



CAITLIN HORN
NVHS BOOSTER CLUB FEATURED ATHLETE OF THE WEEK
CROSS COUNTRY PROGRAM

The NVHS Athletic Booster Club is proud to present the featured athlete of this week, runner CAITLIN HORN, nominated by coach McCoskey to represent the girls Cross Country program.

Booster Club Reporter: *Let's start with a non-sports related question: tell me three things, most people don't know about you.*

Caitlin: I study Chinese at Neuqua; I do not eat red meat; and I am a lifeguard during summer.

Booster Club Reporter: *What do you love about cross-country running?*

Caitlin: The lessons and experiences that come from being part of a team are priceless. I met some of the most amazing people in there, who have become my closest friends and make going to practice everyday something that I always look forward to doing. Running on a team is something that I am able to be a part of, and being able to contribute to a team effort is an amazing feeling.

Booster Club Reporter: *What is your motto?*

Caitlin: Pain is temporary, pride is forever.

Booster Club Reporter: *How do you apply this, exactly?*

Caitlin: There are parts in workouts and races where all you want to do is give up even just a little, but throughout the years I have learned to push through that and keep pursuing my goal. It all comes down to the realization that for there to be amazing races there also have to be those harder races, the ones you were not happy with. It is important to keep persevering through the rough times.

Booster Club Reporter: *What else would you say you have learned from running?*

Caitlin: My coaches have taught me the importance of being on a team. It is not only about running a race individually, but it is about being part of a team where we push each other in practice and races and wanting the best for one another.

Booster Club Reporter: *Is there anybody you would like to specially recognize for their importance in your life and racing career?*

Caitlin: My parents. They have been my biggest supporters for cross country, and are a huge reason of why I love running so much.