



T-Bolt ATHLETE OF THE WEEK

Week of October 12th

THIS WEEK'S RECIPIENT: COLLIN LANDERS – CROSS COUNTRY

REPORT FROM HEAD COACH

Collin ran a lifetime best of 16:45 for 3 miles at the conference meet - this was a near 30 second improvement over his previous best time. Collin has been a consistent presence in our program for the past 4 seasons. He is an extremely hard worker who has been a role model for all of his teammates throughout his career. He has been a member of our varsity post-season squad since his sophomore year, and has been our 3rd or 4th finisher in every race this season. He is the kind of athlete that represents Andrew with class in everything he does!



ALSO NOMINATED THIS WEEK:

Ella Lim – Girls Swim/Dive

Ava Shervino – Girls Cross Country