

SWSC Indoor

@Lockport

March 15, 2014

Varsity: 1. H-F—110.5 2. CS—106 3. Joliet West—80 4. Lockport—76 5. Bolingbrook—73

Soph: 1. CS—137.5 2. Lockport—125 3. Bolingbrook—92 4. H-F—68 5. Joliet Central—61.5

4 x 800:

Cummings	66.1—77.5	2:23.6*
Wagner	74.6—74.0	2:28.6
Claire	71.5—78.2	2:31.7
Sieczkowski		2:21.3
		9:43.3 6th

Brower	63.5—74.7	2:18.2
Walter	64.9—73.7	2:18.6
H Becker	67.8—72.5	2:20.3
Benz-Weeden	68.9—79.0	2:27.8
		9:24.9

3200:

Skucas	73-74 (2:27) 75-76 (4:59) 78-79-79-72 (5:09)	10:08.7* 1st
Laskero	73-74 (2:27) 79-78 (5:04) 79-80-79-75 (5:15)	10:19.4* 2nd
D Gleisner	74-74 (2:29) 75-77 (5:02) 78-81-81-81 (5:23)	10:25.4* 3rd
W Becker	73-76 (2:29) 74-76 (5:00) 76-76-77-67 (4:58)	9:58.4 1st
Adams	74-75 (2:29) 74-76 (5:00) 76-76-78-78 (5:10)	10:10.6 3rd
Lahucik	77-84 (2:42) 84-83 (5:30) 84-88-89-83 (5:45)	11:15.8*

800:

Szymanski	70-72	2:23.4*
Stogin	73-76	2:29.4*
Cavalier	72-80	2:33.3*
Hetzler	59.3-64.4	2:03.7*
A Gleisner	61.8-71.3	2:14.2
McMahon	62-77	2:19.7

1600:

Lehnhardt	70.5-72.0 (2:22) 75.8 (3:38) 70.8 (2:27)	4:49.1* 1st
Lukas	70.4-72.5 (2:22) 75.4 (3:38) 71.4 (2:26)	4:49.7 2nd
Lifonti	71.5-73.9 (2:25) 75.9 (3:41) 72.1 (2:28)	4:53.6* 3rd
S Torpy	67.8-67.4 (2:14) 69.5 (3:24) 66.5 (2:16)	4:31.3* 1st
C Torpy	67.2-66.4 (2:13) 71.1 (3:24) 69.0 (2:20)	4:33.7* 4th
Brennan	67.7-68.2 (2:15) 70.5 (3:25) 70.0 (2:20)	4:36.8* 5th

4 x 400:

Abiona	56.7	Johnson	55.9
Cummings	61.7	Parthemore	55.3
Brown	57.0	Caulton	56.1
Yozze	58.8	Hetzler	54.5
	3:54.4 2nd		3:41.8 2nd

Comments:

Friday when we talked before the meet I gave no strategic instructions, no goal times, no tactics, nothing...except to run in a way that visibly displays your desire. Tactics, pacing, and “smart running” is very fixable. But I also know that if you always “run smart” you might miss the moment you can really test yourself and discover something about yourself. Looking back at the meet, I feel good about the risk taking and desire I saw. Can we turn it up another notch? Do we have more to give? If you run from your soul, your gut, your inner self, then you are running in a way that gives you meaning. Some people tell their story through the written word, music...some, god help them, through insta-snap-itter. When you toe the line, when the race gets tough and your back is against the wall, when you find the ability to be aggressive when all you feel like doing is surviving, when you call on your ability to finish what you started, you are expressing, through racing, who you are and what you are all about. Sometimes that has nothing to do with being smart. I didn't want safe, I wanted desire.

