



# TIGER TRACKS

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

Volume 2 Issue 1

## Summer Time Running

Summer time miles lay down the base for the cross country season and many coaches consider these runs to be the most important. The summer of '16 was an exciting one for the Lady Tigers! The storms caused for many cancellations but the team did not let thunder and lightning stop them from experiencing new places to run. Girls met Monday through Thursday during June and July as a team. The Joliet West girls put in lots of hard work to get ready for the challenges ahead. Some highlights include running the Lakeshore in windy downtown Chicago and completing a 10 mile path at Kankakee State Park. Girls also enjoyed running hills at the Indiana Dunes. Several of the teams Varsity runners hit the 500 mile mark for the summer. A few girls went above and beyond, which includes Maddie Blauuw who clocked over 800 miles this summer.



Chicago Summer Trip— Running the lake shore!

## Taking Time to Help Others

Over the summer members of the Joliet West Girls Cross Country team took time to volunteer at the Cache Creek Animal Shelter. During the experience the girls played with kittens and walked dogs. Throughout the season the girls will be participating in other team volunteer experiences.



Getting in a tough hill workout at the Indiana Dunes!

## Upcoming Events

- 8/22: First Meet @ Yorkville
- 8/27: Team Carwash
- 8/30: Pre-Season Conditioner
- 9/3: TF South Meet

Looking for a good pair of running shoes? A new running shoe is needed about every 500 miles in order to keep legs healthy. Check out DNA athletics to get a perfect fit!

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