			9/22/17 at	Naporvillo I	ovito (Nan	orvillo No	rth)							
	Adda						Fr/So	Open	Varsity		Last			Last Year
You ran very smart today! I'm happy with how you went out with the front group and sat on them and matched their moves throughout the	Athlete	Mile 1	2 Miles	Mile 2	Finish	Mile 3	Place	Place	Place	Go	Year PL	Last Year Time	Split from #1	Difference
first 2.5 miles. At mile 2.5. I want you to make the move next race. You are stronger and faster than the other girls, and you have to make the move to break them. I think Coach Ideran and I have more confidence in you the last half mile than you have in yourself. You are just as good. If not better, than these girls! See yourself as in control, and you will gould out the win!	Flammersfeld, Abby	6:04	12:28	6:24	18:53	6:25			4					
You ran with a confidence today that we haven't seen in a while! Keep it going! Don't doubt making moves, but be confident that you have														
that Znd move in your legs and will still have a finishing kick. So good bo see you putting yourself with the top group in this race! Great jold: This was a solid race for you, and you are still capable of more. You guys ran smart the first mile, and then went back and forth with Lockport's pack. It is okay to sit on a group and let them do the work and then pull away throughout that last mile. That's kind of what that pack did to us. It would have been great if we would have had our 3-5 shead of Lockport's pack in the end. In the weeks to come, make sure	Standish, Kendra	6:13	12:46	6:33	19:06	6:20			7	,				
you are getting out faster mile 1 (although it was smart today). Great job!	Sim, Katherine	6:15	12:52	6:37	19:23	6:31			17					
It was clear you werent feeling 100% today, but it was still a solid race for you. Let's bouch base this week regarding your backkiside and ese lanything will help that go away. I have no doubt that you would have been able to run with Katherine or Kendria in the last mile of the race, so stay confident, keep working, and let's get you healthy for next week!	f Ede, Morgan	6:15	12:51	6:36	19:32	6:41			23					
For the last 2 meets, you have been in the 5th scoring position. It can be both a blessing and a curse. If you get disconnected from our other						-								
4, you might feel pressure—You have to get 5 more" for example. If you are too far back, those points start racking up, and our team does not finish as well. The solution? Stay relaxed and stay with your pack. You have been running great! Keep it up, and to lessen the pressure of the team finish, stay as close to un# 6 or #3 urner as possible! We didn't beat Lockport's pack this time, but I think we can get them the next time around.	webb, Kara	6:17	13:05	6:48	19:59	6:54			37	,				
Better race for you today, but you have to be more confident and sure of yourself in that first mile. Everyone was out a little slower today because of the heat, and I know you can handle it whether it's rain or super warm temperatures. When you get disconnected from the state then 2nd mile feels harder. You did bounce back well in mile 3, but that	at .													
