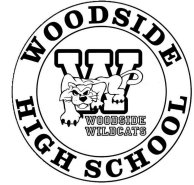


Woodside High School

Athlete of the Week
September 16, 2019



Lucy Worden

The Athlete of the Week is Lucy Worden. Lucy is a sophomore who plays as an offset on the varsity girls water polo team. This is her second year playing competitive water polo and she believes she still has much room to grow as a player. She balances her school work and athletics by studying before and after practice. If Lucy were given the opportunity to compete against anyone it would be against Katie Ledecky, an American competitive swimmer. Her mom is her inspiration for playing water polo and she continues to play because it is fun and competitive. Even though she is only a sophomore, she plans on swimming competitively in college. She believes that “the best way to overcome issues in a game, competition, or life in general is to push forward because that’s all you really can do.” Lucy loves playing water polo because of the friendships she has made with her teammates. The “8 Conditions” that Lucy resonates most with are **Leadership and Responsibility** and **Fun and Excitement** because water polo has helped her become a leader and the team is a constant source of fun and excitement.

Woodside Athletic Department

Study hard, practice hard, play hard!