



TIGER TRACKS

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

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Macnider Invitational

Saturday September 24th the Tigers ran at Harper College in the Hoffman Estates Invitational. This was the first time the team participated in this race. The weather was perfect for running and the girls were pumped up from the week's homecoming events. The day started with the varsity race made up of ten runners. In the race Maddie Blaauw (14), Ashley Lang(19) and Yesenia Suarez (22) placed for the team. The race was unique in their awards for top runners. In the varsity race the top 25 received T-Shirts instead of medals or trophies. The last race for the girls was the open. The scene was beautiful as hundreds of girls ran along the lake and up a very steep incline. The course was not only scenic but also longer. The distance from start to finish was 3.1 miles, or a 5K, instead of the normal 3 miles. The girls still dominated the day with 22 out of the 28 runners earning personal records (PRs) or season bests. Along with this amazing team accomplishment Freshman Ashley Lang and Yesenia Suarez are now in the top 20 overall runners for the program. This was a great weekend for the Tigers and the team plans to continue with the successes seen at this meet.



Homecoming Happenings

This past week Joliet West High School celebrated homecoming with a variety of events. Each day throughout the week there was a different theme, including comfy day and spirit day. On Tuesday the theme carried over to practice and girls along with Coach Almon dressed in their Disney best. Another exciting moment was during the pep assembly where senior runner MariaAngelica was voted Homecoming Queen. The crowd went wild as her name was called and she was crowned. MariaAngelica is the third cross country runner to win the title of Homecoming Queen. In 2015 Courtney Rubino was named Queen and in 2013 Elizabeth Sanchez took the crown. MariaAngelica is also one of the team captains and is full of Tiger Pride. On a daily basis at practice she cheers on her teammates and encourages them through hard workouts. On meet days she is always the team member to congratulate runners on their race and ensure that team is led through their warm-ups and cool-downs. It was great to see MariaAngelica be recognized.

TIGERS



MariaAngelica wins Homecoming Queen

Disney Day at school & Practice

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