



KATIE CIESIULKA
NVHS BOOSTER CLUB FEATURED ATHLETE OF THE WEEK
GIRLS SOCCER PROGRAM

The NVHS Athletic Booster Club is proud to present the featured athlete of this week, soccer player KATIE CIESIULKA. Katie was chosen for her leadership role in the team which doesn't surprise since it totally fits with her patient demeanor and also her choice of future career. Katie will pursue elementary education at Marquette and will also play soccer for the college.

Booster Club Reporter: How did you get interested in playing soccer?

Katie: I started playing club soccer in Kindergarten. I started competing because I had grown up watching my brother play soccer and baseball, and my best friend was on a soccer team with her mom being the coach. They told me to try out for the team and I grew to love the sport very quickly.

Booster Club Reporter: Have you experienced any difficult moments through your career? If yes, what have you learned from that experience?

Katie: About 2 months before tryouts my freshman year, I broke my ankle and had to get surgery. My first day back was the very first day of tryouts. I was very timid and was so nervous about getting reinjured. Making the team that year was an extremely exciting moment especially considering how I felt going into tryouts. The entire year was difficult for me because I wasn't as confident and was constantly scared. I wanted to prove to the coaches and myself that once I was completely healed, I was able to contribute to the team. They were very supportive and continually pushed me to step outside my comfort zone. This year I am also being pushed to step outside my comfort zone and take on more of a leadership role.

Booster Club Reporter: How do you balance showing your individual talent with being part of a team?

Katie: I think everything that you do on the field should be what's in the best interest of the team. There's always going to be multiple options with what to do with the ball, but whatever you choose should have a positive effect on the team. There's always the temptation to take the shot yourself, or keep the ball at your feet instead of passing it; that doesn't mean it's always the right thing to do. If you play as a team, that's one of the biggest things that contributes to you being successful.

Booster Club Reporter: How do you manage your school load?

Katie: I always ask for help when needed and try to work ahead of schedule. It's difficult sometimes due to practice everyday and games, but if you get the homework done early, it's easy to manage.

Booster Club Reporter: What have you learned from the coaches that you think is worth sharing with your peers?

Katie: I have learned to leave it all on the field every time I play. As a freshman, I was injured and didn't have the opportunity to play very much. High school flies by so fast and it's important to grasp every opportunity you're given and make the most out of it. If you leave it all on the field, you'll never have any regrets when looking back on your time spent doing high school sports. I've also learned to be confident in my abilities and to go outside my comfort zone. It's not always going to be easy, and you will have to work hard at it. If you continue to push yourself, there's so much you can accomplish.

Booster Club Reporter: What would you say to someone who is considering joining a team in High School?

Katie: Joining this high school team was the best decision I've ever made. I have made so many great friendships and have had the opportunity to learn from such talented players and coaches. It allowed me to grow so much as a player and as a person. High school season is the highlight of each year, and I love being able to represent my school while being able to do what I love most.

Booster Club Reporter: Who is your role model and why?

Katie: My role model is my brother, Bryan. He has been so successful throughout his life so far and has been chasing after his dream ever since he started playing sports. He is so talented but is the most humble person I've ever met. He works harder than most people do, and I've come to learn that if you work hard enough, you can accomplish anything you set your mind to.