



SARA STRACK
NVHS BOOSTER CLUB FEATURED ATHLETE OF THE WEEK
CHEERLEADING PROGRAM

The NVHS Athletic Booster Club is proud to present the featured athlete of this week, cheerleader player Sara Strack. Coach Tichelbaut and coach McGhee consider Sara the epitome of what the cheerleading program stands for, and she was their choice from the beginning. They considered as deciding factors how she matured as an athlete and as an individual in the four years she has been on the team; how devoted she is to her Special Olympics/best buddies pals and makes them an integral part of her life; and how real she keeps her journey through cheerleading, which makes her utterly relatable to the other girls n the team.

Booster Club Reporter: *When did you start cheerleading?*

Sara: I started cheerleading when I was 5. My mom got a phone call from one of her friends and said she was starting her daughter in tumbling classes and asked if I wanted to go with her. I have loved it ever since.

Booster Club Reporter: *Have you ever second-guessed your decision to compete as a cheerleader?*

Sara: There have been times whether I was at my all-star gym or high school where I started to second-guess myself with my skills and became afraid to throw them. However I have loved my teams and the sport way too much to stop.

Booster Club Reporter: *What have you learned from your coaches throughout the years?*

Sara: My coaches make sure, that at every competition we are nice, humble, and always focused on what we can do and not on what other people are doing.

Booster Club Reporter: *What do you know now, that you wish you had known when you were just starting?*

Sara: That it's okay to voice your opinion. When I was a freshman I was afraid to even talk or try to help out my teammates. But what I learned is that it doesn't matter how old you are, you are on the same team and you have just as much reason to be there as someone older than you.

Booster Club Reporter: *What does winning mean to you?*

Sara: Winning to me, means that we have earned it. It means that all of hard work has paid off and it was everyone else's way to recognize that.

Booster Club Reporter: *How do you deal with losing?*

Sara: At sectionals last year, I didn't do the tumbling pass I was supposed to and it was really hard for me to get over it, but my coaches helped me get through it. Losing is always tough but it's a motivator. It makes you want to work harder, so the next time you go out, you're ready to prove that this time you do not deserve to lose.

Booster Club Reporter: *What is your motto?*

Sara: A motto we always use is earn the trophy at practice and then pick it up at the competition.