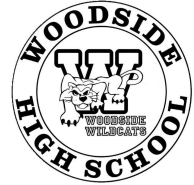


# Woodside High School

## Athlete of the Week

October 21, 2019



Sarah Perry

The Athlete of the Week is Sarah Perry. Sarah is a senior on the varsity cross country team. She is a highly experienced distance runner who has been competing since fifth grade. She balances academics and athletics by using good time management and planning her schedule ahead of time. If given the opportunity, she would compete and run against Colleen Quigley. Sarah is inspired by her mother who is distance coach and marathon runner. After high school, she hopes to pursue a career in the environmental science field. Sarah has also established a positive balance in her social and athletic life because running can be very demanding but her friends are very supportive and attend her meets. She advises her fellow athletes to “keep working hard no matter what. Even if an injury has you down.” Of the “8 Conditions,” Sarah resonates most with **Belonging** because her team is very supportive and inspires her to be a better competitor and runner.

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