

9/21/18 at Naperville Invite

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
First thing to know is that top 5 in this meet is amazing! You ran just how we wanted you to today—you put yourself in the top pack and ran hard (even without your watch). You looked like the last mile was a little strained, but we know you are faster than your clock time on that mile too. Great job being composed and going with the top crew...be confident that you can stick the last mile as well!	Zaremski, Maddie	5:45	11:53	6:08	18:08	6:15				5			0:00	
You definitely ran better than you think you did, but I'd like to see you finish a little stronger. When I talked to you, you thought you were barely in the top 40. I bet only 5 girls passed you, even though you thought it was a lot more. Bottom line is that we don't want you getting caught, but you need to focus on mile 3 and be the one catching. Keep closing that gap on Maddie so you guys can run together—there is no reason why you shouldn't be putting yourself in the top pack in races as well.	Ede, Morgan	5:52	12:18	6:26	18:52	6:34				24		19:32	0:44	0:40
You are consistently a little better time for time vs. last year. You should know that you are a LOT better than you were a year ago, and you are capable of sticking with Morgan and Maddie in practices and races. Just like you made a huge jump from sophomore year to junior year, you can make a huge jump from junior year to senior year to give us the 1-2-3 punch at the front that we need! Keep up the great work and be ready to make that next jump!	Sim, Katherine	5:59	12:33	6:34	19:04	6:31				30		19:23	0:56	0:19
You are looking better and better with every race, and your confidence is building as well (as it should). A five minute improvement on last year's time is incredible! As we move forward, we need to close the gap and run together, and you are a key to that happening. We are so proud of what you have accomplished so far, and we do not want you to stop here! Keep it going and great race tonight!	Allen, Naylah	6:05	12:53	6:48	19:31	6:38				43		0:35	1:23	5:04
Breaking 20 now is a big deal because it's a huge checkpoint accomplished fairly early. Your focus should now be on breaking 19, which your Wolf cumulative times show is more than possible. You are going to be a key to this team meeting our goals this season, but you have to close the gap on our front crew. You have been getting stronger and stronger with every practice and faster and faster with every race. Keep it up...you are capable of running miles 2 and 3 closer to 6:15 than 6:45...so make it happen!	Gall, Elyssa	6:05	12:56	6:51	19:51	6:55				48		20:28	1:43	0:37
You ran tough with Elyssa most of the race today, but I wonder if you are pushing in the middle of the race as hard as you are capable. Don't be afraid to make the move and challenge Elyssa (or whoever you are with) to go with you and catch our front group. We have to close that gap, and you guys are the ones who need to make it happen. You are running fantastic and should be so proud, but don't stop now! Keep it up!	Barroso, Ana	6:09	13:08	6:59	19:52	6:44				49			1:44	
You are a fighter, and this is not the Kara we want to see in races. You are still running very close to what you ran last year, but you are ready to make that next jump, and our team needs you! All it will take is one breakthrough performance, and your confidence will shoot back up. There is no secret to success in distance running, but your consistent effort will pay off, and that breakthrough performance will happen.	Webb, Kara	6:09	13:08	6:59	20:08	7:00				51		19:59	2:00	0:09
What an incredible race for you today! You looked great throughout the entire race and just kept building up and passing people. I especially liked how you responded when we told you what to do, and you kept passing girls all the way to the finish. Great job today! Keep up the hard work at practice—it will help you keep improving at every race!	Clark, Ana	6:37	13:39	7:02	20:12	6:33	9						0:00	
Today you were only 10 seconds off what you ran at Peoria, which is great, but you are ready to make that next jump. You should be so proud of your approach and your races this season, and your challenge now is to keep moving up and to help us close that gap on our front group. Keep up the great work!	Mendoza, Liliana	6:14	13:20	7:06	20:31	7:11				58		22:10	2:23	1:39
I can't wait for your training and endurance to catch up to your speed and ability in races. You are getting better and better and more consistent over the 3 miles, but you definitely still have work to do. Keep being aggressive in races mile 1, and keep your focus on moving up miles 2 and 3. Surges every minute or every turn can help keep you moving the right direction as well.	Amer, Maddi	6:29	13:45	7:16	20:33	6:48	16						0:21	
Even though you should be so proud to be running over about a minute and a half faster than you were last year, we all know you are ready to break 20 minutes any day now. Keep going after mile 1 with confidence, pushing mile 2 with discipline, and trying to beat people the last mile with focus.	McKillip, Emma	6:26	13:36	7:10	20:42	7:06				62		22:05	2:34	1:23
Tonight wasn't too far off your season PR, but I am confident you can be improving your times each and every race. Your splits for mile 2 and mile 3 were too far inside your comfort zone, which is why they were as slow as they were. Keep your focus and be confident you can keep moving in the race and keep your times coming down.	Sim, Kathleen	6:27	13:46	7:19	21:06	7:20				67		21:40	2:58	0:34
The good news is, you ran 49 seconds faster today than you did last year. The bad news is, you are still running in your comfort zone and resisting the actual racing mode. You moved up in the race just like you did in practice this week, but you are still running strong vs. running fast, and it is possible to do both. This week, your focus needs to be getting out of your comfort zone!	Garcia, Samantha	6:46	14:15	7:29	21:14	6:59	34					22:03:00	1:02	0:49:00
You made a decision today that you were good enough to run with Sam, and I believe that to be true, whether that is running 21 minutes or 19 minutes. You were close to a PR, and you looked pretty strong the entire race because you were running with a teammate. Take that lesson and keep working with Sam and your teammates to drive those times down.	Ede, Molly	6:46	14:15	7:29	21:20:00	7:05	38						1:08:00	
Your first mile was definitely in line with how we wanted you to race and how we know you can race, but miles 2 and 3 were not your best. It isn't that you got out too fast because we know you are stronger than your final time shows. The key is staying mentally relaxed mile 1 so that when the race picks up around the mile or at 1.5 miles, you are mentally ready to go with it and respond. Keep working hard in practice—you are coming around and still on track for some great performances in the very near future!	King, Hannah	6:30	13:57	7:27	21:22	7:25	39						1:10	
Big PR for you today! You ran a solid race and are starting to see how much you can improve one week at a time. Your mile 2 split slowed down quite a bit, so that should be your focus moving into next week. Great job leading the open team today!	Viano, Gaby	6:45	14:20	7:35	21:31:00	7:11		29					0:00	

