



TIGER TRACKS

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

Volume 1 Issue 2



Izzy Bohanek & Marina Rico trying out their new shoes.

These Kicks Are Made for Running!

On August 22nd the Tigers took a trip to DNA Athletics to get fitted for running shoes and spikes. The store allowed the girls to get some great discounts on shoes, gear and other running related items. Training shoes and spikes are one of the few pieces of equipment needed by a runner. Trainers should be replaced every 500 miles and spikes about every three seasons. Worn out shoes can cause many problems for runners. This can range from an increase of stress on your legs to overworking joints, which can lead to injuries. If you are looking for a great place to get some new kicks check out DNA.

Anything but Normal

This week was the first week of competition for the 2015 cross country season. The girls competed against both sides of the SWSC conference during the pre-season meet held at Channahon Community Park on Tuesday, August 25th. The meet was a great starting point for the season and the team left excited by the opportunities to come. On Saturday the team made the long trek down to Normal's Maxwell Park to run at the Normal West Invite. The meet included a three-mile and two-mile race. Many returning runners beat their times from the previous season. The girls put in a lot of effort during their races and were able to see the benefits of their hard work. If this week sets the tone for the rest of the season the team is looking at a year full of success.

Upcoming Events

- 9/4 Talent Show
- 9/5 TF South Meet
- 9/7 No School
- 9/8 Twin Day
- 9/9 Open House
- 9/12 Steelmen Invite



Ashleigh Campos & Taylor Sveda

Holding up the team in Normal, IL.

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

2015 GIRLS CROSS COUNTRY TEAM

Head Coach: Matt Almon Assistant Coach: Kelly Halusek. Erica Nurczyk, Alexis Calderon, Dakota Wascom, Tatiana Cahue Faye Zolp, Jennifer Gomez, Jessica Newby, Ja'nyah Brown, Maddie Blaauw, Faith Cemenno, MariaAngelica Martinez, Arian-na Short, Ysandra Ortiz, Andrea Perez, Lauren Gratzke, Emi Candelas, Angela Spencer-Wietting, Pamela Sanchez, Josy Garcia, Payton Cooley, Ashleigh Campos, Courtney Rubino, Marina Rico, Kiersten Perry, Marissa Baugh, Amanda Long, Ashley Crowe, Taylor Sveda, Izzy Bohanek, Eliya Tulloch, Abigail O'Brien, Daiyana Young, Charlotte Youell, Grace Turner Vyanet Aarias, Madasen Kasprisin, Kassandra Cazares, Bella Betlejeski and Danille Durak.

