



KAELAN HAAG

NVHS BOOSTER CLUB FEATURED ATHLETE OF THE WEEK

VOLLEYBALL PROGRAM

The NVHS Athletic Booster Club is proud to present the featured athlete of this week, volleyball player Kaelan Haag. Kaelan is a two-year varsity player who not only is an amazing volleyball player on the court, but who is also a tremendous role model and leader for her team and for all of the girls GVB Wildcat Girls Volleyball Program. She has already been selected to the All-Tournament team for the Benet Invite and has accepted a full athletic scholarship to play at Binghamton University in New York.

Booster Club Reporter: *When did you join volleyball? Is this your only sport?*

Kaelan: I started volleyball in 4th grade, at the YMCA. In 6th grade, I started playing club volleyball, and in 7th grade I played volleyball for Crone Middle School. It's nice how we have a school season in the fall, then a club season for the rest of the year. When I was starting out in sports, my Mom made sure I tried lots of different things. I even tried gymnastics. It's tough doing cartwheels when you are tall! It was pretty funny. Once I got to middle school, volleyball became the sport I focused on.

Booster Club Reporter: *That is funny. I get it that gymnastics wasn't for you. But why volleyball?*

Kaelan: I have to give my Mom credit for signing me up for a lot of different sports and activities. It allowed me to decide what I was really interested in. I knew I wanted to play a sport that involved playing with a team, so that narrowed it down to basketball, soccer, and volleyball. I tried all of those sports and I just fell in love with volleyball. I already had a height advantage, and I feel like I have good hand-eye coordination. I really enjoy being on the volleyball court and competing.

Booster Club Reporter: *What have you learned by playing volleyball?*

Kaelan: Probably the main skill learned is how to work well with a team. As an adult you will be working with teams in whatever career you choose. Another lesson learned is how to effectively resolve conflict. There are going to be conflicts in adult life that will need to be resolved, just like conflicts on a sports team. Also, the coaches are very good at giving you the “big picture” view of what’s going on. They teach us to see things we may not recognize at first. In the end, we learn that even if we may not like some of the decisions they make, it’s not about the individuals; it’s about the TEAM.

Booster Club Reporter: *What does playing on a team mean to you?*

Kaelan: The main thing is being part of something bigger. You get to work together to accomplish a goal. Another thing is holding yourself more accountable, since your performance directly impacts your teammates and your team’s success.

Booster Club Reporter: *What is your advise to new athletes starting on a team?*

Kaelan: It’s very important to be a part of a team. It doesn’t have to be a sports team. It can be any organization at school, or in the community. You have an additional group of people you are close with, working toward a common goal. It’s also a lot of fun celebrating successes together.

Booster Club Reporter: *Who inspires you?*

Kaelan: My Uncle Ross is a role model for me because he is someone who sets goals, then works hard to reach them. For example, a year and half ago he started training for an Ironman Triathlon. This is a 2.4 mile swim, followed by a 112 mile bike ride, followed by a 26.2 mile run! He worked really hard and was able to accomplish this goal, while also working a full time job. By accomplishing this, it showed me if you set a goal, and focus on it, you will always succeed.