

LWC GIRLS' XC AWARDS NIGHT 2023



ROOKIE OF THE YEAR

- “Jillian runs with the best of them and works just as hard. She never takes a day off and never backs down from a hard workout!”
- “When I saw Jillian run at Verona she killed it and I knew big things were coming. She ran fresh soph and killed it and transitioned very well into varsity. She dropped so much time and her hard work shows it.”
- “Jillian was the best surprise! she came and put herself out there and works so hard!”
- “She started off on fresh soph and worked extremely hard to get to varsity.”
- “Jillian is an absolute boss. She kicks butt on the courses and is an extremely strong runner. She’s only a freshman, but she’s one of the fastest runners on the team. She works so hard and it’s evident in her races. Not only is she an incredible athlete, she is also a super sweet person. Jillian has already achieved so much this season, and I can’t wait to see what she does in the years to come.”
- Jillian always seems to have a smile on her face, and whenever I have talked to her she is overly sweet amazing.

ROOKIE OF THE YEAR JILLIAN DAVIES



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GUTSY KNIGHT

- “Mia is so hardworking and deserves all the success she has reaped throughout this season. She is an inspiring runner undeniably. She is also so funny and her randomness is appreciated. I am just very proud of her and everything she has accomplished.”
- “Mia always works super super hard in every race. Even when she was struggling she pushed through and didn't let it get to her. She smiles all the time and is a great inspiration!”
- “Mia always tries her very best at practices and at meets even when she is not feeling her best. She is a competitor and I know that our team can always rely on her if need be. Mia can take pressure and she is overall just a very reliable teammate.”
- “Mia is an amazing athlete, person, and teammate. She always gives her best for the team in races and she makes sure to keep things fun in practice and before meets.”
- “Mia always battles through hard races and practices. When she's not feeling good she still does her best and never gives up and still runs amazing.”

GUTSY KNIGHT MIA FORYSTEK



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KNIGHT OF THE YEAR

- “Brea is an incredible runner. She has broken school and district records for cross country and she will do so much more. However, she is also so funny and has a massive impact on the community of our team. She is not just a phenomenal athlete. She is an amazing person.”
- “Brea is a super amazing teammate and she is super funny. She works so hard and it is super awesome to watch her race. She has done so many incredible things this season and she has such a bright future ahead of her. She is also a great teammate! She is such a strong runner and it was super cool to see her get out super quick in every race and not being afraid to lead in super big races. She works so hard in every race and she is such an inspiration!”
- “Brea has been a phenomenal addition to our team. From winning many of the races to getting All-State there is no doubt she is deserving of this award! She shows every level of sportsmanship but not only on the course. Off the course she is humble, kind, and willing to help others in any way she can. Brea shows characteristics of everything one would want on their team. She is so deserving of this award in every way! So proud of you!!”

KNIGHT OF THE YEAR

- “Brea is amazing! You can tell she truly loves the sport and the team, her attitude towards running is so good especially for someone so young experiencing so much success. She always makes sure to keep things fun while giving her best which sets a great example even though she's only a freshman. She made this year so much fun and really made an impact on the team culture!”
- “Brea is an excellent leader, she is super competitive and cares so much about running and this team. She ran some incredible times this season and continues to impress everyone. She always has a positive attitude and shows so much dedication to the team.”
- “Brea is a true competitor and always gives 100% at races even if she is all alone. She has done a lot for the team leading the varsity group and is always very positive and excited for races. She is the definition of hard work and her races show that”
- “Brea has been an amazing leader to this team, and being able to lead the time as a freshman is beyond impressive and something to be noticed. Her times and effort have been beyond amazing for herself and this team.”

KNIGHT OF THE YEAR BREA COUNIHAN



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BEACON OF LIGHT

- “Brooke does an amazing job leading our team even when bad races occur. She is always giving people rides home and does a great job strengthening the bonds on our team. Every time I see Brooke she is always in a welcoming mood and does a great job motivating our team to success!”
- “She was so welcoming at the beginning of the season and was so helpful in every way. Her positive and bright attitude made it fun to run with her during the summer and that helped make running a part of my day I looked forward to. Brooke is always encouraging during runs, she seems to always be smiling and helping someone out. She also helps out so much for the team behind the scenes and is such an inspiring teammate. She really deserves this award because she works so hard everyday.”
- “Always thinking about other people”

BEACON OF LIGHT

- “Brooke is always so helpful and kind she gives so many people rides home and is just so positive. She’s always trying to help and is so amazing!”
- “Brooke is a true beacon of light. She makes an effort to connect with others and is very helpful at encouraging/hyping up teammates before a race. If she's not racing she is out on the course cheering. She also does lots of behind the scene stuff and is ALWAYS the last person to leave. She is also the bus driver basically for many people and that, just the little things makes a big difference in the team environment”
- “She is always there for everyone if it’s someone you need to talk to, or from simply needing a ride somewhere. She stays after every race to see if there’s anything she can do to help and genuinely cares for everyone on this team.”

BEACON OF LIGHT

BROOKE BITTNER



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MOST IMPROVED

- “Nadia has spent a lot of this season focusing on her mental strength and overall racing mentality. As one of her close friends seeing her struggle was so hard but watching her overcome her struggles and finish strong in her races is something I admire. Watching her PR at sectionals brought me so much joy and continuously putting in great effort to achieve her goals is so great!”
- “Nadia is truly an amazing runner who has faced several challenges running wise this year. She has pushed through them and overall had a great season. I am so proud and so lucky to have her as a teammate!!”
- “Nadia dropped lots of time from her junior year to her senior year. She worked super hard in every workout and she has changed so much since she was a freshman! She has worked so hard all her 4 years at Central and she is a great teammate as well!”
- Nadia dropped so much time this season. Her dedication to training is insane!!

**MOST
IMPROVED
NADIA BOWDEN**



