

SOAR Student Training Progress Week 1- 2 Mile Bench, 3 Mile Long

Student / WK 1	3-Oct	5-Oct	7-Oct	Total Miles Weekly	Total Miles YTD	Total Miles Owed	Average Training Time / WK	Wkly Min / Mile	YTD Min / Mile
Armenia, Maria	22:28	21:45	31:26	7.0	7.0		25:13	10:48	10:48
Beliveau, Zack				0.0	0.0	7.0	#DIV/0!	#DIV/0!	00:00
Breault, Charlie	24:28	22:22	37:22	7.0	7.0		28:04	12:02	12:02
Cabrera, Alexis	17:36	17:31	28:45	7.0	7.0		21:17	09:07	09:07
Cain, Nicholas	19:36	21:34		4.0	4.0	3.0	20:35	10:18	10:18
Carroll-Tramble, Kamari	23:12	24:01	36:34	7.0	7.0		27:56	11:58	11:58
Chavarin, Robert	14:30	18:53	29:10	7.0	7.0		20:51	08:56	08:56
Choballa, Daija	18:25	19:24	30:40	7.0	7.0		22:50	09:47	09:47
Commons, Carlee	18:25	19:11	30:46	7.0	7.0		22:47	09:46	09:46
Corona, Luis	21:02		29:15	5.0	5.0	2.0	25:09	10:03	10:03
Dalgan, Abraham	20:56	23:00		4.0	4.0	3.0	21:58	10:59	10:59
DeLaPaz, Jonathan	19:10	19:24	30:46	7.0	7.0		23:07	09:54	09:54
Diaz, Nadia	24:28	25:48	40:55	7.0	7.0		30:24	13:02	13:02
Doughergy, Eric	23:51	28:29		4.0	4.0	3.0	26:10	13:05	13:05
Estrada, Aimee	20:26	22:23	33:48	7.0	7.0		25:32	10:57	10:57
Ford, Elizabeth	22:09	20:55	31:40	7.0	7.0		24:55	10:41	10:41
Garcia, Dale	22:47	24:20	35:13	7.0	7.0		27:27	11:46	11:46
Gaytan, Peter	21:44	22:07	30:46	7.0	7.0		24:52	10:40	10:40
Godinez, Isis	22:30	23:00		4.0	7.0	3.0	22:45	11:22	11:22
Green, Hannah	15:21	16:41	24:36	7.0	7.0		18:53	08:05	08:05
Hoglo, Lukas	24:07	24:05	33:16	7.0	7.0		27:09	11:38	11:38
Hoglo, Wyatt	15:29	16:02	24:23	7.0	7.0		18:38	07:59	07:59
Islas, Willow	24:07	25:07	37:42	7.0	7.0		28:59	12:25	12:25
Kim, Hana	20:46	23:25		4.0	4.0	3.0	22:05	11:03	11:03
Kuhlman, Kevin	14:26	16:19	23:46	7.0	7.0		18:10	07:47	07:47
Lagunas, Jocelyln	19:47	19:56		4.0	4.0	3.0	19:52	09:56	09:56
Mendoza, Alejandro	21:28	22:56	39:00	7.0	7.0		07:48	11:55	11:55
Nadeau, Kelly	18:55	20:42	30:31	7.0	7.0		23:23	10:01	10:01
Olsen, Schuyler	Waived	22:04	35:39	5.0	5.0		28:51	11:33	11:33
Perez, Ally	21:39	24:14	31:29	7.0	7.0		25:47	11:03	11:03
Philips, Ryan	18:54	18:57	28:53	7.0	7.0		22:15	09:32	09:32
Rojas, Jaret	15:44	15:36	23:46	7.0	7.0		18:22	07:52	07:52
Seifert, Angelica	20:11	21:13	31:50	7.0	7.0		24:25	10:28	10:28
Solis, Johnny	14:21			2.0	2.0	5.0	14:21	07:10	07:10
Song, Erin	23:59	25:25		4.0	4.0	3.0	24:42	12:21	12:21
Spiker, Katelyn	20:10	21:30		4.0	4.0	3.0	20:50	10:25	10:25
Toothman, Anika	22:26	21:45	33:28	7.0	7.0		25:53	11:06	11:06
Vazquez, Valeria	21:49	24:52	37:19	7.0	7.0		28:00	12:00	12:00
Ziamba, Matthew	23:12	28:29	41:37	7.0	7.0		31:06	13:20	13:20

1) LA Cancer Challenge 5K departure time is 6:00am, Sunday, October 29th. Meet at Lowes. Permission slips to Coach Sarkissian ASAP!
2) Program Info Night Wednesday October 11th. 7-830pm Attendance mandatory - all students and one parent / legal guardian.

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3) SOAR HOLIDAY 50/50 RAFFLE KICKS OFF SATURDAY 10/23! ALL PROCEEDS TO BENEFIT STUDENTS OFF AND RUNNING!

4) SUPPORT SOAR 2018! Team FUNraiser California Pizza Kitchen Thursday November 9th!!!!

5) All weekly and total mile results highlighted in RED indicate miles owed. YOU are responsible for arranging all makeup miles with a coach! Miles owed must be made up by Thursday, October 26th at coaches discretion to participate in the LA Cancer Challenge 5K.

6) Check out SOAR-SC.org. Like us on Facebook at www.facebook.com/soarsantaclarita - Instagram SOAR_SC - Snapchat - SOAR_SC

7) Keep Training Hard! YOU ARE EXCEPTIONAL!!!! ÷D