

		9/3/16 at TF South										
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
Great race! Awesome teamwork in the first mile...When the pack breaks, make sure to be confident and move with them. Being under 19 looked easy for you, which means this is a starting point for you and you should expect to drop time every weekend. Keep the confidence up....next time go for the win!	Standish, Kendra	6:09	12:36	6:27	18:57	6:21				3		
Nice race! Form looked good the whole time--you were alert and focused. Use this as a starting point and keep the times coming down from here. You said it yourself that a good week of practice made this possible and likely, so keep focused on the daily little things to make that happen week and week again!	Henz, Alexis	6:09	12:42	6:33	19:08	6:26				5		
You are not one to make excuses for yourself, but all things considered, you need to be very proud of your efforts today. You showed toughness in staying with Kendra and Alexis as long as you did, and at 100%, I am confident you will be able to stay with them the whole race. Keep focused on having good practices and attacking races...you should expect to smash your times from the past two years!	Flammersfeld, Abby	6:09	12:51	6:42	19:21	6:30				7		
Solid, strong race today! I know you are actually faster than your time, but you looked really good the entire race. Another plus is that you had some obstacles this week, but raced and were still good to go afterwards. Great job working with Isabella most of the race. At Peoria, you should expect to move closer to our front 3 and to have a big time drop!	Bonczkowski, Amanda	6:20	13:16	6:56	19:56	6:40				10		
I'm so proud of the way you race with Amanda today! After reading your goal sheet and thinking about today, I think you just need the confidence that you can stick with the group the entire time. You have been one of the most consistent people in long runs (and in the weight room), and those things are going to pay off. Believe that you have the strength to stay with the group and the speed to finish strong at the end.	Gyori, Isabella	6:20	13:16	6:56	20:09	6:53				12		
Today was great because you ran well, but I know you are capable of so much better! Mile 1 was good, and you struggled a bit mile 2, but came back mile 3 and joined Isabella. What makes me excited is that you are only 30 seconds from your best time from the end of the season last year, and I know you are just going to smash that. Keep working hard day in and day out, and you should be well below 20 minutes--knocking on the door of 19 and below very soon! Great job!	Gall, Elyssa	6:14	13:19	7:05	20:10	6:51				13	11th FS	
You got disconnected early in the race, but did a phenomenal job working your way back to the pack. It was awesome to watch you pick people off to get back to your teammates, but you actually had to work harder in racing that way. Next week, I want you to stay in closer contact with the team, and then build from there. In the bigger varsity races, you're going to have to get out a little faster and stick with the pack. Regardless, I was very proud of you and the way you kept moving up throughout the race. (I loved picking people off in races!) Nice job!	Sim, Katherine	6:31	13:30	6:59	20:20	6:50				15	5th FS	
What an awesome race! You, Kara, and Kitty looked so strong and so comfortable running together. You were in good position the entire time, and kept pulling girls back to you. In future races, if you can stay a little closer to the front pack, you'll have a great shot at a top 5 spot in the race. Next week will be a little different, as you'll have to get out a little faster in the first mile, but I still want you to work with your teammates the same way you did today. It will be more challenging in a big race, but you can do it! Great job today!	Ede, Morgan	6:48	14:08	7:20	21:05	6:57		5				
What an awesome race! You, Morgan and Kitty looked so strong and so comfortable running together. You were in good position the entire time, and kept pulling girls back to you. Next week will be a little different, as you'll have to get out a little faster in the first mile, but I still want you to work with your teammates the same way you did today. It will be more challenging in a big race, but you can do it! Great job today!	Webb, Kara	6:48	14:08	7:20	21:06	6:58		6				
What an awesome race! You, Morgan and Kara looked so strong and so comfortable running together. You were in good position the entire time, and kept pulling girls back to you. Next week will be a little different, as you'll have to get out a little faster in the first mile, but I still want you to work with your teammates the same way you did today. It will be more challenging in a big race, but you can do it! Great job today!	Scheerenberger, Kitty	6:48	14:08	7:20	21:07	6:59		7				
This race reminded me of your conference race last year. You ran great with Annie by your side! You were with that front runner for much of the race, but did not respond when she made a move. When that happens, you have to trust your training and go with it! Don't be afraid of the win--you can do it! Great race today!	Nepereny, Alyssa	7:01	14:26	7:25	21:36	7:10			2			
Awesome job! You ran great with Alyssa, but just need that added confidence to stay with your competition until the very end. I want you to push all 3 miles and not settle until you get into the chute. You are right there, and I know you admit when you lose that focus yourself. Keep pushing, and don't be afraid to stay close to the leaders and actually go for the win!	Sims, Annie	7:01	14:26	7:25	21:46	7:20			3			
Great job today! You have been consistently improving every day in practice and with every race. I love how you approach the end of a race and plow down anyone in front of you. We'll keep working on your general fitness and ability to sustain your pace for 3 miles, and with your finish, you will have a great season! Awesome job!	Olschanski, Kayla	7:17	14:53	7:36	21:57	7:04		16				

