



T-Bolt ATHLETE OF THE WEEK

Week of October 23rd

THIS WEEK'S RECIPIENT: Natalie Orbon – Girls' Cross Country

REPORT FROM HEAD COACH

Natalie ran a lifetime best 3-mile race at the IHSA sectional meet on October 28th, 2023. Her time of 19:36 was 13 seconds faster than her previous best time. Natalie fought through an injury to complete the season by running faster than she has ever ran before!



ALSO NOMINATED THIS WEEK:

Reese DeVriendt – Boys' Cross Country