

Raider Track News

"There's nothing that cleanses your soul like getting the hell kicked out of you. —Woody Hayes"

Raider(s) Of The Meet - The **Raider Of The Meet** award will be given to the athlete(s) that through their performances, caught the attention of the Coaches. This week, the Coaches have selected Ania Gniatczyk, Mikayla Jacoby, and Katyla Sims as our **Raiders Of The Meet**. **Congratulations!**

St. Charles North Invitational

On a day that was full of sunshine....and wind, The Raiders were ready at St. Charles North. There were several good performances but the ones that stood out to me were Ania Gniatczyk and her 800 split, Maggie Bair in the shot, Claire Hill in the triple and long, the JV Sprint Relays (Katyla Sims, Lanya Pulliam, Lily Taylor, India Lucas, Justyna Kruczalak) and The Varsity Sprinters overcoming adversity. For our first outdoor meet, The Raiders were knocking off some rust. While we didn't perform our best, we were competitive. For those of you with State aspirations, it's time to get yourselves in gear! We are 4 weeks away from Conference and 5 from Sectional. This season is starting to fly by!!

Coach Crissey - It was a strong start for the 2017 outdoor season for the throwers. In shot, Maggie Bair picked up from where she left off with a mark just over 31 feet. Nikki Newman and Dayo Fatuga showed promise last week end with a mark of 26-4 and 23 feet, respectively. Discus, which seems to be a favorite of the throwers, was finally on display. Taylor Pickens set a new PR, while Ashley Dodge picked up from where she left off at sectionals with a mark of 91 feet. Grayson Breen launched one to 111-10. That's only 2-feet off of the 2A state qualifying standard. Good start ladies.

Coach Orlow - After a great week of workouts our effort didn't show up at the meet for most. The thing is it was our first outdoor meet and your hard work will pay off in a couple of weeks. We did have some great PR races. Ella McLaren in the 4x8 800m with a 2:47.5 split and Bianca Montenegro with a 5 second PR of 2:53.36. The Distance runner of the meet Mikayla Jacoby ran a 2 minute PR in the 3200m with a 14:22.42. Also in the 3200m Katie King ran a 12:59.04 for her best time in that race. Filling out the distance runners PR's was Kat Acabal who ran a 9 second PR in the open 800m with a 2:50.26.

Coach Tacchi/Crenshaw - Missing quite a few athletes, overall we were just average. Perhaps it was the wind or maybe it was rust, we must do better if we want to truly accomplish anything this year. I really thought the JV Relays came ready to run. This was unexpected but a pleasant surprise. Maybe they finally got serious. Whatever the reason, here's hoping Katyla Sims, Cameron Rogers, Lanya Pulliam, Lily Taylor, India Lucas, and Justyna Kruczalak, keep the momentum going. To the Varsity sprinters, I think we are just scratching on the surface. Digging deeper will net you better results! Claire Hill, it's good to see you jumping your best! Maiya Todd - you just might be a quarter miler! Ania Gniatczyk - nice double today! Let's not be satisfied and continue to get after it!

Team Quote - "I've learned that fear limits you and your vision. It serves as blinders to what may be just a few steps down the road for you. The journey is valuable, but believing in your talents, your abilities, and your self-worth can empower you to walk down an even brighter path. Transforming fear into freedom - how great is that? - Soledad O'Brien

