

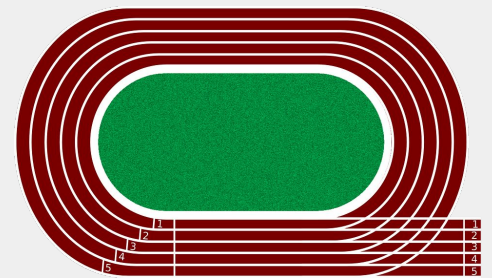


# ATHLETE *of the* WEEK



**February 27, 2023**

*Bridget Reynolds*



The Athlete of the Week is Bridget Reynolds. Bridget is a junior, thrower on the WHS Varsity Track and Field team. Bridget participates in Track because it was a suggestion from WHS Strength and Conditioning coach Dan Peterson. Bridget enjoys throwing because it challenges her both physically and mentally. For this track season, Bridget hopes to throw 45 feet in the shot put and 150 feet in the discus. Bridget balances school and track by completing all her work and assignments around practice time. Of the “8 Conditions,” as it applies to track, Bridget resonates most with Sense of Accomplishment and Fun and Excitement.

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