

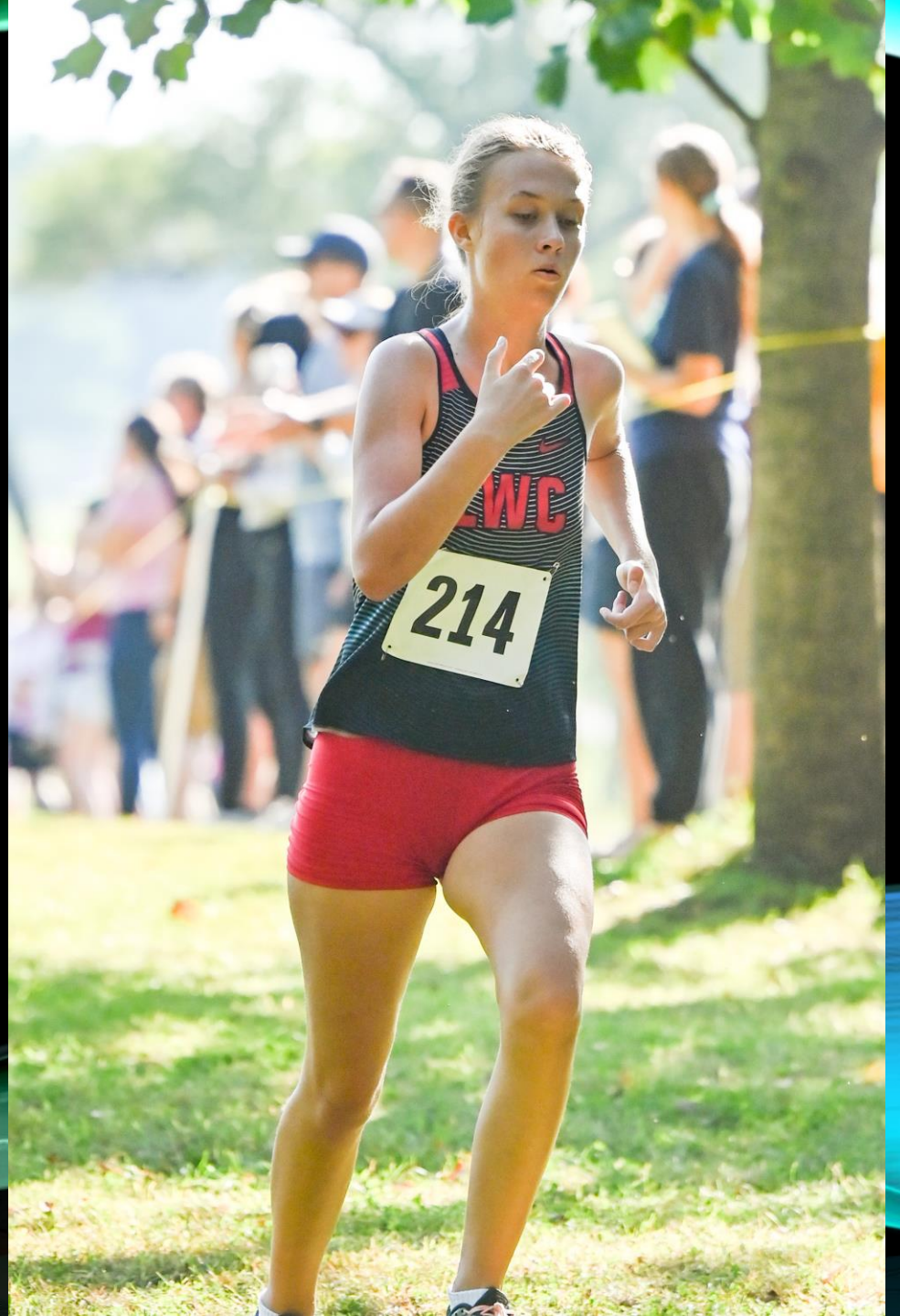
LWC GIRLS' XC AWARDS NIGHT 2022



ROOKIE OF THE YEAR

- “Isabella is actually one of the best people I know. She impressed me the first day I met her with her kindness and wonderful conversation skills and then blew me away with her work ethic and POWER in her races. She is truly a remarkable athlete who put in the effort and work this team needs, and I am so proud of all of her accomplishments. Can’t wait to see what else is in store for her!!”
- “Beacon of light 🌟🌟🌟”
- “She brought positivity and light to this team which influenced the dynamic of the team in a good way. 👍”
- “Isabella truly demonstrates the value in constantly working hard. All season and the summer leading up she kept on working hard everyday and it really showed during races. During workouts she always pushed everyone with herself to help keep us accountable.

