

		10/22/16 at Batavia Regional																
Feedback	Athlete	Mile 1	2 Miles	Mile 2	Finish	Mile 3	Fr/So Place	Open Place	Varsity Place	Mile to Go	Who beat you today	Who beat you at SPC	Who beat you at Stampede	Place	Team Split			
<small>Way to bounce back today! Strong race, and I know next week will be even better! As you identified, you did kind of get separated and were running by yourself for quite a bit of the race. Next week, we will have the same teams, plus more teams to compete against. This will help you have more girls to pick off throughout the 2nd and 3rd miles. To prevent getting disconnected, make those little decisions to take a couple quick steps and stay with the group that feels like it's pulling away.</small>	Standish, Kendra	5:48	12:06	6:18	18:47	6:41				23	6 Neuqua, 5 Batavia, 4 Metea, 3 Oswego, 2 Waubonsie Valley, 2 East Aurora	5 Oswego	7 Neuqua, 3 Batavia, 0 West Aurora		0:00			
<small>This should have been a huge confidence builder for you! You see where you are in the race, and how you can run with Alexis, Abby, and Kendra from start to finish. Getting your hip/leg routine back this week will be good, and I'm excited you have the chip on your shoulder of breaking 15! Time to put it all together next week and knock up even more in the race!</small>	Bonczkowski, Amanda	5:52	12:21	6:29	19:00	6:39				29	6 Neuqua, 6 Batavia, 6 Metea, 4 Oswego, 2 Waubonsie Valley, 2 East Aurora, 1 West Aurora, 1 Oswego East	3 Oswego	7 Neuqua, 3 Batavia, 0 West Aurora		0:13			
<small>What a mile 3! Mile 3 was good, mile 2 was fine, but you faded quite a bit mile 3. You know you are capable of closing better mile 3, and you just have to keep your focus on your goal and the team goal to get you to that line. The good thing is we qualified as a team, so you'll have your teammates to work with again next week and to a better end result. You have several teammates within striking distance--all of you have run comparable times, but you still aren't running like a team. That has got to be the #1 thing we do better this week and are ready to do on the line at Sectionals. I know we are capable of doing it, so it's time to prove it!</small>	Henz, Alexis	5:48	12:10	6:22	19:03	6:53				30	6 Neuqua, 6 Batavia, 6 Metea, 6 Oswego, 2 Waubonsie Valley, 2 East Aurora, 2 West Aurora, 2 Oswego East	2 Oswego	7 Neuqua, 2 Batavia, 0 West Aurora		0:16			
<small>Next week we will see the 5 teams that beat us again, plus the teams from the other regions. You need to run with your teammates and build your way through the race. You put yourself around that top 15 in the first mile, but faded quite a bit and didn't go with your teammates when they came up on your side. Run a little more even the first 2 miles with Alexis, Kendra, and Amanda, and really get into racing mode mile 3. You looked like you were racing mile 1 but not mile 3. You have to rely on your teammates those first 2 miles and really race mile 3. Your best race of the season is still to come! Just need to put it all together!</small>	Flammersfeld, Abby	5:42	12:16	6:34	19:24	7:08				34	6 Neuqua, 7 Batavia, 6 Metea, 6 Oswego, 2 Waubonsie Valley, 2 East Aurora, 1 West Aurora, 3 Oswego East	3 Oswego	5 Neuqua, 2 Batavia, 0 West Aurora		0:37			
<small>You ran strong today, but I still know your best race is ahead. You kept your head in the race and were able to catch people mile 3, but when you look at the splits, you still are capable of much more. You are one of the toughest kids I know, and you run long runs stronger than most girls I've coached in the past. That strength and consistency is what you need to draw from. So great job on a strong race, but keep telling yourself your best race is ahead and you can do it!</small>	Gyori, Isabella	6:01	12:41	6:40	19:41	7:00				39	7 Neuqua, 7 Batavia, 7 Metea, 6 Oswego, 4 Waubonsie Valley, 2 East Aurora, 4 West Aurora, 4 Oswego East	6 Oswego	7 Neuqua, 7 Batavia, 2 West Aurora		0:54			
