

Joliet West Inv.

Saturday, March 1, 2014

4 x 800:

Sieczkowski 66.8—71.4	2:18.3	Benz-Weeden 65.9—70.4	2:16.4
Szymanski 68.4—79.1	2:27.6	O'Callaghan 58.8—62.6	2:01.4
Carollo 70.4—80.4	2:30.8	Brower 64.5—67.8	2:12.3
Wagner 71.9—74.4	2:26.3	C Torpy 61.1—66.2	2:07.2
	9:42.8		8:37.3 2nd

3200:

Laskero 73-76 (2:29) 76-78 (5:04) 80-81-83-77 (5:22)			10:26.3 2nd
Lehnhardt 73-75 (2:29) 76-81 (5:07) 82-84-84-80 (5:31)			10:38.2 3rd
S Torpy 72-72 (2:24) 75-76 (4:56) 77-78-77-73 (5:07)			10:03.6 3rd
Adams 72-72 (2:24) 75-76 (4:56) 77-79-83-82 (5:23)			10:19.8 5th

800:

Lukas 63.4—68.9	2:12.3 1st
Lifonti 66.8—70.9	2:17.6 4th
Brennan 59.6—65.5	2:05.1 2nd
Hetzler 61.5—66.4	2:07.8 3rd

400:

Cummings 63.8	Claire 66.3
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1600:

D Gleisner 69.0—72.4 (2:21) 73.6 (3:35) 71.2 (2:25)			4:46.3 1st
Skucas 69.4—73.8 (2:23) 74.9 (3:38) 70.9 (2:26)			4:49.1 2nd
O'Callaghan 68.0—70.2 (2:18) 71.2 (3:29) 69.4 (2:20)			4:38.7 4th
C Torpy 69.0—69.1 (2:18) 72.6 (3:31) 70.2 (2:22)			4:41.3 6th
Burzinski 68.0—70 (2:19) 74 (3:33) 70 (2:24)			4:43.3 7th

4 x 400:

Yozze 56.1	
Lukas 59.6	Johnson 55.0
Skucas 58.4	Brennan 57.0
Zavala 59.6	Hetzler 56.4
3:53.7 2nd	Milazzo 59.1
	3:47.7 2nd

Comments:

Certainly I did not expect any eye popping times at the meet on Saturday. We are not chasing eye popping times in February. Our training now enables us to get the most out of ourselves; this is a process that takes time. Your goals are not easily achieved. That is why you are going after them.

I've been thrilled with **Nick Carollo** and how dedicated he's been. From getting to incoming freshmen curriculum night and getting names to getting up before zero hour to get his morning runs in, he's been all in. This earned him a spot in the invitational lineup. I know that long term he'll be a successful runner because he is not going to stop working until he is satisfied.

Our F/S 4 x 8 wasn't quite prepared to hurt in the way that you need to for the 800. We'll continue to improve on that as we progress.

Paulie Sieczkowski had some solid time drop from last week's performance. **Denis O'Callaghan** was a monster in the 4 x 800. He passed five teams in his leg. It was fun watching him run people down. I know O'Callaghan feeds off of competition, so I wanted him in a middle leg. He's progressing well and is going to be unbeatable this season. I've been really excited about **Anthony Lifonti's** season so far. He's definitely made some huge improvement and looks like he has the positive and tough mentality needed to take the next step. **Brandon Lukas** is also off to a solid start and was super tough in repelling the late challenge from the field. He didn't hesitate for a second, took control of the race early, ran aggressive and then was tough late in the race...I hope he continues to run in that exact same fashion. You do that and you are going to be a champion. **Tommy Brennan** was also super tough in the 800. The race went out really fast and Tommy got after it and then tried to close down to get the win and came up a hair short. **David Gleisner** and **Martin Skucas** ran like champs in their respective heats. It would have been nice to get them working together, but this also allowed them to practice their ability to win on their own. These early times indicate an exciting 2014 track season is ahead for them.

O'Callaghan and C Torps toughed out the mile and ran on tired legs. **Gregory** got his rust buster out of the way and I am excited about his newly renewed desire to step up and compete for CSHS with class and toughness.

March is a huge month for us. Our training paces will remain varied, but we'll develop our main focus areas in a much bigger way over the next four weeks. If you are willing to work incredibly hard in March you'll have a lot of fun under the lights in April and May.

I know I've said the following ideas a million times, but now is a reminder: We don't want to wish away days. We don't want to say, "I wish it would be 70 degrees out." Two things:

1. Control the controllables. We should control what we can control better than anyone. Things in our control #1: how we think. Everything else, from weather to competition is out of our control and not a concern of ours. We problem solve and improve.
2. Always stay in the process. Stay in the process of day to day improvement and stay in the process during the race. You should focus on the details of each moment and how you can go about maximizing your next segment. Today, being present is a rare thing. People are in hundreds of places all at once, rarely practicing being present. You guys are a special group of people who give your most to each moment. You continue to do that and you'll live a good life.

What will make the difference is the guys who *always* view themselves as a champion. Times in the opening of the season make little difference to me. I know exactly where you are at in our training plan and I have a lot of confidence in our ability to make you razor sharp and fast at the right time of the season, and right now we are training to reach the pinnacle of fitness in May. We aren't waiting, we are training at an elite level. What I do look for is *how* you guys race. I've seen some real fire, passion and excitement to wear the uniform again.