



# ATHLETE *of the* WEEK



**February 28, 2022**

*AJ Richter*



The Athlete of the Week is AJ Richter. AJ is a member of the WHS varsity wrestling team. AJ became interested in wrestling after hearing about it during a WHS presentation while in middle school. AJ enjoys wrestling because it is a very challenging sport. In addition, AJ has met great friends while wrestling at WHS. After high school, AJ wants to continue to wrestle in college. AJ balances school with wrestling by practicing good time management in order to complete all homework and classwork on time. In addition, AJ says, "Wrestling helps put me in a better mindset to do my homework." Of the "8 Conditions," AJ resonates most with **Belonging, Leadership & Responsibility, and Confidence to Take Action**. Most recently, AJ qualified and participated in the CIF State Wrestling Meet in Bakersfield, CA on February 24-25, 2022 becoming the first WHS wrestler in recent memory to qualify for this wrestling tournament.

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