**ROOKIE OF
THE YEAR**
ISABELLA HAYS



LWC GIRLS' XC AWARDS NIGHT 2022



MOST IMPROVED

- “For her first season of high school running and even being new to running she did amazing this year. I'm so proud of her. The first time she crossed that finish line I was crying tears of joy for her. She built up and did it!! Woooooo!!!”
- “Olivia's improvement over the season was amazing. It was incredible to watch her work up to racing 3 miles and then improving with every race. Her work ethic and drive are so slay 🙌🙌🙌🙌”
- “Olivia has done so much since the beginning of the season. During every single race she tried her hardest and eventually she got the 3 miles down with a smile on her face. Never gave up :]”
- “She went from only running one mile to running three in 27 minutes! That's amazing!”

**MOST
IMPROVED
OLIVIA SMULDERS**



LWC GIRLS' XC AWARDS NIGHT 2022



GUTSY KNIGHT

- “Nadia works extremely hard during both practice and meets. We have seen her exhibit her intense dedication to this team and sport so many times. One meet that really stands out to me is when she lost one of her shoes with one mile left, and she still fought super hard and finished/demolished the race.”
- “She is such a strong runner and friend. I loved how determined she was throughout the season.”
- “NADS IS SO GOATED. She constantly give a full effort and never backs down. She’s an absolute brick wall on the course NOTHING CAN BREAK HER 🙌🙌🙌🙌 Keep slaying Nads.”
- “She literally always gives her best and always prepares for races and workouts. Everything she does she makes sure she gives it her all and tries her best.”
- “In so many races Nadia was pushing the pace and pushing Ruby and I to succeed. Nadia carried the team through the course with her gravitational pull.”

**GUTSY
KNIGHT
NADIA BOWDEN**



LWC GIRLS' XC AWARDS NIGHT 2022



BEST TEAMMATE

- “Addie is an extremely positive and uplifting teammate and friend. Addie is always there to make me smile. She is so encouraging and kind to everyone. The team would not be the same without her.”
- She is so considerate and definitely puts in the effort. Addie is so strong and is always there cheering everyone on! this award has her name written all over it!
- “She always cheers the loudest and is there to make you feel positive and make you feel proud of yourself even if you think you didn’t do well. She always makes sure you know that you did your best and that’s all you can do.”
- “I’m am so appreciative and happy that Addie was my running partner. Her personality, attitude, and AMAZING playlist made practice so much better. Addie is also very encouraging and makes the run fly by. She is so positive and just an over all upbeat person that makes the practice environment very enjoyable.”

**BEST
TEAMMATE
ADDIE ROBITZ**



LWC GIRLS' XC AWARDS NIGHT 2022



MVP

- “Claire deserves this title so much. Our team would not be the same without her. She is the glue that holds us together. Claire is one of the most determined, kind and hardworking people you will ever meet. Claire is constantly working hard to not only improve herself as a runner but to improve the overall team.”
- “From workouts to races to like every single run ever Claire always radiates positivity and energy. She is a great leader for the team especially in races. She goes out there, sets the pace, and does what she is best at (slaying) she slays the competition down, everyone is her son. I do not know a single person from the SWSC IHSA region state that is not owned by Claire Carter. I also have never in my life heard a single negative word come out of Claire Carter's mouth on the start line, she is the most driven, positive, caring person I have ever met. She is the definition of MVP frfr Claire Carter is the potus please vote Claire Carter”
- “Claire always has such a positive attitude to preform well on all her races, she always gives it 100% and does amazing!!”
- “She is an awesome runner and person! She absolutely is a leader and definitely deserves this award.”
- “Just is”

MVP
CLAIRE CARTER





CROSS COUNTRY
LINCOLN-WAY CENTRAL

LINCOLN-WAY CENTRAL
CROSS COUNTRY

LINCOLN-WAY CENTRAL
KNIGHTS
CROSS COUNTRY

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KNIGHTS
CROSS COUNTRY

LINCOLN-WAY
CROSS COUNTRY

AIR FORCE

LWC

LINCOLN-WAY CENTRAL
CROSS COUNTRY

LINCOLN-WAY CENTRAL
KNIGHTS

LINCOLN-WAY
CROSS COUNTRY

LWC
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