		10/12/18 at SPC Conference at Channahon												
Feedback	Athlete	Mile 1	2 Miles	Mile 2	Finish			Open Place	Varsity		Last Year PL	Last Year Time	Split from #1	Last Year Difference
A few things to put in writing for youone 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		Wille 1	z wiies	Wille 2	1111311	Wille 3	11/30 Flace	Орен гласе	riace	00		Last real fillie	Spit Hom#1	Difference
with such confidence, poise, and purpose in a top pack that featured multiple time state qualifiers and all-staters is remarkable.														
To finish 2nd is incredible! I am so proud of you!!! Keep it up and get ready for Regionals!	Zarembski, 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. Vijby, 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 Stogsdill keep it up!	Ede, Morgan	5:53	12:24	6:31	18:32	6:08					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		3.33	12.24	0.31	16.32	0.08			,		0.00	15.04		0.32
focus next week. Keep working on sticking with Morgan in races- just like you do in practice. You got thiskeep it up!	Sim, Katherine	5:56	12:42	6:46	i 18:54	6:12			12	ļ	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 wellmile 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			42.50		40.46									2.5.
confident moving into regionals. You are on fire! From the gun, you were on a mission today. It was great to see	Allen, Naylah	6:00	12:53	6:53	19:16	6:23			18		25 FS	22:10		2:54
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 secondsjust like that. Keep working this week and next	Walth Wass	6:47	42.20	7.43	10.25	5.00					10.1/	10.22		0.45.00
weekyou put yourself in a great position with this race! 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	Webb, Kara	6:17	13:29	7:12	19:37	6:08		· '			18 V	19:22		0:15:00
you raced well, and when you consider where you were at this point lasty yearit's inspiring to see your journey unfold. From 21: 01 to 19:47looking in control and fierce! Keep it up this week, land don't let anything hold you back. Don't look backonly														
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 0	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	ıl													
much faster you can get in the next few weeks!  Top 25 as a freshman is awesome! You ran strong today and	Amer, Maddi	6:19	13:21	7:02	19:53	6:32	4	1						
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! Great race! There were times today in the middle of the race that	Barroso, Ana	6:12	13:23	7:11	. 19:55	6:32			25					
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 wellawesome job!	Allgaier, Leah	6:39	13:35	6:56	20:01	6:26	(	5						
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 hopy 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 kiddokeep it up! You stepped up and raced varsity for the first time this season	Mendoza, Liliana	6:23	13:33	7:10	20:16	6:43					22 FS	21:58		1:42:00
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 throughou her 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!  Today was your best race of the season. You ran with confidence	Clark, Ana	6:32	13:47	7:15	20:21	6:34			37	-				
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!  Today was a good race for you, but not the best you've had all	King, Hannah	6:29	13:39	7:10	20:27	6:48	-	7						
season. I don't think it was any one mile or spot on the course, bu jut 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! 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	Dunn, Katie	6:41	13:57	7:16	20:41	6:44	,	,						
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	5			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	5						
You ran a solid race today, but it was still a bit comfortable for wha we know you can do. You build very well in the last mile, but if	t													
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!  I know this race a was a litte EMOtional for you, and that is okay!	Garcia, Sammie	6:45	14:16	7:31	21:02:00	6:46:00	17	7			16 FS	21:04:00		-0:02:00
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! Congrats! 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 learn. Finishing in the too, 18 is	Sim, Kathleen	6:34	14:05	7:31	21:07	7:02		17	,		11 0	21:44		0:37:00
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 let	McKillin Emma	6:43	14:07	7:24	21:13:00	7:06:00		10	R		15 FS	20:54		0:19:00
it! 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 PRI You looked strong and composed today, and it was awesome to the control of the con	McKillip, Emma	6:43	14:07	7:24	21.15:00	7.06:00		18			دء دي	20:54		0.19:00
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 satisifed 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.		0.54	1.12	7.50	22.50	7.30								
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	B		21 FS	21:45		0:04:00

This was one of your strongest races of the season, and I know														
you are still capable of a lot more! You definitely made a jump this season and started challenging yourself to get after practices and	•													
races more aggressively. I can't tell you how proud of you I am for														
that. You've gotten stronger and finished races better as the														
season has gone on. Keep up the great work!	Goduto, Angie	7:11	14:58	7:47	22:18	7:20		27		39 F:	s   a	23:50		1:32:00
You ran a strong race today. Goal was top 20, and you were not														
too far off of that. You worked really well with your teammates														
throughout the race and looked very strong througout the whole thing. Be proud of all that you have accomplished this season, an	4													
keep working hard to make even more big jumps next year!	Castelan, Yocie	7:11	15:01	7:50	22:21:00	7:20:00		28						
I could say the same thing you to that I just wrote to Yocie. You														
guys ran together very well today, and you moved throughout the														
race. Top 30 is something to be proud of for sure, as well as														
everything you have done this season! You will absolutely see the pay off during track season, and I'm so proud of you for all your	·													
hard work!	Banks, Mallory	7:11	15:01	7:50	22:24:00	7:23:00		29						
Your splits were so even todayand you slowed up a bit the last											_			
mile. You have come a long way this season, and I truly feel you														
are still figuring out how good you can be at this sport. Don't get														
complacent. The little, daily things can make a big difference, and														
I want to see you attacking workouts and races with the confidence	9													
we have in you! You ran a great race today and were within 2 seconds of what your Wolf time showed! Great PR and great job!	Patterson, Ellery	7:22	14:50	7:28	22:43	7:53		34		43 0	24:	14:00		1:31:00
Strong race for you todayeven though you didn't quite finish as	decersor, enery	7.22	11.50	7.20	22.13	7.55	1	31		1.5 0		1.00		1.51.00
strong as I know you could have! When you think about where you	ul I													
have come in one year, it's incredible! To have 8:34 be your														
slowest mile by far in a 3 mile race is awesome. You've seen how much hard work and determination can get you, and I hope you														
much hard work and determination can get you, and I hope you keep working hard to make the same kind of improvements next														
year! Great job and great season!	Sniegowski, Madison	7:17	14:44	7:27	23:18:00	8:34:00	ol l	41						
What an awesome way to conclude your XC career at OFHS		/				2.200		'.						
