Woodside High School
Athlete of the Week
October 19, 2020

Marlena Louis

The Athlete of the Week is Marlena Louis. Marlena is a senior on the WHS soccer and lacrosse teams. On the soccer team, she plays center midfield, and in lacrosse, she has played almost every position but primarily plays defense. So far, her greatest accomplishment is being an ECNL Spring League Cross Regional Playoff Champion. Between lacrosse and soccer, Marlena prefers to play soccer because she has played soccer her entire life. She says that she wouldn't know where or who she would be without it. Along with playing for the WHS soccer team, Marlena also plays for the Star Academy club team. Marlena says her favorite aspect of soccer is the competitive atmosphere. Her future goal is to play on a college soccer team, but she will continue to practice on her own time and workout with friends if that does not happen. Marlena balances school and sports by using a planner and staying on top of her work. Of the “8 Conditions,” Marlena says that her sport resonates most with Belonging because of her team's strong and supportive community. Marlena says, “Our team supports each other, works together to achieve our goals, and makes amazing memories while doing something we love.”

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