

10/12/18 at SPC Conference at Channahon														
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	Split from #1	Last Year Difference
A few things to put in writing for you... one is that we know you are so fast and so good at this sport, and that the time you ran doesn't even show your true abilities there (meaning I know your next couple weeks will produce faster times), but the fact that you ran with such confidence, poise, and purpose in a top pack that featured multiple time state qualifiers and all-stars is remarkable. To finish 2nd is incredible! I am so proud of you!!! Keep it up and get ready for Regionals!	Zaremski, Madison	5:45	12:03	6:18	17:57	5:54				2				
You followed the plan pretty well today. The race strung out a little earlier than I expected, and I think your second mile shows room for improvement in where you need to stay in contact and stick. Visibly, this was one of the strongest races I've seen you run, however. You were tall, strong, and focused. Your times will keep coming down in the weeks to come, and this was a good stepping stone for that! You were only a few seconds behind Stogs!!!... keep it up!	Ede, Morgan	5:53	12:24	6:31	18:32	6:08				9	0:00	19:04		0:32
Let's put it this way, this was not your best race ever, and yet you still ran strong and finished 12th! If an All-Conference performance is considered an "ok" or "bad" day, you are doing some pretty incredible things! Mile 2 wasn't your best, and that should be your focus next week. Keep working on sticking with Morgan in races--just like you do in practice. You got this--keep it up!	Sim, Katherine	5:56	12:42	6:46	18:54	6:12				12	0:00	19:07		0:13
From 22:10 to 19:16 in one year. Holy growth! The crazy thing is that I know you were less than satisfied with your performance and you know you are capable of a faster time. I'm confident in that as well--mile 2 should have been about 20-30 seconds faster, and that puts you back under 19 minutes. The adrenaline will be there next week, so keep up the great work, stay focused, and stay confident moving into regionals. You are on fire!	Allen, Naylah	6:00	12:53	6:53	19:16	6:23				18	25 FS	22:10		2:54
From the gun, you were on a mission today. It was great to see you get after it and have the confidence to race like we know you can! If you look at your splits, there is still a lot of room for growth in mile 2, which is awesome to see actually. You are capable to run more even, and then you can take a huge chunk of time off like 40 seconds--just like that. Keep working this week and next week...you put yourself in a great position with this race!	Webb, Kara	6:17	13:29	7:12	19:37	6:08		2			18 V	19:22		0:15:00
You looked super strong today! It would have taken a faster mile 2 to stay in contact with the pack that became All-Conference, but you raced well, and when you consider where you were at this point last year--it's inspiring to see your journey unfold. From 21:01 to 19:47--looking in control and fierce! Keep it up this week, and don't let anything hold you back. Don't look back--only forward. Stick stick stick--focus on a stronger mile 2 and close with the confidence you had today!	Gall, Elyssa	6:04	13:11	7:07	19:47	6:36				21	4 O	21:01		1:14
Awesome race! You should be super proud, and I know that you aren't satisfied and wanted to stay with the front Minooka 3. Mile 2 is where you need to focus--as that is where they pulled away, and you can see the result in your splits as well. The end of your races are really coming around, and you should keep focused on how much faster you can get in the next few weeks!	Amer, Maddi	6:19	13:21	7:02	19:53	6:32	4							
Top 25 as a freshman is awesome! You ran strong today and should feel great about all that you have accomplished so far this season. Mile 2 is the one you really need to focus on. I thought you could have been in the top 20 with an incredible race, so top 25 with room for improvement is a great place to be! Keep it up kiddo, and stay right on the heels of Elyssa!	Barroso, Ana	6:12	13:23	7:11	19:55	6:32				25				
Great race! There were times today in the middle of the race that you were moving up and running faster than anyone else in the race. Keep working on your confidence and know that you can physically get out a little faster to be with the top group and you'll still have what it takes to finish strong. I love the way you build throughout your races, so picture how awesome they would be if you would start from a place that is a little quicker and then build from there. In any case, you ran a strong race and finished very well--awesome job!	Allgaier, Leah	6:39	13:35	6:56	20:01	6:26	6							