just shows if you had been with the group on mile 1, you would have been in the mix with our first 5 today. Mile 1 was great! Overall, your race today was better, but you have to	Gyori, Isabella	6:31	13:29	6:58	20:18	6:49			48					
believe that you are tough enough to stay with our pack. It doesn't do any good to fall off the pack and run on your own. Your form and posture changes, and it looks like you are trying to hang on, rather thar trying to actually race. Workouts have been great lately, so your confidence should be back! Know that you are good enough to stay	1													
with our packso don't let yourself take the easy way out! We need you in there! From the gun, you didn't look like you felt very good today. You have	Gall, Elyssa	6:17	13:20	7:03	20:28	7:08			52					
the mental toughness our team needs, and your approach to racing is something you bring to the group. You know you are better than your last 2 races, so let's take a step back and see how to get you back to running in control and pain/fillness free. We can chart this week. Very proud of the way you attacked the race today. When you get out	Bonczkowski, Amanda	6:37	14:13	7:36	21:25	7:12			73					
well like you did, you fave to learn to stick through the tough parts of the race. During miles 2 and 3, you have to know you are just as good as the other girls, and you have to keep your splits under 7 min. I know it was hot, but you just have to stay focused on the outcome you desire, and you can make it happen! Overall, you got after it and race well, I just know you could have finished stronger in the 2nd half of the	y 1			=										
Your times have been super consistent latelywhich meansyou are ready to pop off a fast time at our next meet! You finished strong mile	Nepereny, Alyssa	6:35	14:02	7:27	21:33	7:31		12	-		 			
 Pick someone to stay with from the gun (Alyssa), and work mile 2 a bit more. If you get to a tough point in the race, starting thinking about numbers (pi?) to get your mind off the actual race. You should be able to distract yourself enough that you forget you're actually racing and you just stick. 	Sim, Kathleen	6:55	14:30	7:35	21:40	7:10		16	6					
After mile 1, I was super excited that you guys looked very relaxed and that the time was very smart and within your abilities, even on a hot day. It looked like mile 2 was just more uncomfortable than it should														
have been. Make sure you are hydrating and fueling with enough calories during the day. Your 2nd and 3rd miles are typically stronger than the were today, so rest up, and get ready to get back on track nex week! Very similar race to Sammie. I didn't think you guys were out too fast	^t Garcia, Sammie	6:44	14:32	7:48	22:03	7:31	25							
at the mile at all, but it looked like you were going backwards in the race a little bit. Don't stress about it. It was a hot day, and you guys still flinished in the top 30. Let's get back on track and keep those	_													
limes coming down! You're having a great season! You pretly much maintained your position throughout a lot of the race. I was hoping that you guys catching Sammie and Emma meant that you were all in the top 20, but they came back to you rather than you move up to them. You should have those 2 in your sighths and by to lose the gap, Realize that as teammates, if someone is having an off	McKillip, Emma	6:44	14:30	7:46	22:05	7:35	26							
lay, you can lift the team by helping them out and even pushing past hem. Make a move and make them go with you. Don't be afraid to help your teammates! You've bene dignie agood job of not falling back, but I want to see you more agressive in pushing to the front! You and Lill had very similar races. We have a very strong pack with you 4 when you run foogether. You let Sammie and Emma get away a	Mendoza, Liliana	6:49	14:33	7:44	22:10	7:37	30							
you 4 when you in upderier. You let samme and Emind get away it illite too much at the beginning, and then they came back to you towards the end. If you had all been together from the beginning, you could have pushed one another past those difficult points in the race and helped the entire group finish faster. It wasn't a bad race today, but it wasn't the best five seen you race either.	Murphy, Meghan	6:54	14:32	7:38	22:12	7:40	33							
Fuel fuel fuel. I just know you are better than your races lately, so we need to make sure you have enough fuel to get you through the race. You had a great long run on Saturday, which is a great sign! Make sure you are getting enough protein, veggies, and starches. Even without gluten, you can eat all to! frice, potatoes, and elea meats that you should be able to have enough energy to get through the race. Your job for the next week is to eatless crackers and have more meats.	Scheerenberger,													
hat you have to prepare at home. All things considered, you had a decent race today. With all the tempo work we do, you should feel comfortable at that 7:30 pace and not have splits over 8 min. I know it was hot, and that takes its toll later in the	Kitty	6:42	14:33	7:51	22:26	7:53			88					
