



**LAUREN BEYER
NVHS BOOSTER CLUB FEATURED ATHLETE OF THE WEEK
DIVE PROGRAM**

The NVHS Athletic Booster Club is proud to present the featured athlete of the week, diver LAUREN BEYER. Lauren was voted in by her teammates for her leadership and sportsmanship. Her coaches have endorsed the team's choice because of the tremendous improvement Lauren has shown, from a beginner diver in her sophomore year, to a top competitor in the State level on her senior year.

Booster Club Reporter: *Was diving an early passion of yours? What can an athlete do to prepare for diving in High School?*

Lauren: I joined the Neuqua team my sophomore year. To prepare, I took diving lessons the summer after my freshman year. I also was a level 10 gymnast at Naperville Gymnastics Club up until June.

Booster Club Reporter: *What is special about diving? What does it bring to you on a personal level?*

Lauren: Diving has been a way to challenge myself. I have learned to set goals and work towards achieving them. I enjoy learning new dives and challenging myself to dive better and better each day.

Booster Club Reporter: *Will you keep diving/competing when in College?*

Lauren: Next year I will go to either Florida Atlantic or UIC to major in a business or health-related field. I plan to dive at either FAU or UIC.

Booster Club Reporter: *Do you think the sport of diving has taught you any skills that will serve you well when you go to College?*

Lauren: Coach Gerry helps us to believe in ourselves and set goals for the future. He has taught me to stay positive and look to the future in setting goals for the rest of the season and beyond. Injuries and setbacks are ways to learn new methods for coping and reaching goals. If they are really important, then there is a way to achieve them no matter what obstacles you face.

Through sports, I have learned to be strong, alter my plans, and find ways to move forward and stay strong no matter what happens.

Booster Club Reporter: *Do you have a motto that inspires you when things get hard?*

Lauren: "Hard work beats talent when talent doesn't work hard"!

Booster Club Reporter: *You bet! What do you think makes you a winner?*

Lauren: I love to encourage and cheer on my teammates, as well as watch them improve throughout the season.

Booster Club Reporter: *Is that something that relates with your love for competitive sports?*

Lauren: Yes. I like to meet new people and see what everybody else can do.

Booster Club Reporter: *What would you say to someone considering joining a sport in High School?*

Lauren: Joining a team is a great way to make friends who have the same interests as you, and it is also a lot of fun to represent your school.

Booster Club Reporter: *Tell me three things that most people don't know about you.*

Lauren: For the last 3 years that I did gymnastics, I did it with one arm; I've been to almost every state in the US; and I'm afraid of all bugs- even butterflies.