

9/15/18 at Richard Spring Invitational *Detweiler*														
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
What a fantastic race for any athlete of any age, much less a freshman this early in the season! You ran an incredible race today, and I know you have even better races still to come! Now the difference is, you can take the confidence from this race and know that you can hit the times we give you! You had an excellent start, moved up in the middle, and finished strong! Great job, Maddie!	Zaremski, Maddie	5:35	11:37	6:02	17:42	6:05				15				
You ran an all-time PR today and did a fantastic job on the state course so early in the season! Breaking 18 is definitely within reach now, and it's going to be an exciting series of races to come! I know miles 2 and 3 can be faster by the clock, but you looked strong the entire race. Keep up the great work...and keep working in tandem with Maddie! Awesome job, Morgan!	Ede, Morgan	5:43	12:02	6:19	18:18	6:16					49	18:52		0:34
Today was literally one second faster than you ran here last year, but we all know you are in way better shape than your race showed. Take it as a positive that today wasn't your best race, and yet it was still right up there with one of your fastest from last season. Keep in contact earlier and believe that you belong! You did a respectable job for sure, but we need you working more with Morgan and Maddie for our team to really run well.	Sim, Katherine	5:53	12:26	6:33	18:58	6:32				89	59	18:59		0:01
Holy cow! What a race for you today! Not only is this an incredible improvement from this season, but to look at where you were last year and see where you are now—it's so inspiring! Couldn't be more proud of how you ran today, and we are so excited to see what the rest of the season has in store for you! Keep it up—you are looking so strong and on pace for an incredible season!	Allen, Naylah	6:06	12:41	6:35	19:15	6:34	12							
We are super proud of your first varsity race, and we know that with more experience at this level, you'll just get better and better. This was definitely a tough race to run with varsity for the first time, and you did a very respectable job. I'd like you to start seeing yourself with that top pack. As a team today, we just had too many girls between our runners, and that's something you will get better at with each and every race. For now, great PR and awesome race today!	Barroso, Ana	6:11	13:04	6:53	19:48	6:44				176				
While I wouldn't say you ran bad today (still faster than you ran here last year, and still a season PR), your workouts lately have shown that you are capable of a huge leap up. We are literally just waiting for you to race to show your fitness and abilities. Mile 1 was great, but you lost your rhythm mile 2 and got kind of disconnected from the race mile 3. Keep working hard in practice—your races will show your improvement in no time!	Gall, Elyssa	6:08	13:06	6:58	20:09	7:03				205	24 O	20:34		0:25
Not really sure what happened today. Obviously there are situational things that we can improve upon for next time, but this was just not a good race for you. You are typically a scrappy runner that sticks and moves up well through the second 2 miles. You will feel physically better when we are better rested, but your workouts have been strong, and we know you are so much better than you raced today (even if your legs were tired). We are relying on your experience and leadership this season, so the focus you've had in the past is something we need to get back asap! Keep working and building your confidence...and stay connected to our pack. I'm confident this will be a race you can learn a lot from—so take those lessons into the rest of the season and turn today into a positive!	Webb, Kara	6:07	13:04	6:57	20:12	7:08				209	75	19:09		1:03 slower
Finally! We are starting to see what you are capable of because you are letting yourself get after a race and go for it! When you look at your splits, it is obvious you still have lots of room to improve and get faster, but holy cow was this a step in the right direction! It takes composure and confidence to move to the front of a race this size, and it was so amazing watching you do just that. I know you have some regrets about the last half mile or so, so take those into the next several meets and focus on that strong finish. Great job Lili!	Mendoza, Lili	6:19	13:13	6:54	20:21	7:08				13	84 O	21:47		1:26
So great watching you race today! You definitely bounce back and forth like a yo-yo when it comes to pace, but you will get better and better at that with more races and with more workouts under your belt. You followed the race plan very well, and your 2nd two miles have room to get faster as you get stronger this season. Great work running with your teammates and working throughout the race! Awesome job, Maddie!	Amer, Maddi	6:27	13:34	7:07	20:29	6:55	57							
You ran about a minute and a half faster than your other race this season, and you were right in line with what your Wolf times showed! You should really be thinking about breaking 20 minutes and working your way up in races. Mile 1 was very strong, and I know you can run faster miles 2 and 3. You are still building confidence and that takes time, but this was a huge step in the right direction today. Next race, get out the same mile 1, and focus on passing people miles 2 and 3. Great work, Hannah!	King, Hannah	6:23	13:34	7:11	20:34	7:00	61							
Today was maybe not as fast as we would have liked, because we all know that you are capable of breaking 20 minutes, but it was right up there with your all time best races regardless. You looked strong and confident throughout the entire 3 miles, and your form is showing it. You ran over a minute faster than at this point in the season last year! Keep telling yourself you can keep miles 2 and 3 closer to 6:40, and you will be in great shape! Nice job today...you are right there!	McKilip, Emma	6:27	13:36	7:09	20:36	7:00				22	76 O	21:42		1:06
You ran almost the same race today that you ran last year, based on the splits. I know you know you are capable of breaking 20 minutes any day now! The good thing is that this race was way more in line with what your Wolf times showed, and we know you are able to run even faster miles 2 and 3 in order to bring that time down below 20. Keep working and believing that you belong! You have some great teammates to train and run with...keep working together and success will follow!	Garcia, Samantha	6:27	13:35	7:08	20:36	7:01	62				33 O	20:44		0:08
Today was your first big varsity race, and your first race in a while. Looking at your first 2 mile splits and where you were before you tied up, you were on the way to a very strong race and a huge PR. These things happen sometimes, and you just have to learn from them and move on. Hydration and staying mentally relaxed should both help moving forward. Know that you belong, and even on a day that ended in one of the worst ways in terms of finishing the race, you still had close to a PR and got to experience running varsity at Detweiler. We are proud of you for finishing the race and finishing the day with your teammates. Time to recover and keep taking care of those shins as well!	Allgaier, Leah	6:16	13:05	6:49	20:37	7:32				246				
What an accomplishment to have a lifetime PR in September of your senior year! What this means is that you have been through so many things that running can throw at you, and you are so much stronger today than you've ever been. I hope your sights are on breaking 20 minutes, because you are right there! Keep up the great work—you seriously impress and inspire us every day—from your positive attitude and how you never quit to the composure you demonstrate when handing setbacks. Great job, Kathleen!	Sim, Kathleen	6:24	13:31	7:07	20:45:00	7:14					71 O	21:37		0:52