(racing wise anyway)! A PR at Conference, and to finish as strong									- 1					
as you did is so awesome and inspirational! You have battled so														
many odds and have been so wonderful to get to coach. I'm so									- 1					
proud of you and hope you will take some of these lessons into	Wolf, Becca	7:37	15:04	7:27	23:32	8:28	,	46						
your future! Great job, Becca!  Great way to finish your SPC race! With a PR! Your first two mile:	יייטוו, מכננמ	/.3/	15.04	1.21	23.32	0.28	1	46		-	_	-+		
were incredible, so keep working on that 3rd mile and having the	1													
confidence to finish as strong as you start. You have worked so														
hard, and I'm so proud of you! Keep up the great work!	Wilke, Lanaya	7:31	15:08	7:37	24:07:00	8:59:00		53						
Way to finish your last race with a PR! Miles 1 and 2 were														
amazingkeep your head up and keep working mile 3 as well														
you are stronger than you think and you can finish mile 3 at the														
same pace as the first 2. Great work this seasonkeep it up this winter!	Hemmer, Emily	7:37	15:01	7:24	24:12:00	9:11:00		55						
This year you had more races under 30 minutes than you've ever	Tiermier, Emily	7.57	15.01	7.24	24.12.00	3.11.00	1	33			_	-+		
This year you had more races under 30 minutes than you've ever had. Even though this wasn't a PR race, I know you worked for it.														
Keep working on consistency both in practice and in races.														
Remember that as a distance runner if you can do it or ··-·														
Remember that as a distance runner, if you can do it once, you	L										l		- 1	
can do it three times. Great job, Jess!	Lopez, Jessica	8:33	18:28	9:55	27:50:00	9:22:00		100		86 O	27:	59:00		0:09:00
can do it three times. Great job, Jess!		8:33	18:28	9:55	27:50:00	9:22:00	)	100	_	86 O	27:5	59:00		0:09:00
remember that as a distance runner, it you can do it once, you can do it three times. Great job, Jess!  Thanks for your help today!	Lopez, Jessica McGavin, Mary	8:33	18:28	9:55	27:50:00	9:22:00	)	100		86 O	27:5	59:00		0:09:00
can do it three times. Great job, Jess!		8:33	18:28	9:55	27:50:00	9:22:00	)	100		86 O	27:5	59:00		0:09:00
can do it three times. Great job, Jess!		8:33	18:28	9:55	27:50:00	9:22:00		100		86 O	27:5	59:00		0:09:00
can do it three times. Great job, Jess! Thanks for your help today!	McGavin, Mary	8:33	18:28	9:55	27:50:00	9:22:00		100		86 O	27:	59:00		0:09:00
can do it three times. Great job, Jess! Thanks for your help today! Thanks for your help today!	McGavin, Mary  Hartigan, Nicky	8:33	18:28	9:55	27:50:00	9:22:00		100		86 O	27:	59:00		0:09:00
can do it three times. Great job, Jess! Thanks for your help today!	McGavin, Mary	8:33	18:28	9:55	27:50:00	9:22:00		100		86 O	27:5	59:00		0:09:00
can do it three times. Great job, Jess! Thanks for your help today! Thanks for your help today!	McGavin, Mary  Hartigan, Nicky  Krapez, Marie	8:33	18:28	9:55	27:50:00	9:22:00		100		86 O	27:5	59:00		0:09:00
can do it three times. Great job, Jess! Thanks for your help today! Thanks for your help today!	McGavin, Mary  Hartigan, Nicky	8:33	18:28	9:55	27:50:00	9:22:00		100		86 O	27:5	59:00		0:09:00
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can do it three times. Great job, Jess! Thanks for your help today! Thanks for your help today!	McGavin, Mary  Hartigan, Nicky  Krapez, Marie  Scheerenberger, Kitty	8:33			23			100		86 O	27:3	59:00		0:09:00
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can do it three times. Great job, Jess! Thanks for your help today! Thanks for your help today!	McGavin, Mary  Hartigan, Nicky Krapez, Marie Scheerenberger, Kitty  Varsity Minooka Oswego  Oswego East Plainfield North Joliet West Plainfield South	38 42 62 108 137 188	11 22 33 44 6 6 5 5 5 5 6 6 5 6 6 6 6 6 6 6 6 6	irosh/Soph Minooka Dswego East Oliet West Dswego Plainfield North Plainfield South	23 41 109 114 119	1 2 3 4 5	Open Oswego Minooka Oswego East UJollet West Plainfield North Jollet Gentral Plainfield	30 44 64 137 147		86 0	27:9	59:00		0:09:00
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