



**OLIVIA GRISWOLD
NVHS BOOSTER CLUB FEATURED ATHLETE OF THE WEEK
GIRL TRACK & FIELD PROGRAM**

The NVHS Athletic Booster Club is proud to present the featured athlete of this week, senior Olivia Griswold.

Booster Club Reporter: *When were you first introduced to Track and Field?*

Olivia: I joined track & field at the age of seven when I decided to run at a summer camp held at Waubonsie Valley High School. I started sprinting, and eventually throwing. However, my best event is shot put.

Booster Club Reporter: *What is it about Track and Field that first attracted you?*

Olivia: I decided to compete in track when I saw my older sister running in middle school. I found it interesting how people were running in circles, and eventually crossed a finish line. I also enjoyed how there were other events going on that either had to do with jumping or sprinting. Due to my height, I knew that I would have to try something out.

Booster Club Reporter: *Have you ever questioned your permanence in the team?*

Olivia: After I tore my ACL completely and partially tore my medial meniscus on my left knee during my sophomore year, I knew that I was done with track. I really did not see the point in competing again after not finishing my freshmen year either. I was tired of putting in months of work, and never being able to finish a season. My throws coach was leaving anyway, so what was the point? Plus I was worried that if I came back I would either reinjure myself, or be afraid to complete a workout. However, my physical therapist, Bridgett, was my biggest motivation. After crying during my first session, she taught me the mental and physical preparedness that I needed to make a comeback. She explained that the recovery may be tiring, but the end results would be priceless.

Booster Club Reporter: *Wow. That must have been really hard. How bumpy was your road to the success you have achieved in the present?*

Olivia: When I did not make Prep Top Times last year, I was able to learn my lesson fast. I knew that I had to blame myself on this one because I did not put in the full work to finish my workout. I would cheat through the repetitions or do a lower weight, and the consequences prevailed. My throws coach sat me down, and explained that although I hate doing hang cleans, I need to finish the lifts in order to achieve my goals. I have learned that it is okay to fail sometimes. Without failing, how are you able to enjoy success? I can honestly say that without failure, I would not be where I am today. Life is filled with many obstacles; however the optimistic ones make it through.

Booster Club Reporter: *Is there any other lesson you have learned from this journey?*

Olivia: I have learned how to take constructive criticism. It is so vital that coaches and teammates critique each athlete. At first, it can be annoying, but it all helps in the end.

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

Olivia: Winning means that you have successfully achieved a goal. It has nothing to do with getting first place, or winning at state. I think that a winner is someone who is happy with their results, but remains humble and strives to achieve another goal. There is always that pressure to win, but I do one simple thing: I listen to music. When I enter a track meet, I want it to feel like practice. I turn on my music and just have a good time. I try not to think about my fellow competitors, but focus on myself. If I win my event, I am partially satisfied, and if I lose I feel the same way. However, I take my experience and learn how to fix my mistakes.

Booster Club Reporter: *Do you have a personal motto, a quote that inspires you?*

Olivia: I can do all things through Christ, who strengthens me – Philippians 4:13

Booster Club Reporter: *And who are your role models?*

Olivia: My role models are both of my grandmothers: Louise and Laura. Even though both of these wonderful ladies died when I was very young, I am very blessed that I was able to meet them. These were two loving people that fought hard against their illnesses. They taught me the meaning of determination, and that without Christ, I am nothing.