Our 4 x 8s were tough races. We didn't get into the race and fell out the back door. It's hard to race a 4 x 8 when the party is going on without you. We had a 4 x 8 on Monday night that got in the pack and rolled. That's one reason I love that race—when it's rolling everyone is hammering. When you fall out of the pack it makes a tough race even tougher. Either way, that race did not look like the last time we tangled with the SWSC in cross country—us dominating. Engaged in training, racing off event, hopefully we'll get in a better experience for those guys next time. **Drew Cummings** managed a solid PR and I like the direction he is heading. It is clear he is going to be a great runner with more consistent training. Our 3200 guys got it rolling. I love watching the passion and confidence of our F/S guys. Each guy, individually and collectively, added an ingredient of toughness. **Martin Skucas** displayed his winner's mentality. He keeps winning because that's what he knows and expects of himself. Pressing the pace early, staying fairly even throughout, he has the mark of an all-time great. I hope as he progresses he continues to make the decisions and have the attitude of a champion, committed to being his best 24 hours a day. If he does that, by the end of four years he is going to have had a special career and be ready to move on to the next level. **David Gleisner** has been so tough. He showed his aggression mid-race, really going after it. He dropped off a bit at the end, but rolled into a PR and will be more ready for some big races come outdoor. We are counting on his attitude and toughness moving forward. I know he's going to be a big part of what we do for the next few years. **Dan Laskero**, carrying some extra weight in his head with the four staples from his collision with a brick wall, came back a day later and ran a PR. Mid race at a few different points I thought he was toast only to see him rally back. I love that! **Kyle Lahucik** got the call the day before to run the 3200 and I was hoping he'd take advantage of the opportunity. Opportunity is not polite—it doesn't wait for you. When it comes, don't hesitate and be bold! Lahucik did just that and managed a sizeable PR. The day before he didn't think he was running, 24 hours later he found a new best version of himself. It doesn't get better than a PR! Meanwhile, **WBecks and Adams** were rolling up front running a very even race. Things got hot late in the race and I loved when the LWE guy took the lead. Fantastic! Let's see how bad WBecks wants this thing. I knew he'd rally back, and he did...without the LWE guy I'm thinking Will doesn't break 10:00. That's why we love competition—it pushes us to find our best. Will responded and became SWSC champion. JJ struggled with his cramping again, so we'll need to figure that one out. Even still, he equaled his PR from outdoor last year, fighting through the pain. Hopefully the outdoor air will help solve this problem because as good as his race was, we know he has been training in a way that would put him under 10:00. I loved watching our F/S 800 threesome before the race. They were into this! They were excited, a little nervous, and ready to go. **Alex Szymanski** got a good PR and is going to be ready for a sub 5:00 in the mile. I'm excited about him. **Stoge** and **Big Lou** also were aggressive. Stoge hammered with 200 to go and made a big move, Lou got it going early and toughed it out to a good PR. We got all three of our varsity runners in the fast heat—that's what we go to races to do. None of those guys are slow heat runners, so let's get in there and race. I knew it would be really fast early on and it went out crazy--:54!! So how did our guys respond? They were equally aggressive. That's how we do it—run the race the right way and soon enough you'll finish it. Good step. Awesome to see **A Gleisner** racing again. **Hetz** is fully capable of a sub 2:00—his 400 time makes me sure of it. He just needs to put it together in a race right now. Come outdoor we want to get that 800 down to the low 1:50s so we have to start putting that race together now. With six guys entered in the mile, Coach Novak pointed out that a good performance would make my weekend, a bad performance would send me home