<p>This race was a nice follow-up to your time at Peoria, and you came close to a PR. Believe that a big improvement is coming, and keep working hard in practice to make it happen. You are still resisting getting out of your comfort zone in a race, and that's really what you need to do next week to see a big PR. Mile 2 was your weakest, but you moved up and responded well mile 3, so that's a nice way to finish.</p>	Murphy, Meghan	6:52	14:27	7:35	21:45	7:18		36			22:12	0:14	0:27
<p>You were a bit disconnected from the team early in the race. Especially when we have so many racing together, you should try to take advantage of working with your teammates and not having to fend for yourself. You were super close to your Peoria time, which means you are ready for a big PR next week! Nice job!</p>	Dunn, Katie	7:06	14:37	7:31	21:57	7:20		54				1:45	
<p>Nice PR today kiddo! You are still so new to training and racing that I see a lot of these coming your way if you keep practicing tough every day and focusing on that consistent effort. Mile 2 was about 40 seconds slower than 1 and 3, so that should be your focus mile next week.</p>	Castelan, Yocie	7:13	15:05	7:52	22:23:00	7:18		60			2:11:00		
<p>Great PR! What makes me excited is that you are going after it—attacking practices and races like you are out to prove something. Keep doing your exercises to strengthen your hips and core, because that will really help your confidence and pain level when the race gets tougher in the middle stage. Keep up the great work, and keep working to finish your races as well as you start!</p>	Goduto, Angie	7:01	15:05	8:04	22:43:00	7:38		71			25:12:00	2:31:00	2:29:00
<p>Do you know that you just ran within 10 seconds of what your Wolf time said you could? You ran a great race from start to finish and PR'd by several minutes this season and ran over 2 minutes faster than you did here last year. Keep pushing yourself in practice, and you can get used to seeing this kind of improvements at meets. Awesome job!</p>	Patterson, Ellery	7:22	15:11	7:49	22:53:00	7:42		82			0:59	2:41:00	2:06
<p>Not quite sure what happened in today's race. You started out great mile 1 but were way slower than you are capable of miles 2 and 3. Know that you have been practicing and training great and that you are capable of running 7 minute miles the whole race. You are due for a cross training day to give yourself a little extra rest, and you'll be ready for a big PR next week!</p>	Banks, Mallory	7:14	15:24	8:10	23:31:00	8:07		105				3:19:00	
<p>Awesome PR kiddo! Your splits are starting to even out a bit, but I still know you can run mile 2 faster than 8:53. Regardless, you ran a strong race tonight and just keep getting better and better! Keep working hard—you're doing great!</p>	Sniegowski, Madison	7:32	16:25	8:53	24:47:00	8:22		135				4:35:00	
<p>Great PR today! You have been looking better and better in practice, and it's starting to show in races as well. You can still focus a bit on mile 2, as I know you can be more consistent and try to get it closer to 8 minutes. Keep those PRs coming! Awesome job!</p>	Wilke, Lanaya	7:49	16:48	8:59	25:28:00	8:40		151				5:16:00	
<p>Nice PR today! You're really starting to run like a runner and attack races with more confidence. Keep working mile 2, and try to get it closer to 8:30. You have the strength and the ability to run both miles 2 and 3 as well as you do mile 1. Believe it!</p>	Hemmer, Emily	7:58	17:10	9:12	25:46:00	8:36		138				4:15:00	
<p>Definitely a big improvement from Tuesday, and all things considered, this was a pretty strong race for you. Same thing as a few of the others—you are capable of running much faster mile 2, so try not to settle too much. Keep that determination going, and keep it up!</p>	Wolf, Becca	7:58	17:10	9:12	25:50:00	8:40		139				4:19:00	
<p>This was close to your PR, but not quite there. I'd like you to adopt the mantra "If I can do it for one mile, I can do it for three." You have lots of miles and lots of workouts under your belt. Believe that you can finish as strong as you start! Keep your shoulders up, and keep running tall. You had a strong race today, but we still know you are capable of more!</p>	Lopez, Jess	8:16	18:04	9:48	27:39:00	9:35		157			31:07:00	6:08:00	3:28:00
	McGavin, Mary												
	Salmeron, Emily												
	Allgaier, Leah												
	Krapez, Marie												
	Scheerenberger, Kitty												

Varsity:	Fresh/Soph:	Open:
Downers Grove South	0:00	0:00
Downers Grove South	720:00:00	1
Naperville North	0:00	0:00
Naperville North	1248:00:00	2
Benet	105	3
Wheaton North	96	3
Naperville Central	138	4
Naperville Central	97	4
Oswego East	142	5
Benet	0:00	5
Liberty	0:00	6
Oswego East	123	6
Lincolnway Central	156	7
Mother McAuley	226	7
Wheaton North	195	8
Sandburg	240	8
Sandburg	244	9
Oswego East	236	9
Mother McAuley	279	10
		10