

DGS /CS

Friday, February, 21 2014
At Downers Grove South H.S.

4 x 800:

Lukas	2:13.9
Wagner	2:26.5
Sieczkowski	2:24.7
D Gleisner	<u>2:17.0</u>
	9:21.6

C Torpy	2:05.8
Benz-Weeden	2:18.0
Brower	2:17.1
Hetzler	<u>2:10.4</u>
	8:51.3

Brennan	2:08.4
S Torpy	2:07.2
Adams	2:13.8
O'Callaghan	<u>2:05.8</u>
	8:35.2

3200:

Walter	5:17—5:24	10:41.3
Lopez	5:18—5:36	10:53.2
Lahucik	5:35—5:47	11:22.5
Carollo	5:37—5:55	11:32.8
Stogin	5:42—5:58	11:40.0
Mangold	5:44—6:00	11:44.2
Foster	5:44—6:06	11:50.7
Cavalier	5:45—6:05	11:50.7
Markey	5:43—6:17	12:00.7
Arrigoni		12:13.5

800:

McMahon	2:21.2
Draskovic	2:28.0
Cummings	2:29.8
Bowald	2:30.8
Sanchez	2:34.0
Burns	2:38.0
Brncich	2:38.2

Wojo	2:39.3
Walsh	2:41.5
Ma Bovard	2:41.8
Mi Bovard	2:41.8
Hasan	2:53.8
Raheja	2:57.4

1600:

Brennan	2:24—2:23	4:47.6
Skucas	2:25—2:23	4:48.9
D Gleisner	2:28—2:23	4:51.4
Brower	2:24—2:29	4:53.3
Lehnhardt	2:26—2:31	4:57.8
Laskero	2:27—2:30	4:58.0
Lukas	2:27—2:34	5:01.2
Lifonti	2:31—2:33	5:04.8
McMahon	2:31—2:37	5:08.2
Benz-Weeden	2:31—2:38	5:09.6
Sieczkowski	2:35—2:36	5:12.2
Wagner	2:41—2:40	5:26.5
Szymanski	2:41—2:40	5:26.5
Claire	2:34—2:44	5:28.5
Peters	2:46—2:50	5:36.9
Cachares	2:50—2:58	5:48.8
Kos	3:00—3:04	6:04.9

4 x 400

C. Torpy	56.9
S. Torpy	57.5
O'Callaghan	55.9
Hetzler	55.9
	3:46.2

Brennan	60.6
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Comments:

At this point in the season we want to be focusing on several things: 1. Training hard, training correctly 2. Staying in the process and not focusing on the outcome 3. Developing habits of a champion including passion, attention to details, unity, accountability and character. I liked that I saw a lot of guys who were dedicated to making themselves excellent. Still, we have a ton of work to do, there is no question about it. We have some good things established in our training, but we'll need to continue to dial it up.

I generally don't over analyze our times indoor, especially this meet since none of our training plan is centered on producing elite results on the indoor oval or in the winter months. Moreover, what I am specifically looking for is the way we go about our business. These indoor meets give

us a chance to produce higher quality efforts that are not physically or psycho-biologically feasible this time of year. By physical, I mean the state of the winter months—it's hard to reach certain efforts in 8 degrees and snow and ice in tons of clothes. Physically, you can't reach the speeds at the efforts that you can when it's warm, on a track, in performance conditions. Psychobiologically (which is a term I sort of made up that gets spell checked on documents), I mean that we are able to get hormonal changes in race psychological states that we don't generally get in practice. This state elicits an elevated ability. Sidenote: this is why we should view pre-race nerves and adrenaline as positive—they produce hormonal conditions that, provided they are controlled, extract better results. This is one reason why we talk about character so much. Prerace (or pre-test, pre-interview, pre-ask a girl out on a date) butterflies should be viewed as: get your butterflies in formation and rock and roll.

Our **4 x 800s** got the ball rolling on our annual tradition of having a lights out all-state 4 x 800. **Brandon Lukas** is on schedule to run sub 2:00 this season. It's going to be tough and a lot of work, and if he does it he'll have a lot of people's minds blown, but I believe in his abilities and character. I believe he has so much in him—and I love his mentality. He harnesses his nerves and transfers them seemingly confidently to a great race effort. If he stays consistent in training he can have a lot of fun this season. **C Torpy** looked like he had gear shifts that is rare in indoors and this time of year. I think he is going to be an absolute monster this season. I can't envision many mid distance runners in the state capable of matching his toughness. **Justin Adams** used the meet to work on some speed elements that will pay off in his 3200 this season. He needs to be able to call on a gear shift in the 3200 for him to be effective, and we are going to continue to develop that. His 2:13—only three seconds behind Hetzler, shows he's improved tremendously in this capacity and will hopefully transfer that to a 300 meter launch in the 3200.

