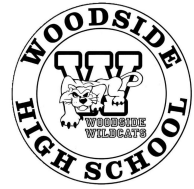


Woodside High School

Athlete of the Week

November 4, 2019



Nathan Bowman

The Athlete of the Week is Nathan Bowman. Nathan is a senior captain of the varsity cross country team. He is a highly experienced distance runner who has been running competitively since fifth grade. He balances his athletics and academics by using effective time management and coordinating and communicating with his teachers on a regular basis. If he could run and compete against anybody it would be against teammate Casey Orton. Nathan likes to run cross country because he likes the competition and constant improvement of his times. His team and friends are very supportive and understanding when it comes to his athletic time demands. Of the “8 Conditions,” Nathan resonates most with **Sense of Accomplishment** because of the improvement he sees in himself and his team.

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