



TIGER TRACKS

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

Volume 2 Issue 2

Fighting Foxes

On Monday, August 22nd the first meet of the 2016 Girls' Cross Country season took place at the scenic Hoover Educational Center in Yorkville, IL. For many of the team members this was their first ever three mile race. Highlights of the meet include Maddie Blaauw's (18:44) 7th place finish and Erica Nurczyk beating her personal record (PR). Along with these accomplishments Sarah Wise and Lexi Calderon both met their first goals of the season. The team members write their goal times on tiles and display them in the locker-room. Once a goal time is reached the girls get to shatter their tile and set a new goal. The act is looked at as a celebration! The Fighting Foxes Invitational was a great start to the season and the Joliet West girls will keep making improvements as the season moves forward.



The team warming up for their first race of the year!

Working at the Carwash

This past weekend the team participated in a fundraiser carwash. The day started out gloomy but the sun started shining shortly after the event started. The girls were busy all day washing community member's cars and ended up making a great profit for the team. The girls had a great time singing during this great teambuilding activity.



Maddie "Mad Dog" Blaauw takes 7th place

Upcoming Events

- 9/3: TF South Meet
- 9/5: No School-Labor Day
- 9/10: Steelmen invite
- 9/17: Richard Springs Invite

"Most people run a race to see who is fastest. I run a race to see who has the most guts." Steve Prefontaine