

CRANDIC Indoor, March 8, 2002

	Varsity	Junior Varsity
Shot Put	Elliott- 37-8 (2nd, PR) Wagner- 27-8.5	Kreiger- 26-2.5 Sherry- 22-6.5
Long Jump	Strickland- 15-0 (3rd) Tutson- 13-9	Hichwa- 14-1 Hesseltine- NR Evans- 13-9.5 Ploessl- 13-6
High Jump	Branstetter- 5-2 (2nd, tied PR)	
600m Dash	Kara Evans- 1:58.2 (4th) Newton- 1:51.6 (1st)	
3000 Meter Run	B. Russo- 12:33.5 (4th) Olson- 12:57.20 (5th)	Lane- 13:29.4 (2nd)
55 Meter Hurdles	Whiting- 8.5 (1st) Giovanelli- 9.9	Dreier- 9.10 (3rd varsity) Kimmel- 10.9 Krumm- 9.5 Roelf- 10.2
55 Meter Dash	Wagner- 7.8 (4th) Frantz- 7.9 (6th)	Ploessl- 7.9(5th) Hesseltine- 7.8(2nd) Meineke- 8.0 Goebel- 8.8 Roberts- 8.2 Crabtree- 9.3 Crawford- 9.0 Gbasha- 8.3
4 x 800 Relay	Rodriguez, Keely, Gill, Arora 2:54 2:58 2:47 2:50 11:30.0 (5th)	
300 Meter Dash	Struve- 47.7 Full- 44.4 (1st)	Boyd- 46.7 Strickland- 45.4(2nd V) Schallau- 48.4 Lyendecker- 46.1 Krumm- 47.8 Sherry- 45.9 (3rd V)
1500 Meter Run	Towers- 5:58 Pringle- 5:54 (6th)	Rethwisch- 6:08.4 (5th) Snider- 6:31.9 Rodriguez- 6:08.3 (4th)
4 x 1 Lap Relay	Tutson, Lynch, Frantz, Dreier 31.6 31.3 31.4 29.5 2:03.6 (2nd)	Gbasha, Roberts, Goebel, Oakley 35.8 33.9 37.3 35.7 Kimmel, Herlein, Crawford, Crabtree 34.0 33.3 38.8 39.9 Evans, Ploessl, Kamber, Whiting 32.6 32.3 31.4 31.2 2:07 Hesseltine, Roelf, Meineke, Wagner 32.8 34.3 33.7 32.2 2:16 Kreiger, Hichwa, Giovanelli, Wyss 35.4 31.5 33.5 33.9 2:14
400 Meter Dash		
8 Lap Medley 1, 1, 2, 4 laps	Strickland, Tutson, Struve, Newton 30.6 31.6 72.2 2:49 4:53.9 (1st)	Herlein, Oakley, Kamber, Gill 33.4 35.8 81.3 3:00 5:31.1 Wyss, Belmont, Sherry, Evans

		33.3	30.8	71.8	3:06	5:22
800 Meter Run		Lilithane- 3:25.4 Wisely- 3:20.6 (3rd)				
4 x 400 Meter	Krei, Lynch, Full , Lyendecker 65.3 66.0 63.0 64.5 4:18.5 (2nd)	Dreier, Belmont, Boyd, Schallau 65.2 66.2 68.5 71.6 4:31.5				

COMMENTS:

A very solid effort by many of our younger runners in their first competition of the year. To have the number of kids perform at this level early in March shows what you have been doing in training. A few notable performances: Jessica Elliott's 37-8 throw in the shot for a new PR, Jessie Branstetter's 5-2 high jumps ties a PR, EVERYONE in the open 300 under 49 seconds, Kelsie Full with a win in the 300 and a 63.0 split in the 4 x 4, Virginia Dreier's 29.4 212m split, Newton and Whiting with convincing wins in their open events. I would also like to congratulate a number of people who were in their first competition ever: Katie Sherry, Tyesha Crawford, Shara Oakley, and Kayla Crabtree. These girls overcame the fear of competition to do quite well for the first time out. Also, there are a number of girls who have made incredible improvements from last year to this: Julia Snider, Stephanie Schallau, Kelly Sherry, and Kate Rethwish all deserve special recognition for the effort they have put forth so far this season.

One comment about our mindset for competition. In order to compete to the best of your ability, you must go on the track with the attitude that you are there to crush someone. You must be more than determined, you must be merciless in your approach to racing. It is this attitude that separates a champion from someone who is simply good. You cannot run well if you are scared. Scared of the competition, scared of the pain, or scared of what others will think. If you run this way, you won't accomplish your goals. The only way to overcome these fears is by focusing on what we do every day in practice. If you are running a 400, and are scared that you won't be able to handle the pain in the last 100 meters, how will you ever get over that fear if you don't feel it in practice. It is time for many of us to step up our practice intensity so that you know what it feels like BEFORE you have to experience it in a race.

Finally, one thing that I and the other coaches noticed about the meet last night is how few people were around at the end to see the 4 x 4's. There were probably 10 people who left the meet early, and another 10 who asked to. The expectation that we have is that EVERYONE will stay until the end of the meet to support their teammates. Only the rarest of circumstances should prevent this. There are no other sports where kids will leave after they have finished competing. Even the kids who sit on the bench in football will stay through the entire sophomore game and the entire varsity game before they leave. I have the same expectations of our track team. We are first and foremost a TEAM. In order to be a team, we must be able and willing to sacrifice ourselves to support others. I would also like to see fewer people go home from meets with parents. I know that this can cause some extra traveling to the high school to pick you up, but the trip home is a place where we get to not only enjoy our performance, but enjoy being with each other. The camaraderie that you have with each other will be a big indicator of the kind of success that we will have this season. Let's enjoy that.

We have two meets coming up this week. Everyone will compete in one of the two. ISU will be a varsity meet, the U of Iowa meet will be one where the 9th and JV teams will compete.