



TY MOSS
NVHS BOOSTER CLUB FEATURED ATHLETE OF THE WEEK
BOY'S TRACK & FIELD PROGRAM

The NVHS Athletic Booster Club is proud to present the featured athlete of this, track and field athlete TY MOSS. Ty was a part of our state qualifying 4 x 400 m and 4 x 800 m relays last season. This season, Ty ran the fastest time in the state in the 600 m at the Proviso West Invitational. Last week at the Thornwood Open, Ty ran the second fastest time in the state in the 800 m, losing to last year's state champion in that event by only .03 seconds. Ty's mark in that event broke the school record and is now ranked nationally in that event. Coach Kennedy attests that Ty is one of the hardest working athletes on the Track and Field team. At the same time, he is a fierce competitor that never backs down from a challenge. When Ty steps onto the track, we always know that he will give everything that he has.

Booster Club Reporter: Have you always practiced Track and Field?

Ty: I joined track five years ago when I was in 7th grade at my dad's suggestion that I should just try it. I used to play baseball and football but I don't anymore. I really focus on track and field: my best events are the 400 and 800.

Booster Club Reporter: You still have time, but have you thought about the future after High School is over? Is track in your long term plans?

Ty: Oh, for sure. I currently don't know where I want to go to college, but I know that I want to study business, primarily in the field of Marketing and Advertising. My goals and dream are to run in college and run as a professional track and field athlete and hopefully make it to the Olympics.

Booster Club Reporter: That is an ambitious plan. What do you do to make it achievable?

Ty: I work hard and compete to the best of my ability. I learned that nothing is easy, nothing is ever given to you for free, and that everything in life is hard work. I strive to achieve balance by planning my week and making sure I have time when it comes to academics. It's a lot about balance: sleep is important for an athlete and having a humble attitude will earn you respect. I go by Michael Jordan's words: "some people want it to happen, some wish it could happen, others make it happen". Track and field takes a lot of dedication.

Booster Club Reporter: What would you say to someone considering to join the sport?

Ty: If you are thinking about joining a team in High School, do it. You create tight bonds and camaraderie among the teammates and coaches.

Booster Club Reporter: What does "being a winner" mean to you? How do you deal with losing?

Ty: Winning to me is displaying the hard work I have put into the sport to achieve my goals. Winning is about working hard and competing to the best of my ability. Losing is never easy or a fun thing to talk about. Whenever I'm in a race, I just think about doing my best with the situation I am in.

Booster Club Reporter: Have you ever had a situation for which you think you could have prepared differently and that affected your results? What did you learn from it?

Ty: During my freshman year I qualified with the top 400 time and came in 5th because I forgot to cut in on the second lap (during an indoor 400, you stay in your lane and cut in during the second lap). My coaches gave me constructive criticism at the time which helped me to this day to make sure I know the layout of the track. I learned to be prepared.

Booster Club Reporter: Do you have any other quotes that inspire you?

Ty: "Hard work beats talent when talent doesn't work hard" by Kevin Durant.

Booster Club Reporter: And who are your role models?

Ty: My parents are my role models. They both work hard in what they do and always support me in whatever I do thus helping me reach my full potential. I am grateful for both of them in my life.