

10/26/19 at IHSA Oswego East Regional

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
There were points of today's race that you looked amazing, and others that you looked just OK. Mile 2 is where you lost ground and lost contact with the group in the top 7. You're going to need to maintain contact with that group next week, both for our team finish, as well as for your individual finish. Think about how you approached the Conference race and be aggressive next week. You can do it! I believe in you!	Ede, Morgan	5:48	12:15	6:27	18:28	6:13			11		16	18:46	0	0:18
The look on your face today reminded me of the Maddie that loves to race and beat people. It was awesome! I know you can still run faster. One of your strengths is your ability to tune into a pace, lock in, and grind it out. You are better and tougher than most girls I've seen race, and you are in the process of getting that racing mojo back! Great job today...stick right with Morgan next week, and amazing things will happen!	Zarembski, Maddie	5:52	12:25	6:33	18:44	6:19			17		5	18:04	0:16	0:40
There were moments that you looked super strong and invincible, but you were still back farther than you should have been today. Don't be afraid to go for it and run right with Morgan and Maddie. You need miles 2 and 3 to be much closer to 6 minutes. Think about the mile repeats and pace work you have done--all at sub 6 minute pace. You are ready to run that fast, you just need to tap into that next level of awesome and do it! Great job...on to next week!	Webb, Kara	5:56	12:32	6:36	18:52	6:20			21				0:24	
Honestly, you looked better than you did most of the week, so I'll take that as a win. You have had some ups and downs this week, and I'm proud of you for running tough. Now--I know you can run even tougher--with a more confident approach and more focus on helping lead the team in the best of ways next week. You can do it...and you running with Morgan, Maddie, and Kara is the best way for us to meet our team goal next week!	Allen, Naylah	6:00	12:34	6:34	19:01	6:27			24		45	19:34	0:33	0:33
You got after it today! The ups and downs of our course seemed to wear on your body each lap, as your form changed. I was proud how you came back, but you have to channel all that toughness I know you have into the 2nd mile so that we don't lose so much ground on the race. We already talked about how your watch and thinking too much may have affected you, so let's attack the race again next week and not hold back during the 2nd and 3rd miles.	King, Hannah	6:05	13:28	7:23	20:24	6:56			47				1:56	
One big plus from today was that you were almost a minute faster than last year! You ran well mile 1, but then started weaving and losing ground during miles 2 and 3. Your race has to be with the middle of the race pack--not the end of it. Even if you know you aren't in the 5th scoring position, we learned how important the 6th and 7th runners can be. We still need to see the Ana that we see every day in practice, and we'll be amazing!	Barroso, Ana	6:18	13:46	7:28	20:30	6:44			49		62	21:22	2:02	0:52
I knew you'd build and catch and work your way up in the race. Mile 1 was perfect. Mile 2, even though you looked good, was a little too slow. Remember that you can run 6:20-6:30 pace the entire race. You are strong and tough enough, and you have more than enough training and speed to back it up. I'm very proud of the effort in a big race, and I think this was a big breakthrough for you. On to next week...you can be the hero! Think about that, get excited, and work miles 2 and 3 just like you did mile 1! Great job today!	Allgaier, Leah	6:21	13:21	7:00	20:05	6:44			42				1:37	
	Williams, Sydney													
	Amer, Maddi													
	Hamilton, Veronica		Varsity											
<p>Coach Notes: No one wants to run their absolute best race at Regionals, knowing that the 2 weeks to follow only get more competitive. It is both an advantage and disadvantage that we have to run really well to get out of our Regional, year in and year</p>														

	Goduto, Angie	1	Naperville North	33	<p>out. The advantage comes from the fact that you guys have battled the nerves and fears of not qualifying and the realities of a high-stakes race, along with overcoming the adversity from last year's team. It was a lot to process. The disadvantage is that (potentially) you can get so hyped for the Regional that you don't have a lot of room to grow in the remainder of the season. In our situation, we have a win-win. We overcame the challenges we faced, yet we didn't race our absolute best. Every single one of you ran well enough to get the job done, but also knows that there is much that can be done better next week. While it may feel disappointing to finish 6th place, you need to know that we can run well enough next week and qualify for State, and now it's up to you to believe it and make it happen! Realize that with just a one point swing, we could be entering Sectionals in 4th place. You have to think about how important runners 5, 6, and 7 are, and how each and every person that 1, 2, 3, and 4 can catch is one more to break a potential tie. Congrats on the comeback, and get ready to prove that we aren't done yet! Go Wolves!</p>
	McKillip, Emma	2	Oswego	90	
	Johnson, Meghan	3	Neuqua Valley	94	
	Hartigan, Nicky	4	Naperville Central	115	
		5	Metea Valley	115	
		6	Oswego East	115	
		7	Waubonsie Valley	162	
		8	West Aurora	200	
		9	East Aurora	254	