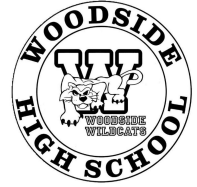


Woodside High School

Athlete of the Week

December 9, 2019



Hali Newman

The Athlete of the Week is Hali Newman. Hali is a senior captain on the WHS varsity wrestling team and wrestles in the 150 pound weight class. Hali has been wrestling competitively for just one year but participated in off season wrestling to help improve her skills. She would say she is fairly experienced but believes there is always room for improvement. As a way to balance her academics and athletics, she utilizes tutorial to get her studying and homework done before practice. Hali's inspiration comes from the WHS team because without them, she wouldn't have the drive to improve. She enjoys wrestling because not only is it a sport, but it has allowed her to become more self confident in everything that she does. For that reason, she doesn't want to participate in any other sport. After high school, she wants to attend and wrestle at San Francisco State University and pursue her bachelors degree in music. Of the "8 Conditions," Hali resonates most with **Confidence to Take Action** because in wrestling, she has to take chances, even risky ones, in order to come out on top. Hali says that "there is no better place to be confident than on the wrestling mats."

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