



T-Bolt ATHLETE OF THE WEEK

Week of October 11th

THIS WEEK'S RECIPIENT: BEN MORREY – BOYS CROSS COUNTRY

REPORT FROM HEAD COACH

Ben has been our number 1 runner and team leader all year long. At the Conference meet on Saturday, he finished 3rd place individually and helped lead our team to a 3rd place finish. In running his personal best time of the year, Ben beat several runners who had beaten him in previous races this season. His dedication and work-ethic at practice have been an example for our team throughout the entire season and he has matured into a leader. Ben has earned a reputation as one of the best runners in our conference and has high hopes for the IHSA post-season which starts this week.



ALSO NOMINATED THIS WEEK:

Krysta Stanko – Girls Cross Country