<p>You did great today! Keep chipping away at the girls in front of you...both in races and at practice. You have the ability, and are gaining your fitness back (and confidence) that you need to race well all 3 miles. Try to stay with the F/S group a little longer into the race for your next one and see where you are with 800 meters to go. Way to push through and help our team to the victory again! Great job!</p>	Sim, Kathleen	7:17	15:00	7:43	22:15	7:15	23				10th FS
<p>Great race today! You finally got out of your comfort zone and went for it. I think the iron is really helping--you look stronger and better and like you aren't fighting your body as much. Great to see you attack a race and go with the front group. With this being your 3rd year, I'd like to see you a little more consistent in mile 2. You have the training to back it up, so be confident! Nice job!</p>	Dillman, Alexandra	7:07	14:52	7:45	22:20	7:28		4			
<p>What felt like a disappointment was pretty awesome when the results came in! You were the reason we won the tie-breaker. Which means, you need to keep working no matter what. I still want you to remember how you felt right after the race and use it next time. You can't go back and re-run the race after it's done, so make sure you make the moves when you need to and keep in contact with your teammates. I think this is the best race I've seen you have, and I know you were disappointed--which is a great sign of what's to come! Great job!</p>	DeBoer, Gabby	7:18	15:05	7:47	22:51	7:46		30			
<p>You had a great week of practice, and I'm not surprised you had a great race today! Mile 1 showed the Maddie who killed it in workouts this week. You lost some steam mile 2, but closed better mile 3. Keep working hard every day in practice--don't limit what you can do! When you get tired, it's even more important to drive your knees and pick your feet up--something to work on in drills and strides! Great race!</p>	Patterson, Maddie	7:01	15:08	8:07	22:55:00	7:47			7		
<p>Today was a huge improvement from last week! I know you are still not 100%, which is what is great to think about. You went out well, struggled a bit mile 2, but did well to hang on mile 3 and stay in the top 10 in the race. Keep working hard and getting enough rest to make sure you recover and are healthy in the weeks to come! Great job today--I'm proud of the progress and know there is way more to come!</p>	Bogard, Kalli	7:11	15:30	8:19	23:24:00	7:54			10		
<p>After the race I realized how much pain you were probably in. You and the pack ran so great today. It was amazing to see you guys work together and literally swallow up people as you passed them. I wish I would have counted the number of girls you did that to--because it was a lot! Way to show leadership in keeping the group together and not being satisfied staying in one position. We'll take one day at a time next week...but great job today!</p>	Lee, Natalie	7:35	15:45	8:10	23:31:00	7:46			11		
<p>What a fun race for you guys to run, and for everyone to watch! You were the pack that other teams wish they had. I'm so proud of how you guys raced! Keep up the great work, and keep up your PT with your knees. I can tell it's working!</p>	Wolf, Becca	7:36	15:45	8:09	23:32	7:47			12		
<p>Awesome job! You showed a ton of leadership today in leading the group through various surges and in picking off the other girls in the race. It was so awesome to watch you run as one huge pack! Keep up the great work and great leadership!</p>	McCullough, Emma	7:35	15:45	8:10	23:33:00	7:48			13		
<p>Way to stick in the pack and work with your teammates! I've said it a lot, but it was so fun to watch your whole group work as one--I was so proud! Continue working with your teammates in and out of practice, and in and out of races. This is the part of cross country that is so fun and so satisfying--so keep it coming!</p>	Lee, Rosie	7:36	15:45	8:09	23:33:00	7:48			14		
<p>I sound like a broken record, but great job running in the pack today! You guys ran awesome and kept moving up throughout the race! At the beginning, there were a ton of girls between our huge pack and Kalli, but you guys picked off each and every one in order to finish right behind her. Awesome job!</p>	Humphrey, Carolyn	7:34	15:45	8:11	23:34	7:49			15		
<p>You were so tucked in the pack today that I didn't even notice you were there sometimes--that is a compliment I swear! You didn't get separated and try to fight by yourself, but you stuck in the group and made it with them until the very end. I was very proud to watch the race unfold and watch you guys move together! Great job--I want to see that more from you in practice every day!</p>	Jaros, Hannah	7:34	15:45	8:11	23:35:00	7:50			16		
<p>You know how close you were to the pack by the end of the race! You were perhaps the most improved athlete throughout the summer, and then took a little step back by being gone. I think you are getting back into your form now and just need to be confident that you can run with the pack--it's so much more fun (and actually much easier) to tuck right in and go with them than it is to race by yourself. Keep up the hard work and know that you are good enough to race with your teammates!</p>	Murphy, Meghan	7:36	15:55	8:19	24:10:00	8:15			18		
<p>Today was great! You ran with so much more confidence than I've seen so far. I know you were a bit behind the pack, but you still had a great race. Every time I (or someone else) gave you a tip, you responded and tried to make moves. It was great to see, and I could tell you were really trying to race the entire 3 miles. Awesome job! Next time, focus on staying with the pack through 1.5 miles. You made it almost a mile this time, so stretch that out a little bit each time until you are there the entire time. Great job!</p>	Mendoza, Liliana	7:38	16:16	8:38	24:48:00	8:32			24		