race. Stay mentally relaxed and keep moving up in the race to keep those times down. Make it a game and start picking girls off! You race and run better with a little chip on your shoulder. You are	Dillman, Alexandra	7:17	15:31	8:14	23:54:00	8:23		71						
better than the lines that you ran today. Believe that, and keep a positive attitude during miles 2 and 3. You train hard for a reason. You have to respond in racing situations and run with your teammates. Alexandra was just ahead of you most of the race, but you were alone. Run as a team, and we will be stronger for it, and t will be more fun for	Stanohocker Anna	7.27	15:42	0-15	23:57:00	0.15		73						
you! Time to get out of your comfort zone! You have been pretty consistent with your races. Given the heat and your consistent times, that means you are due for a fast one next week! Stay positive, keep working, and le	Stonehocker, Anna	7:27	15:42	8:15	23.37.00	8:15		/3						
scorer today, which means your points determine the team score. You need to be as close to our top group as possible. Let your teammates help you because you don't have to race alone! Keep moving up! You ran strong today, but I know you have more power in those legs! Your goal should be to stay with Emily and to keep your miles below 8	Salmeron, Emily	7:13	15:44	8:31	24:02:00	8:18	68							
Your goal should be to stay with Emily and to keep your miles below 8 minute pace. I know you can do it! You are adjusting to the 3 miles pretty well, so stay determined to meet your goals!	Allen, Naylah	7:26	16:01	8:35	24:35:00	8:34	88							
I admire the way you are still trying to race when you are in pain. You're silly thoughRUN WITH YOUR TEAMMATES! It is so much easier and more fun. You were not far behind them at all throughout her race, but you didn't take the literal steps to catch up to them. If you are able to keep racing, your job is to run with your teammates. No more racing alone!	Patterson, Maddie	7:33	16:20	8:47	24:48:00	8:28		89)					
This was definitely an improvement today! Your times are getting way more consistent, so good job. Now-you know you have to get out faster and work a little more during the race. We still know that you are so much faster than you've been racing. Stop fighting it! If's okay for a race to hurt a little bit. You need to stick with Emily and Naylah next	9													
race. No excuses! Trace. No excuses! I'm excited for the day you figure out how good you can be. You work hard, and you like to run. You just need to put it together and push yourself past your comfort zone. There is no reason you can't keep up with Naylah and Emily when it comes to races. Challenge yourself next	Patterson, Ellery	7:55	16:29	8:34	24:59:00	8:30	99							
race, and don't settle for 8:30 pace when you are so much faster than that. It's a race, and it's supposed to hurt a little. I want to see you beat people (and I know that you can)! Your comfort zone appears to be then 10 minute mile. Mile 1 was now! Next race, you peed to keep miles 2 and 3 at 9 minutes. It	Goduto, Angie	7:50	16:32	8:42	25:12:00	8:40	105							
should still feel somewhat comfortable, because you train way faster than that every day. I know you can do it, and it takes practice convincing yourself to push harder the entire race. If it helps, break the race into 400 meter sections and focus on your form and running tall 400 meters at a time!	Krapez, Marie	8:25	18:41	10:16	28:49:00	10:08		142						
Your best race was 4 minutes faster than today. I know you are capable of keeping your mile splits between 8 and 9 minutes. Stay positive! It was a hot one, and you got through it. Next race, I want you to focus on getting miles 2 and 3 at or around 9 minutes. It should still feel relaxed, but not slip into the 11 minute territory. Run with														
Marie, and help each other break up the race mentally. You can do it!	Lopez, Jessica Lee, Rosie	8:58	20:00	11:02	31:07:00 sick	11:07	190							
	Weizeorick, Shannon				5,61									

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Sniegows	ski, Madison									
Wolf, Bed	cca									
Varsity			Frosh/Soph			Open				
				Naperville			Naperville			
Lockport	44	1	29	Central	1	49	Central			
				Naperville			Naperville			
Oswego	East 87	2	38	North	2	71	North			
				Downers			Downers			
				Grove			Grove			
Napervill	e Central 93	3	104	South	3	78	South			
				Wheaton						
LincolnW	ay Central 101	4	113	North	4	81	Lockport			
				LincolnWay						
Benet	108	5	151	Central	5	146	Benet			
				Oswego			Wheaton			
Napervill	e North 150	6	159	East	6	193	North			
							Oswego			
Plainfield	North 150	7	161	Benet	7	201	East			
				Mother			LincolnWay			
Bolingbro	ook 235	8	210	Mcauley	8		Central			
							Mother			
Wheaton	North 261	9	262	Lockport	9	240	Mcauley			
Mother N	Acauley 284	10	297	Sandburg	10	258	Sandburg			
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