



T-BOLT ATHLETE OF THE MONTH FEBRUARY 2019

THIS MONTH'S RECIPIENT: JOHN BICKEL – TRACK & FIELD

REPORT FROM HEAD COACH

John had an outstanding weekend for the Bolts Track and Field Team at the Normal West Invitational, which had 31 teams attending and some of the fastest athletes in the country attending. John set a season best time of 7.12 seconds as he went on to win the 60m dash. He came back hours later to set another season best time as he won the 200m dash. He is now ranked in the top 10 in both races in the state. Lastly, John and three teammates took 2nd place overall in the 4x200m Relay, which currently is in the top 5 fastest times in the state.

