



# ATHLETE *of the* WEEK



**September 27, 2021**

*Adin Helfand*



The Athlete of the Week is Adin Helfand. Adin is a senior and plays third doubles on the starting roster on the WHS girls varsity tennis team. Adin decided to play tennis because she wanted to form a solid friend group on the courts. Adin also says, “I also decided to play tennis because it’s a sport that you get to play your entire life.” The team aspect of tennis is what gives Adin the most joy because it combines a healthy balance of working with other players and being self motivated as an individual. In the future, Adin hopes to go to graduate from college, go on to earn an MBA, and continue playing tennis. Adin balances her academic and athletic responsibilities by using her school planner and dividing her time to make sure she’s meeting her deadlines and completing her school work. Of the “8 Conditions,” Adin resonates most with **Sense of Accomplishment** because she says, “Playing tennis really allows you to improve your own skills because you see how your own score reflects upon you, as opposed to a team sport where the score reflects upon the whole team. Tennis really allows you to see your own score and build upon your own skills.”

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