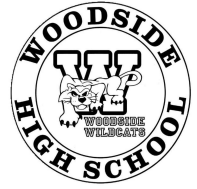


Woodside High School

Athlete of the Week

February 3, 2020



Rebecca Noy

The Athlete of the Week is Rebecca Noy. Rebecca is a senior captain on the WHS varsity cheer team. She started cheering because it is a combination of dance, gymnastics and stunt. The sense of teamwork the team exhibits when they start stunting brings her the most joy because it builds up their team connection and respect for each other. Rebecca's fondest memory of WHS cheer came last year at Nationals, when she got to perform with her teammates on stage in front of multiple judges at Disneyland. Rebecca hopes to cheer in college and her biggest cheer accomplishment was going to Disneyland for Nationals last February. Her ultimate cheer achievement this year is learning many new stunts and cheer routines. She is able to balance her athletic and school life by being organized and practicing good time management. Of the "8 Conditions," Rebecca resonates most with **Sense of Belonging** because cheer is team sport and in order to keep everyone safe during the stunts, team members must respect each other, the cheer routine, and maintain a close knit community. For Rebecca, the best part of being an athlete at Woodside is the **Sense of Belonging** within the WHS athletic community.

Woodside Athletic Department

Study hard, practice hard, play hard!