From 21:58 last year to 20:16 this year--you have come a long way! Your confidence has really flourished this season, and I hope you continue to build that as we move forward. I know you could have gone with Kara, but you built through the race very well. Keep focusing on mile 2, as you can see from your splits. Well done kiddo...keep it up!	Mendoza, Liliana	6:23	13:33	7:10	20:16	6:43		7			22 FS	21:58		1:42:00
You stepped up and raced varsity for the first time this season--which is not an easy thing to do! We give you a lot of credit for keeping your composure and running a strong race. We would have liked you to be closer to Elyssa and Ana and build throughout the race like you have in weeks past. All in all, you have had a tremendous season and should be very proud! Tons of improvement, and you really have been inspirational for your coaches and your teammates! Keep up the great work!	Clark, Ana	6:32	13:47	7:15	20:21	6:34				37				
Today was your best race of the season. You ran with confidence from the gun and didn't give up when the race got hard. Mile 2 is still an area you can improve upon, but you should be so proud of your efforts today! Great work!	King, Hannah	6:29	13:39	7:10	20:27	6:48		7						
Today was a good race for you, but not the best you've had all season. I don't think it was any one mile or spot on the course, but in general your splits were all slower than you are capable of running. Top 10 is still great, and you should be proud of your efforts! Keep up the great work, and keep challenging your teammates daily in practice! It makes a huge difference!	Dunn, Katie	6:41	13:57	7:16	20:41	6:44		9						
What a great race for you today! You did exactly what we asked you to do, and you finished in the top 15! You have had some ups and downs this season and had to cross train a lot of days that you wanted to be running, but you kept your focus and your confidence when it mattered for the team. Awesome job kiddo!	Salmeron, Emily	6:41	14:16	7:35	21:00	6:44	15				24 FS	22:04		1:04:00
Great race today! To PR at Conference in the conditions you guys ran is incredible! You guys ran a tough first 2 miles and then a really strong last mile as well. To have all of you in the top 18 is pretty incredible, and you were right in that mix the entire time. You work very well with your teammates, and it has been different girls at different races. Keep up the great work and be very proud of yourself for what you've accomplished!	Ede, Molly	6:42	14:06	7:24	21:00	6:54		16						
You ran a solid race today, but it was still a bit uncomfortable for what we know you can do. You built very well in the last mile, but if your mile 1 and mile 2 are too slow, that will only take you so far. Regardless, you guys were running with the pack that had to finish fast in order to be in the top 18, and all of you fought hard for those spots. Great job!	Garcia, Sammie	6:45	14:16	7:31	21:02:00	6:46:00		17			16 FS	21:04:00		-0:02:00
I know this race was a little EMOTIONAL for you, and that is okay! When you think about your journey through the past four years, it has been pretty incredible. You've been through more ups and downs than anyone else, and you've come through so strong on the other side! I'm so proud of you for all your efforts, and you ran your last Conference race and finished as an award winner! Congratulations!	Sim, Kathleen	6:34	14:05	7:31	21:07	7:02				17	11 O	21:44		0:37:00
Today was not your best race, but there are still lots of things to be proud of. You weren't feeling great, and yet you raced strong and had a solid performance for the team. Finishing in the top 18 is something to be proud of, especially when you consider that you weren't at 100%. I'm proud of you and your efforts, and know that there is still a lot more you can accomplish if you put your mind to it!	McKillip, Emma	6:43	14:07	7:24	21:13:00	7:06:00				18	15 FS	20:54		0:19:00
Today was a great race! You should be very proud of your last race of the season--finishing in the top 20 at Conference with a PR! You looked strong and composed today, and it was awesome to see. Keep working and keep attacking workouts like you have been, and you will keep improving and getting more and more out of this sport!	Viano, Gaby	6:54	14:24	7:30	21:30	7:06				20				
Time wise, we know you are faster than what your race today showed. You should be proud of your efforts but never satisfied that you can't accomplish more. In so many meets this season, you have literally run exactly the same times as you ran last year. Don't let that limit you, but instead keep working to smash those times the next time around! You can do it!	Murphy, Meghan	6:55	14:37	7:42	21:49	7:12				23	21 FS	21:45		0:04:00