In the 3200, I was a little surprised we didn't get a little better results as that is a more aerobically centered race. **Brady Walter** led the way—I am hoping he sees himself as an elite runner that he showed himself to be in cross country. 10:41 is not bad...let's dial it up and go for sub 10:00 this season. Work, work work! I liked **Mario Lopez'** aggressiveness and his willingness to get the pace going early. That is the kind of racing I like to see—pushing the limits. He also brought some great cookies. I loved **Nathan Arrigoni's** toughness, running when he was not 100% healthy. We are going to work on that health and fix that, which is fix-able, but mentality is harder to fix, so when I look at him I see less work to do than some others who are healthy. He's a great example of passion. **Chris Mangold** ran faster than he did last year and ran a great 11:44. He is also doing well in his leadership role. He's in control of the Riptide Rush stretching group and keeping them in line. He's a great senior leader! **Miles Draskovic, Drew Cummings, and Ryan Bowald** stuck out in the 800. I recall a freshman version of Denis O'Callaghan running 2:30 at this meet in 2011 (I do not accept that the seniors are graduating this year. I am already upset. This is unacceptable. Time moves too quickly) I look at **Cummings** as someone with some huge potential, like OC proved to be. His form is fluid and efficient and he ran a great first race. I have high hopes for him. Miles also looked like a different runner. He looked stronger than I've ever seen him. Bowald looked lean and ready to roll and he was determined the whole race. Somehow the **Bovards** ran identical times in separate heats. Hashtag genetics. The mile saw some exciting races. **Alejandro Claure** (by the way, you must recruit Christian, the dancing machine, into cross country), was awesome. Look at his bold racing!! I love it! He's a freshman in his first race and he takes the race out and controls it from the beginning, no hesitation. I LOVE that kind of mentality. Sure, maybe he could have run a few second faster with a more even race, but I think that mentality is way more important than a few seconds right now. That's the mentality of a champion. He hung on at the end for a solid time and I have no doubt he's going to break 5:00 this

year and turn into one of our great stories. **Anthony Lifonti** stole the show and tore it up en route to an extremely strong 5:04. Wow! He was phenomenal. He definitely looks fitter than he's ever been. Anthony Lifonti is someone to watch for. If he stays consistent in his performances, look out. I was really impressed with his racing. Can I tell you about **Connor Kos**? That guy is going to be a champion...I'll bet on it. He's joined track in the worst winter of all time—I mean, he may as well have joined Greenland High School track circa ice age—and he has hung in there. Several haven't made it, but he grinds away. He is such a tough person. I'd bet on him any day of the week. Trust me, in the end if you have the right character long enough, you win out. It might not be right away, but eventually character wins. I love this Connor Kos' toughness. That guy is a winner. Wow, I've been writing for sixteen hours and there are so many more guys to talk about! I've never been so excited in my whole life! How about **David Gleisner**!! This guy...man, this guy is going to be an absolute terror. He runs with passion, joy, and positive mentality. I was telling the other coaches to look out for him. He's been putting in all the extra work. If I say 70-75 minutes, he runs 76 minutes. I love it. He's getting truly fit. He has some big goals and I am not about to doubt them. He is a guy that gets me so excited to come to practice every day. There is no stopping a guy who just lights up and smiles at the thought of competing...and his work ethic matches that competitive excitement. He is a rare person. **Mike Brower**—way to go. Take it to T Brennan. You went for the lead in phase three. There was no hesitation. When last we raced T Brennan was our #1 runner and only about 40 kids in the whole state beat him. Brower said, "I don't care who is in this race, I'm winning this thing." I love his attitude. **T Brennan** meanwhile had a full day of work—I put it to him: 4 x 8 against C Torps, the mile and then the 4 x 4 minutes later. He's going to get a boost from that stimulus. He responded to Brower's challenge and fought for the win. I like Irish mid-distance runners. They enjoy pain like no one! Slainte! How about **Martin Skucas**? Wow. He can be one of the all-time greats. And **Alex Szymanski**! I love this guy! If he trains consistently he's going to be a monster! He's someone who I have a lot of respect for. And his race was one of a champion. He was aggressive and tough. He kept fighting after his aggressive start. I want to continue to see that mentality. **Ben Cachares** has impressed me all winter. It's obvious he's put in a ton of work and I love watching him practice—he's one of the hardest workers on the team.

We ran some fair times, but the meet clearly indicated that we have some work to do. The meet got me fired up. I love the team concept and dirt, mud and grit of cross country, but I love so much the 4 x 8, the mile and the two mile and 4 x 400 so much. I mean the 4 x 8—it's a perfect race and a state title in this event is on my bucket list. The mile...a really perfect event. The focus and determination you need in the mile is a rare thing. So much drama in only 4-5 minutes. The two mile is a mid-distance event, no one knows it. When someone knows it, it is one of the coolest things to watch (like Bernard Lagat). The 4 x 4 is a perfect close to any meet. It brings everyone together. I love track. It's the oldest and purest sport in the world.