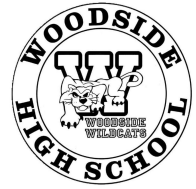


Woodside High School

Athlete of the Week

December 2, 2019



Calvin Kapral

The Athlete of the Week is Calvin Kapral. Calvin is a junior center on the WHS varsity basketball team. He is a highly experienced basketball player who has been playing competitively since third grade. He is able to balance his academics and athletics by studying and doing homework during tutorial and before practice. If Calvin were given the chance to compete against anyone it would be Dirk Nowitski, a retired basketball player from the Dallas Mavericks. Both his coaches and teammates inspire him to be a good person and work hard. He plays basketball because he feels as though it is fun and he loves the competitive, team atmosphere. After high school, he plans to play college basketball. His advice to his peers is to “never stop working hard to help find and build your confidence.” Calvin’s coach would describe him as being “passionate and hard working.” Calvin is excited that when the basketball team comes across challenges in a game, the team gets through it by trusting each other and playing the game correctly. Of the “8 Conditions,” Calvin resonates most with **Sense of Accomplishment** because he is seeing the team’s hard work start to pay off.

Woodside Athletic Department

Study hard, practice hard, play hard!