



# ATHLETE *of the* WEEK



**January 23, 2023**

*Zayna Nasrah*



The Athlete of the Week is Zayna Nasrah. Zayna is a junior, captain of the WHS varsity wrestling team. Zayna joined the wrestling team because she loves participating in athletics. More specifically, Zayna enjoys wrestling because it requires physical and mental toughness and tests her speed, skill, strength, and endurance. Zayna's goal for this year is to place at CCS and move up to a higher division. Zayna also enjoys participating in wrestling tournaments, learning new moves, and teaching skills to new WHS wrestlers. Wrestling has also taught Zayna the importance of hard work and consistency. Zayna balances school and wrestling by completing all her work and assignments outside of practice. Of the "8 Conditions," as it applies to wrestling, Zayna resonates most with **Leadership & Responsibility.**

**Woodside Athletic Department**  
*Study hard, practice hard, play hard!*