



T-Bolt ATHLETE OF THE WEEK

Week of September 21st

THIS WEEK'S RECIPIENT: LUKE SNEDDEN – CROSS COUNTRY

REPORT FROM HEAD COACH

Luke has been our top finisher in every race he has run this year. This past week he turned in his seasonal best performance in taking the individual title in our meet against Stagg. On a daily basis Luke puts in more miles than anyone else in our program. He leads the way in all of our workouts, and is a model for our younger athletes - he shows just how far hard work will take you!! He has made a name for himself in the sport and is the one athlete all of our opponents know about and look out for when we compete against them!



ALSO NOMINATED THIS WEEK:

Chloe Krueger – Girls Cross Country

Alyssa Cozzolino – Girls Tennis