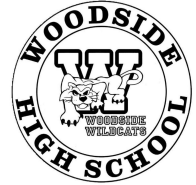


Woodside High School

Athlete of the Week

October 28, 2019



Boys Varsity Water Polo

The Athletes of the Week is the boys varsity water polo team. The team has finished with an overall record of 18-6 (10-0 League). They are the 2019 PAL Bay Division champions. This is the first time since 1980 that the WHS boys water polo team has won a league title. The most significant victories of the season have both been against Menlo Atherton. In order to reach this goal, the team practices in the weightroom, does dry lands, conditions, and swims. The varsity team is a mix of sophomores, juniors, and seniors. Team captain Duncan Vaughan says, “the MVP of the boys varsity water polo team is Kai Seed. He is a goalie and there would be ‘no team’ without him. Since Kai is the goalie, he gives the team confidence because he is a great shot blocker.” Of the “8 Conditons,” the team resonates most with **Sense of Accomplishment** because of their PAL Bay Division Championship.

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