



T-Bolt ATHLETE OF THE WEEK

Week of October 19th

THIS WEEK'S RECIPIENT: TIM RYAN – CROSS COUNTRY

REPORT FROM HEAD COACH

Timmy has been a standout member of our team for the past three seasons. He is an exceptionally hard worker who never backs down from a challenge and is always willing to go the extra mile. He is a great teammate and is beloved by everyone around our program. While he has consistently been a top 5 runner for us all season, this past weekend he set the tone for the day by finishing 4th in the first flight of the day beating the 5th runner from every team other than Lincoln-Way East. This proved huge in lowering our score (which is a good thing in cross-country) and helping us to earn a spot in the Sectional Meet. He finished the day as our 3rd runner - probably his best ever day as a T-Bolt XC runner!!



ALSO NOMINATED THIS WEEK:

Isabelle Vaccaro – Girls Cross Country

Stephanie Vogt – Girls Swim/Dive