



# ATHLETE *of the* WEEK



**November 8, 2021**

*Sophie Simpson*



The Athlete of the Week is Sophie Simpson. Sophie is a senior goalie for the WHS girls varsity water polo team. Sophie has been swimming her whole life and when introduced to water polo, she wanted to participate in high school. Sophie says about water polo, “It became a sport I love and my outlet from school.” The team community and her teammates is what brings her the most joy from water polo. In the future, Sophie hopes to go into sports medicine. Sophie balances school and water polo by keeping herself organized and not falling behind on her school work. Of the “8 Conditions,” Sophie resonates most with **Spirit and Adventure** because she says, “Each game and practice is a new challenge and adventure.” Coach Cara says, “Sophie has been a terrific goalie all season for our girls water polo team. In last week's CCS play-in game, she allowed 2 goals in the first quarter, and then did not allow another goal the rest of the game! She had 11 blocks and shut down HMB's offense.”

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