



ATHLETE *of the* WEEK



March 14, 2022

Annyella Mills



The Athlete of the Week is Annyella Mills. Annyella is a sophomore goalie on the WHS varsity girls lacrosse team. Annyella plays lacrosse because it seemed like an exciting sport and she wanted to expand on her athletic skills and try something new. Annyella enjoys lacrosse because she loves being challenged and has made tons of friends. She also enjoys the supportive team environment as seen after each game when the team runs up and hits her helmet as a sign of good sportsmanship and effort. After high school, Annyella hopes to go to a four year college and major in something she is passionate about like Social Work, Healthcare, Environmental Studies, or Mathematics. Annyella balances school and lacrosse by prioritizing her tasks. She says, "It can be difficult juggling extra things you are doing, plus schoolwork and sports, so you have to make sure that you don't overload your schedule." Of the "8 Conditions," Annyella resonates most with **Confidence to Take Action** because a big part of lacrosse is practicing, setting goals for yourself, and getting better.

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