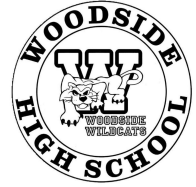


Woodside High School

Athlete of the Week

August 26, 2019



Zephyr Granger

The Athlete of the Week is Zephyr Granger. Zephyr is a senior who runs on the Cross Country team. He is a very experienced distance runner having been participating in this sport since fourth grade. As an athlete, Zephyr has had to adapt to ensure that he completes his school work and stays on top of his academics during the cross country season. He practices effective time management by planning his homework and study sessions around his athletic schedule. If Zephyr were given the chance to compete against anyone during his running career it would be teammate Nathan Bowman. Zephyr enjoys cross country because of the competition that the sport provides as well as the **Sense of Accomplishment** that it brings. As a senior, Zephyr's athletic advice is to "always put 100% effort into every game and practice and to always persevere."

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