



TIGER TRACKS

The Joliet West Girls' Cross Country Newsletter—For all Your Lady Tiger News!

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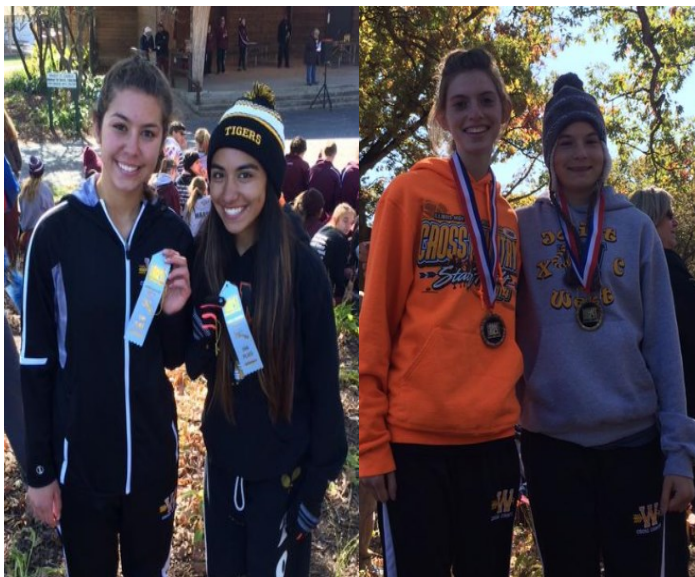
I Hope You Had the Time of Your Life

At the October 16th Joliet West football game the girls cross country seniors were honored. The runners and their parents were announced and thanked for their participation while walking down the track. Participating seniors included four-year varsity athletes Courtney Rubino and Charlotte Youell. Abbey O'Brien and Ashleigh Campos, who have been part of the team for three years, were honored as well. The team will also be saying farewell to four-year varsity athlete Kiersten Perry who was unable to attend the event. Senior Yasandra Ortiz will be graduating with the class of 2016. New runners this year Ashley "Potato" Crowe and Angela Spencer-Wietting will also be graduating this year. The girls will be moving on to bigger adventures and will be greatly missed by the team.



Tough Tigers

The 2015 SWSC Blue Conference meet was held at Dellwood Park, one of the toughest courses in the state, and hosted by Lockport Township High School. The runners faced a 5K course with many steep hills, which included a .5 mile incline in the third mile. Runners were focused on place over time in this race. The Freshman/Sophomore race was the first of the day and the girls ran well. Kasprisin(22:48) and Cahue(23:02) both placed in the top 16. Varsity placed 5th overall at the meet, just 12 points behind Bolingbrook. Senior Perry(19:46) earned an all conference medal placing in the top 16 varsity runners. Sophomore Maddie Blaauw(19:09) was the SWSC Blue Conference Champion. All runners put in a lot of effort and saw great results. For many of the Tigers this was their last race of the 2015 cross country season. Next week marks the beginning of the post season where 12 runners will continue their efforts in order to move on to the Sectional and State meet. Good luck in the post season ladies!



F/S athletes Kasprisin and Cahue along with varsity runners Blaauw and Perry

“Mental will is a muscle that needs exercise , just like the muscle s of the body.” -Lynn Jennings