



# TIGER TRACKS

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

Volume 1 Issue 6

## Dress Your Best



Tigers ready to run in their dresses

The Tigers celebrated their schools homecoming this week with many fun activities. School activities included the powderpuff game where Juniors won over the Seniors. Participants included Rubino, Campos, Sveda and Martinez. The team celebrated homecoming week with a “wear your old dress” themed practice. Many girls came to practice with their old homecoming dresses paired with their running shoes. A big congratulations is due to Senior Courtney Rubino who won the 2015 Joliet West Homecoming Queen title. Congratulations Courtney!

## Tigers in Tinley

This week the Joliet West Girls Cross Country team raced at the 53rd annual Tolefree/Farley invitational hosted by Tinley Park High School in Midlothian Meadows forest preserve. The races started off on the right foot as Tigers placed first by just four points in the Freshman/Sophomore race. Scoring runners included Sanchez (20:47) and Rico (20:48); Sophomore Marina Rico achieved a season PR. Coming in third for the team was Betlejeski(21:04) and the fourth Tiger was Newby(21:08). Short(22:37) finished her race with a kick as the fifth runner for the team. Freshman Danielle Durak(24:21) and Erica Nurczyk(24:07) gave a great effort in the race as the sixth and seventh runners. On the Varsity Level, runners earned third place with 75 points behind Lincoln-Way East’s 51 points and first place Marist High School’s 38 points. Blaauw (18:53) won the varsity race and Youell(19:04) placed second. Scorers Perry(19:31) placed fifth, Baugh(21:31) placed 33rd and Bohanek(21:40) placed 34th. Sophomore Madasen Kasprisin (22:01) ran as the sixth varsity runner coming in at 42nd place. Finishing seventh for the varsity Tigers was Senior Ashley “Potato” Crowe(24:44) in her first varsity race of the year. Open runners put in a great effort this weekend. Highlights include Campos’ 26th place finish with Sveda close behind. The girls had a great weekend of races and will have to continue to work hard in order to achieve their team goals.



*"Run the first two miles with your head and the last mile with your heart"*—Unknown

## Tigers Give Back

After a long day of school and practice several lady Tigers decided to spend their free time at the Feed My Starving Children organization. The girls, coaches and other volunteers packed meals that will travel to Haiti and be given to malnourished children. The team not only had a great time but made a difference. If you are looking for a great way to spend a few hours Feed My Starving Children is the place to go and they welcome all volunteers.

