1.22	20.40	7.00		12			0.43	
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	Scheerenberger, Kitty	6:43	13:57	7:14	20:56:00	6:59:00	16				1:28:00	
goal next year! So close to breaking 21	Scheerenberger, Killy	0.43	13.57	7.14	20.50.00	0.59.00	10				1.20.00	
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 hardI know												
you are going to keep getting better!	Dillman, Alexandra	6:33	14:01	7:28	21:04	7:03	17			24	1:36	
Today was not your best	,			0					İ			
race, but it was still solid. Keep closer contact to												
Katherine and Elyssa in both												
workouts and racesyou guys do great when you work	5											
together! Be proud of your												
freshman seasonyou did	Sim, Kathleen	6:38	14:01	7:23	21:11	7:10	18				1:16	
great! You went after it today! You		0.38	14:01	1:23	21.11	/:10	18				1.10	
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!	Sims, Annie	6:10	13:41	7:31	21:11	7:30		17			0:47	
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		0.40	11.00		04.00						4.40	
on a high note. Great job! You PR'd by almost a minute	Patterson, Maddie	6:42	14:08	7:26	21:23	7:15	20			14	1:48	
today! Best race of the												
season for you, which is what you want at Conference! We												
are so proud of you and your												
mental toughnessa 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!	DeBoer, Gabby	6:38	14:05	7:27	21:25:00	7:20:00		19			1:01:00	
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!	Jaros, Hannah	6:38	14:14	7:36	21:30	7:16		21			1:06	
Way to end your season with		0.30	14.14	7.30	21.30	1.10		<u> </u>			1.00	
a very strong race, and a PR!												
Despite being injured just a few weeks ago, you												
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												
Very proud of how you worked and had a great,												
positive attitude to make that	Dolla Sarah		44.04	7.40	04.40	7.40					4.40	
happen! Big PR todayl. You ran yen/	Balla, Sarah	6:38	14:21	7:43	21:40	7:19		25		26	1:16	
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!	McCullough, Emma	6:54	14:47	7:53	22:16:00	7:29:00		35			1:52:00	
Big PR today! You moved up			Т							1	T]
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												
half. You fought through pain and finished the Conference												
meet on a really high note! Well done!	Bentel, Ally	6:58	14:47	7:49	22:18:00	7:31:00		36		21 FS	1:54:00	
-												

What a great job in one season! Almost a 30 second											
PR today, and you looked strong and solid throughout											
the entire race! You have											
been a great addition to the team, and you did a very											
respectable job day in and day out!	Chavez, Vianey	6:54	14:48	7:54	22:26	7:38		37		2:02	
Close to 30 second PR for you! You raced great today											
and worked very well with											
your teammates to make that happen. You looked strong											
throughout the entire race, and I'm very proud of how you	II.										
finished the season! You had a rough start but really											
worked hard to get back on	Eborly Jose	6:57	14:48	7:51	22:27	7:39		38		2:03	
trackgreat job! As one of your only complete	Eberly, Jess	0.57	14.40	1.01	22.21	7.58				2.03	
races for the season, you did a great job! Wish we would											
have had a less injury-riddled season with you, but we can											
see how much stronger and											
better you are now than when we started. Keep working											
hard this off season for track! Wasn't sure how this was	Bergschneider, Sara	7:06	15:12	8:06	23:03	7:51		49		2:39	
going to pan out, as you											
haven't raced or run a ton lately. You ran great!											
Understand you are going to have aches and pains as a											
distance runner, but pushing through like you did today is											
always within your											
capabilities. Keep working on getting stronger and staying											
positiveyou had a huge PR because you had a good											
mental approach to the race	Terek Nadia	7:06	15:10	8:04	23:07	7:57		50		2:43	
today. Carry that forward! You have dropped huge	Terek, Nadia	1.00	15.10	0.04	23.07	1.37				2.43	
chunks of time each of our last few races! Keep doing											
the little things right and											
staying focused, and you will continue to get better. As											
long as you are willing to work hard, distance running will	C										
give right back to you in the form of PRs and positive											
experiences.	Labath, Lexy	7:50	16:58	9:08	25:38:00	8:40:00		72		5:14:00	
You looked so much better today! It's unfortunate the											
total time will read DQ, but you showed tremendous											
character in admitting you											
made a wrong turn. You had huge improvements all											
season, and I hope you realize how far you have											
come! A lot of people would have given up early on, but											
you kept working and should	Cruz, Paula	8:33	2		DQ						
be very proud of yourself!			f						31		
	Buado, Ashley	wedding							3		
	Gyori, Isabella Jones, Rachel	leg church									
	Buado, Melody	wedding									
	McGavin, Mary	church									
	Bruns, Haley	quit iniure d									
	Janowski, Hannah	injured									
	Roschi, Rachel	hamstring									
	Onen			Vara!							
	Open			Varsity			Fr/Soph				
	Oswego	79		Minooka	26		Oswego	24			
	Minooka	86		Oswego	55		Oswego East	54			
				Plainfield							
	Oswego East	132		North	57		Minooka	56			L
	Plainfield South	156		Plainfield South	107		Plainfield North	108			
		130		Oswego	107		Plainfield	100			
				East	114		Central	INC			
				Plainfield	100		Plainfield				
				East Plainfield	193		East Plainfield	INC			
				Central	210		South	INC			
							Romeovill				
				Romeoville	241		е	INC			

					1	
					1	