

Varsity Glue – Tyler Yeager – Tyler has been a rock for our team this year. He has been steady throughout the whole season, stepping up for every single workout and race. He has never had a bad race. He has worked extremely hard to get healthy this year, and now the talent and hard work is paying off. His leadership has definitely contributed to our team's improvement throughout the season so far!

Varsity Nails – Michael Miller – Michael ran some varsity races last year, but this year he's become one of our most reliable runners. He has looked strong in practices all season, but over the last two weeks, his racing has improved tremendously. Against York he was our #3 runner, and last week against OPRF he was our #2 runner! It's no coincidence that our team has been more successful since Michael has stepped up big time in races!

JV1 Glue – Chuck Halden - Chuck has set an example of great attendance, attitude, and effort and how that translates to racing for our team. He has become a major part of the JV1 team, finishing as our 2nd guy against OPRF.

JV1 Nails – Anthony Nitti – Anthony ran the top freshman time at Camera Park this year. He applied the best race strategy of the year and we look forward to continued performances in the future.

JV2 Glue – Henry Blatchford - Henry has attended every race and practice possible, and continues to show unwavering dedication even as he works through injury. He is a great example of hard work and continues to train smart so that he can continue to improve as much as possible. Even while facing recent challenges due to injury, he managed to run hard and finish 5th on his team.

JV2 Nails – Sebastian Zysk - Sebastian's last race featured an impressive finish and a remarkable 4-minute drop in time from his last race. His confidence before, during, and after this race were undeniable, and this sets him up for even more success and celebration in the coming weeks of the season.

Varsity Glue – Colin Hess

Colin has been the glue for this team for several years. He is a truly a team player. After every race, Colin asks how the team did before he wants to discuss his own personal race. Colin has dealt with many injuries over the last three years, but he keeps putting in the work to get back in order to help the team. The team relies on Colin's leadership each week!

Varsity Nails – Pierce Cousins

Pierce Cousins is one of the best runners in the state of Illinois, and he has been improving each week. Pierce recorded his first individual victory last week against a very good York team. Pierce ran the perfect race, taking the lead at the end and holding on to win. We look forward to continued improvement and more great races from Pierce!

Group 2 Glue – Paolo Carino

Paolo is a great person, runner, and teammate. He has made many significant contributions to our program over the last three years. Whether it's on or off the course, Paolo is a team player. When he's healthy, he leads group 2 in runs and workouts. If he's hurt, he leads our group of injured runners through fitness, yoga, and rehab drills. He has established himself as a leader of this team!

Group 2 Nails – Owen Reifel

Owen was not expected to help our varsity team this year, as he is only a sophomore. However, Owen has worked incredibly hard and finished as varsity's 7th man last week! He continues to develop every day, and the sky is the limit for Owen! We look forward to seeing his progression and development as he continues to make his mark on the varsity squad!

Group 3 Glue – Max Southwell

Max Southwell has been the quiet leader among Group 3. Max shows up every day ready to work and always puts in his best efforts. Max always makes sure he has done all the flexies, abs or yoga routines when asked and leads our team.

Group 3 Nails – Mark Low

Mark Low has been dealing with some injuries the past few years, but when he gets out on a race, he really shows what he's made of. This past week, Mark had one of the best finishers, if not the best from all our runners. He made a move right at the turn into the finish to catch the York runner. They were neck and neck until Mark outlasted the York runner and pulled away.

Varsity Glue – Luke Kaslewicz – Luke is usually a top seven runner for our varsity, but he's dealt with various injuries since the season started. Despite his injuries, Luke is one of the hardest workers on the team. Every day he stays after practice to do extra drills and workouts. He is a workhorse, and he shows the younger guys how to chase your goals in the face of adversity.

Varsity Nails – Zach Hoffman – Zach is an excellent runner who has battled injuries throughout the last three years. After recovering from an injury this summer, Zach is back! He had a great first race back, finishing 2nd in 18:38. The varsity team is glad to see Zach racing again!

JV1 Glue – Danny Ahern – Danny has been a strong leader on this team for a couple years. He is the savvy veteran leading group 2, and he gets the job done every single day. He's a good role model for younger runners and is a contributor to the team in so many ways.

JV1 Nails – Anthony Nitti – Anthony is an extremely talented runner with a bright future in the sport. Each week he is learning how to improve in training and racing. It's starting to show, as each week he is racing better. This week he finished 4th overall at Proviso West!

JV2 Glue – Thomas Whyte – Thomas is a leader and a huge asset to this team. He is a leader within his training group, taking charge of drills and workout routines during practice. Thomas' hard work and commitment to the team does not go unnoticed!

JV2 Nails – Cam Keller – Cam is really starting to develop as a runner. It starts in practice with Cam, as the hard work is starting to pay off in races. He ran at great race at Proviso, and the future is bright for Cam as a runner!

Varsity Glue - Andrew Dauksas - has stepped up this year as a major leader and great teammate. His ability to motivate teammates is inspiring. He pushes the team every day and continues to improve himself and others.

Varsity Nails - Luke Cavan – Luke is a guy that's been working hard throughout the entire season. He's been coming to practices and improving on every run, and it shows in the races. This is his first year running Cross Country, and he's proof that by working hard you could move up to varsity.

JV1 Glue - Daniel Carpenter - Leads group 2 on workouts and training runs. Pushes his teammates and sets a good example. Has become a very important part of group 2. Isn't afraid to lead the charge up front in JV1 races.

JV1 Nails - Matthew Verbiscer - Putting in hard and consistent work every week. Challenges himself at every practice and has a strong work ethic. Has made huge improvements since last year, and has spent his first two races near the front of the pack.

JV2 Glue – Jacob Ordonia – Has suffered through numerous injuries but continues to be resilient and tough. Finished as the team's 7th runner in the JV3 race after missing some time due to an arm injury. Great example of hard work and determination.

JV2 Nails – Tim Meehan – The hard work is starting to pay off. Tim had a great race, finishing as the team's #4 runner in the JV2 race. Tim has improved each week and he ran 19:35 this week...a good time for a freshman!

Week #1

Glue and Nails

Downers Grove North

Varsity Glue- Ben McGrath Consistent leadership and care for the team through the summer and into our first meet. Great example of effort and handwork paying off and supporting the team.

Varsity Nails- Sullivan Monteith Best summer of training and commitment to running with a improved performance and a top 7 finish on our team in the first week.

JV1 Glue- Drew Bennett Very dependable in every way as a teammate and athlete. It is obvious his care and interest for his teammates and the program and is a good example of effort and determination.

JV1 Nails- Gio Hernandez Surprise top finisher for our group as a freshmen. Very competitive effort and setting the stage for a good career at West in distance running.

JV2 Glue- Ryan Odiet His commitment to improvement from last year has not gone unnoticed. Ryan is an example to others in hard work and positive attitude can make a difference for themselves and the team.

JV2 Nails- Marcel Slowikowski First year athlete, lead the team in the two mile race at DGN. Marcel's willingness to show the effort of a track sprinter in a distance sport has been great and will lead to future benefits in track and the rest of this season.