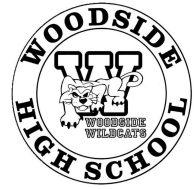


Woodside High School

Athlete of the Week

November 25, 2019



Kai Seed

The Athlete of the Week is Kai Seed. Kai is a junior goalkeeper on the WHS boys varsity water polo team. He is a very experienced water polo player and has been playing competitively for the last five years. He balances his academics and athletics by doing his homework and studying after practice. If given the chance to compete against any athlete in any sport, it would be Steph Curry. His inspiration comes from current WHS boys water polo coach Bruno Antonino. Kai also plays on the WHS lacrosse team in the spring and plays both sports because he considers them fun, team games. His advice to all WHS athletes is “to try hard in practice and work out in the weight room.” Kai’s goal after high school is to play college water polo. Of the “8 Conditions,” Kai resonates most with **Sense of Accomplishment** because the varsity water polo team won the 2019 PAL Bay Division title and made it to the CCS semi-finals for the first time in school history.

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