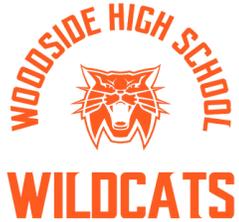


Woodside High School

Athlete of the Week



Helen Velleno
October 16, 2023



Helen is a junior on the Girls Varsity Water Polo team.

Helen was a swimmer, so it has been a natural transition to high school water polo. Helen enjoys the team aspect of water polo the most.



In the future, Helen hopes to go to college and study Sports Medicine. For this season, Helen hopes to have team success in the CCS tournament. Helen balances water polo and academics by completing her school work during her free period.

Of the "8 Conditions," Helen resonates most with **Fun & Excitement** because she says, "Water Polo is fun."

**Woodside High School
Athletic Department**

"Work hard, study hard, play hard"