10/29/16 at West Aurora Sectional													
Feedback	Athlete	Mile 1	2 Miles	Mile 2	Finish	Mile 3	Fr/So Place	Open Place	Varsity Place		Last Year Place	Last Year time	Team Split
Not your best race, but not your worst. You had a much better placement this year than last,													
but you have to just be confident the entire													
season that you belong with the top group of girls. I know it's disappointing to end your													
season with anything other than a PR, but we will continue working to get better day in and													
day out! Same as Kendra. It was just a little weird the	Standish, Kendra	6:05	12:43	6:38	19:32	6:49			58		91	20:10	0:0
way the race played out. Regardless, I'd like													
you guys to continue working together and build your confidence in yourselves and one													
another for the upcoming season and years to come. I know this was your last XC race in an													
OE uniform, and I hope you know how proud I													
am of you and everything you have done/become over the past 4 years!	Henz, Alexis	6:05	12:49	6:44	19:33	6:44			59		52	2 19:13	0:0
You didn't quite attack the race today like you have in other meets and situations. Aside from													
that, I couldn't be more happy with the way you													
approached the entire season this year. Last year, we could literally see when you were not													
into it and giving it 100%, while this year I truly believe you gave it your best efforts at													
practices and meets. You are far better than you give yourself credit for, so I'm excited to													
have one more year with you. If you make the													
same jump from last year to this year that you did mentally, you will be in the front group of													
girls at every race! Strong season, Abby!	Flammersfeld, Abby	6:11	13:00	6:49	19:48	6:48			66		68	3 19:27	0:1
I know it's tough to come out and not hit the goal you were working so hard to achieve.													
Bottom line is, these experiences just make us work harder for it next time. You built													
throughout the season and really coped so													
well with coming back stronger after injury. You progressed tremendously, and were such a													
rock for our entire team. We knew you'd perform consistently well, and it made the													
whole team better! This wasn't your best													
performance, but be excited about what you did accomplish and motivated to keep it going!	Bonczkowski, Amanda	6:12	13:14	7:02	20:08	6:54			82				0:3
I'm very proud that you made it through the season heathly and that you finished it out in													
our top 5. Now, what determines your level of													
success is the amount of confidence you have moving forward, and how determined you are													
to meet your goals. Don't let negative thoughts creep in, but keep working hard. You are													
always one of the last to leave the weight													
room, putting in the extra time and effort where necessary. Keep that up, and increase													
your belief in your abilities! You are on your way to becoming a great distance runner!	Gyori, Isabella	6:23	13:20	6:57	20:22	7:02	,		88				0:5
You were very impressive at the end of the		0.23	10.20	0.07									0.5
season. I know today was not your best, but you still gave it what you had, and I'm very													
proud of the maturity and confidence you have													
already gained in such a short period of time. Continue getting stronger at PT, and the													
training will get you where you need to be physically. You had a great freshman year, but													
don't stop there! I want you to be													
leading/helping to lead the team in the next few years. You have great teammates to work													
with, and I know you guys can keep improving together!	Ede, Morgan	6:28	13:36	7:08	20:53	7:17			95				1:2
You train great. You run so strong in practices. Even though the end of your season was not													
very strong, I believe you have all the ability in													
the world to do great things with running. We just need it to click for you. Some of that is													
relaxing and just enjoying running and having a good time with your teammates. The other													
part is becoming more confident in your													
abilities. Just because you're younger doesn't mean that you can't keep up with anyone else.													
Your best races have come when you don't put													
pressure on yourself. If you treat meets like practices and practices like meets, you will													
learn to excel everywhere. Know that you are very talented and can do it! Keep your head													
upyou don't build confidence by getting down on your own performances. Learn from it, and													
get better!	Gall, Elyssa	6:23	13:33	7:10	21:00	7:27	•		99				1:2
	Sim, Katherine												
	Webb, Kara												
	Scheerenberger, Kitty												
	Nepereny, Alyssa												
	Sim, Kathleen												
				Team									
			.	Naperville									
			1	North	50								
			-	Neuqua Valley	101								
				Geneva	101				-				
				Metea	100						<u> </u>		
			4	Valley	138								
				Batavia	146								
			-	Naperville				1					
			6	Central	158								
				St. Charles									
				East	188								
				Oswego	203								
				St. Charles									
			9	North	265				-				
				Rockton									
			10	Hononegah					-				
				Waubonsie Vallov									
			11	Valley	296								

12Huntley	299				
Oswego					
13East	328				
14DeKalb	393				
15Bartlett	411				
16South Elg	in 442				
17Harlem	541				
18Larkin	551				