

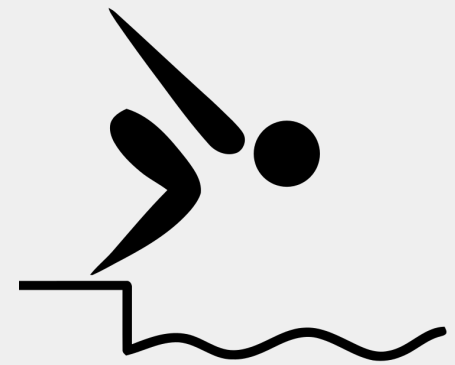


ATHLETE *of the* WEEK

March 20, 2023



Kate Stevenson



The Athlete of the Week is Kate Stevenson. Kate is a sophomore member of the WHS Swim team. Kate has been a swimmer most of her life and she enjoys swimming because of the challenge to improve her times. For this season, Kate hopes to qualify for CCS in the 200 free relay. Kate balances school and swim by taking advantage of tutorial time and practicing good time management. Of the “8 Conditions,” as it applies to swimming, Kate resonates most with **Sense of Accomplishment** and **Fun & Excitement** because it is always fun when she does well. Coach Stephanie Couch says, “Sophomore Kate Stevenson gives 110 percent every day in practice! Her dedication to swimming shows in her performance as one of our top 500 freestylers and 100 breast. Kate has high goals set for her swim season!”

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