<small>You ran solid today, and I know you can close that gap on our front if even more in another week! Mile 3 needs to be a little stronger, and you need to get that competitive fire going so you fight to the finish. Remember that last mile is when the race is really on the line, so you have to close gaps, kick with people, and try to pick off every single girl you can. Continue to keep your eyes on Amanda, so you were together mile 1, and then you got disconnected mile 2. If you can just focus on staying with her, it'll be a great race next week!</small>	Ede, Morgan	5:51	12:40	6:49	19:46	7:06				41	7 Neuqua, 7 Batavia, 7 Metea, 6 Oswego, 5 Waubonsie Valley, 2 East Aurora, 2 West Aurora, 5 Oswego East	6 Oswego	7 Neuqua, 7 Batavia, 1 West Aurora		0:59			
<small>Obviously today was not your best. You were in great shape mile 1, and then just kind of faded miles 2 and 3. The best way to get out of a funk is to change up what you're doing. Even though it feels like the hardest thing ever, when you get in a slump, you have to force yourself to take 5-10 quick steps and have a form check. Check your arms, knee drive, and focal point. Look up and get a target in front of you to kick down. You can beat when you stick with your teammates, and you had Isabella mile 1, but then let her and all the rest of your teammates run away from you. No matter what your thoughts try to tell you in a race you can (and need to) stay with your teammates. Letting them get away from you does not help your race or the team race. You have to know you are so much better than this, and a few races does not define you or your running abilities. Keep your head up and stay focused this week!</small>	Gall, Elyssa	6:01	13:13	7:12	20:47	7:34				48	7 Neuqua, 7 Batavia, 7 Metea, 7 Oswego, 7 Waubonsie Valley, 2 East Aurora, 5 West Aurora, 6 Oswego East	6 Oswego	7 Neuqua, 7 Batavia, 2 West Aurora		2:00			
<p>Whole Team: There isn't a doubt in my mind that you guys worked hard and tried hard today. That's never in question. What is clear is the desire just to run, when we really need to show up and race. Don't worry about the times and splits--those are just to give you an idea and tell you where you're at. You have to compete and try to beat people. We went out today and ran hard, but we didn't race hard or smart. We were in the mix in the first mile but then let the race get ahead of us. We have seen races look like they "happen" to girls, and other races in which the athletes take control and kick ass. There is a certain look of determination, and it starts in the facial features and continues through the posture and form throughout the entire body. Today, Amanda, Kendra, and Isabella had the closest thing to that "look". It's not about sprinting mile 1 and hanging on. It's about getting out with the race, believing in your training to know that you can continue at that pace and pick girls off to move up in the race, and taking action to make sure you do just that. Mile 3 is where that look of determination needs to become second nature. That's when that focus and the desire to beat people has to be what drives you to the finish. No one will tell you that trying to run 3 miles as fast as you can is easy. What I can tell you is that you have been training for it since June (plus the years before that), and that it will totally be worth it when you cross that line and know you gave it everything you've got. Like I said you won't remember the pain or discomfort you felt during the race, but you'll remember the pride and satisfaction you feel from pushing past it to meet your goal. We did enough to advance today, which is no easy feat in the region we compete. However, we have to RACE better next week. Nothing magic--no secrets. You've done all the work. We are still running as individuals and need to run as a TEAM. No individual on this team is going to get anywhere without the entire TEAM, and our strength is in our pack. Work as a team. Continue to do the little things right. Enjoy the teammates you have at your side that have your back. Have fun. And COMPETE. Be determined. Stay focused. Don't let the negative thoughts creep in because they have no right to disrupt what you have worked so hard for. You can do it! Time to earn another week of practice!</p>																		
		<b>Varsity</b>																
		Metea Valley	53															
		Neuqua Valley	53															
		Batavia	66															
		Oswego	75															
		Waubonsie Valley	151															
		Oswego East	155															
		East Aurora	186															
		West Aurora	191															