crying. While I'm not sure about the crying part of it, the thinking about it the rest of the weekend is probably true. We'd had some decent performances by that point and the mile would confirm whether or not this was a positive day. Once again, I was hoping to see desire. The F/S mile was *full of energy*. Track doesn't get better than our mile races on Saturday. We had battles, we had drama, we had tight racing start to finish. The mile will test you. You rarely run away from everyone...it's going to be some real racing. I love that race! Six sophomores pushed the limits on Saturday in a way that gives you something to believe in. Our first three each raced with competitive fire. **B Lukas** got the race going early, not hesitating a moment. I love how he is racing this season. **Maximus** followed behind and decided he was going to join the front line with B Lukas. They were steamrolling through the first half of the race. Meanwhile **Lifonti** was embroiled in a battle right behind them, attempting to break 5:00 for the first time, but focused on racing first and foremost. He could have eased to a 4:58-9, instead he was *racing*. B Lukas got the jump and took off, Max was done...or was he? He rallied back and those two studs raced home, pushing each other to another level. Lifonti battled back to rally past the competition to a 1-2-3 finish. This completed a 1-2-3 F/S sweep of both the 3200 and 1600! Three more lined up in the varsity race, anticipating some decent competition. They went through 400 in 67 and I was curious what would come next. In the mile you need to commit to each 400 segment. The 2nd and 3rd 400s are where greatness lies. Most stop applying the pressure only to finish wishing their time was 3-5 seconds faster. Where did they leave those precious ticks on the clock? Laps 2/3. So when I saw **Chris Torpy** make a jump in the second 400 and blast his way to the front and open a lead with a 66 split I suddenly felt that jolt of adrenaline that only comes when something suddenly special might be happening. How about that? You race in a way that inspire, motivates, excites people? Afterward Chris said, "I thought I should go for it." C Torps has a champion's mentality that is elite. There is elite talent, elite training, elite attention to detail, elite lifestyle, and elite mentality. The other categories are, for the most part, tangible. The elite mentality is not as tangible, but I feel it is just as easily recognizable. He has it. His move got the race going to another level. **S Torps** decided his brother wouldn't have all the fun to himself, so he joined C Torps up front. Suddenly, as Coach Novak pointed out, my decade old premonition that a state title would come to us when we got twins up front seemed to be unfolding before my eyes. **Tommy Brennan** wasn't about to be left out, so we rallied back as well. **S Torpy** got the jump over the field; his boldness would prove to be the difference as he raced to a SWSC title. All three studs nailed down PRs, and I saw a variety of forms of desire from all three. I was happy. Not satisfied though—the runner from H-F who took 2nd ultimately is one place where we lost the meet (by four point). If our three beat him we would have won. This leaves us in a good spot: we have many of the ingredients necessary to be great. We have some momentum. But we also are not satisfied. This combination could prove to be lethal. One last thought that I had last year at this time: IF YOU ARE THINKING ABOUT WHAT IS GOING WRONG IN YOUR LIFE, YOU CANNOT BE THINKING ABOUT WHAT IT TAKES TO MAKE IT RIGHT

This same mentality can apply to racing. If you are thinking about the pain, if you are hoping the race will just end, if you are praying that the guy behind you doesn't make a move, then you are focusing on the wrong thing. Let's continue to focus on being toughest at those toughest moments by finding ways to be champions even when we feel at our worst.

Past Results that may interest you:

Zach Dahleen (Soph. SWSC Indoor, March 23, 2007) 2:05 (4x8), 4:53, 56.3 (4x4) Ended '07 with a 1:56 and 4:24.

Kyle Meyer (Soph. Lemont indoor, March 15, 2008) 2:15. Ended year with a 2:01

Tom Sideras (Soph. SWSC Indoor, March, 26, 2005) 2:10/5:01. Ended year with 1:59/4:37

Tim Kelly (Senior SWSC Indoor, March 29, 2003) 2:04/4:35. Ended year with 1:57/4:17

Tom Sideras (Senior, SWSC Indoor, March 23, 2007) 2:04/2:03 Ended year with 1:55/4:22

Kevin Adamowski (Senior, SWSC Indoor, March 23, 2007) 2:00/4:37. Ended season with 1:53/4:16

Kevin O'Flaherty (Freshman, SWSC Indoor, March 27, 2009) 2:20/5:05. Ended season with 2:01/4:40

Elliot Hevel (Joliet West Indoor, Feb. 28, 2009) 9:59. Ended season with 9:31.

Dennis O'Flaherty (SWSC Indoor, March 27, 2009) 2:06. Ended season with 1:56

Dennis O'Callaghan (SWSC Indoor, March 12, 2011) 2:16. Ended season with 2:03

Derek Hevel (SWSC Indoor, March 10, 2012) 4:46. Ended season with 4:23 and 1:54.