

Raider Track News

"The way get started is to quit talking and begin doing." -Walt Disney

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 Grayson Breen, Katie King, Claire Hill, Joslynn Hibbler and Ali Salt **as our Raiders Of The Meet. Congratulations!**

RB Quad/Raider Invite

The Raiders had 2 meets in 3 days and offered up their best performances to date. With a combined 69 PR's with 37 Career Bests, it would be tough to not be excited. These are the meets we were waiting for all year. Those time when things seem to come together. With way too many kids to name, we have to highlight Grayson Breen. All Grayson did was throw 120-03 On Tuesday, just to come back and smash that throw with a toss of 125-00.25! Awesome! Courtney Knight looks like she's rounding into shape with great performances on Tuesday and Thursday! Katie King had her moment running to an all-time best 5:49.16 in the 1600! Joslynn Hibbler had a great meet Thursday running critical legs in the sprint relays and also posting a career best 31-11 in the triple jump. Ali Salt crushed her 800 PR, Claire Hill - had 2 career PR's in the LJ & TJ, and Krista Kreshpanji blistered her previous record in the 300 H.

Coach Crissey - Welcome Back!!! The throwers have started to show their dominance. This last week we accumulated PRs from every single thrower! What a great experience for everyone. Lots of throwers came out of their shell, especially Kaya Cloutier and Ciara Jackson! CeCe FINALLY tossed a mark of 34-6. Maggie Bair continues to show consistency with her marks in Shot. I do expect big things from her as we come down the stretch. Huge congrats to Grayson Breen. Grayson launched two throwers of disc over 120 feet. At the Raider Invite, Grayson threw a PR and Class 2A 3rd best mark of 125-1/2 feet. Congrats!!!

Coach Orlow - Riverside Brookfield 4-11-17 - The distance team's awesome job at competing gave us an outstanding night of great times. Starting off with the 3200m and ending with the 4x400 relay we had a whole box full of PR's. In the 3200m both Kendall Arlasky (14:32) and Ali Salt 14:05) ran PR times. Abby Schlenker got out strong in the 400m and ran a super time of 67.34. In the 300LH Hurdles Julia Clingen (58.93) attacked the race with a fierce competitive heart. An incredible race developed in the 1600m which enabled most to run to PRs or season bests. Danae Kay (6:48) raced to a 34 second PR while her attachment Fay Kay (6:39) broke her best by 3 seconds. The mighty Frosh Ella McClaren (6:30) hit a 4 second PR and trying to impress her new coach and did Courtney Knight (5:52) stuck her nose in it for a season best time. The last race of the night saw many tough performances in the 4x400 relay including Grace Gibson (74.0) who got passed down the straight and came back to pass her opponent right at the finish line to earn distance running of the meet and a PR. The Distance Team had a phenomenal **Raider Invite!** Every event saw someone get a Personal Record. Starting with the 3200 relay where five athletes ran to PRs. Ali Salt (2:47.71) and Fay Kay (2:56.23) both dropped 8 seconds on their best times. Sydney Arlasky (3:02.34), Ella McClaren (2:46.25) and Kat Acabal (2:48.56) all dropped 2 seconds on their previous fastest 800m times. All helped Sophie Nelson, Emily Weigand and Courtney Knight earn third place finishes. In the 3200m Kendall Arlasky (14:31.67) got a huge PR while Fay Kay (14:56.56) and Abby Schlenker (12:06) raced to season best times. Abby also did a great job of getting third place team points. In the 800m Kylie Miskovic (3:21.26) ran to PR. All of our 1600m entries hit personal records. In the JV race Ali Salt (6:13.0) and Mikayla Jacoby (6:27.24) both shattered their previous marks. In the varsity race Katie King (5:49.16) ran the best race of her high school career placing fifth. Julia Clingen (5:59.38) also broke the 6 minute barrier earning a PR time. With their outstanding performances of the night Ali Salt braking her 800m and 1600m PR's and Katie King running a text book 1600m both earned Raider of the Meet.

Coach Tacchi/Crenshaw - It seems we never quite know what to expect. Generally, Tuesday meets don't offer great performances, but this meet was an exception. It all started with Bianca Lupa jumping 4-06, Lamya Pulliam running 68.06 in the 400, and an overall solid performance from the varsity sprinters who ran 4 events. Apparently, Tuesday launched them to new heights on Thursday at the Raider Invitational. Taking momentum from Tuesday, The Varsity had an incredible evening of sprints combining for several PR's and seasons best in the sprint relays. The JV Relays also ran their best to continue the momentum! A BIG thank you goes out to TeJanae Tate for jumping in to the 4X4 coming of an open 200. Now that's a tough double. Highlights from the evening included Suvannah Williams going 63 in the 400, Claire Hill hitting 14-07 in the long jump, Joslynn Hibbler starting our relays off, and chipping in a career day in the triple Jump. Korriana Wilson PR in the Triple, Ania Gniatczyk, PR in the 400, Krista Kreshpanji - career PR in the 300 H, and additional PR's from Shellaney Smith, Katyla Sims, India Lucas, Emma Guiot, My'Ana Sanders, Amara Bodine, & Akayla Dixon, all added to a fantastic evening. Well done Raiders. Where we go from here is entirely up to you!

Team Quote - "One way to keep momentum going is to have constantly greater goals." - Michael Korda