



**ANAND SHAH
NVHS BOOSTER CLUB FEATURED WINTER SEASON ATHLETE
WRESTLING PROGRAM**

Booster Club Reporter: When did you start playing your sport/how did you get introduced to it?

Anand Shah: I started in the summer of eighth grade going into freshman year. My dad's old wrestling came up to me during wood shop and talked me into joining the wrestling team in eighth grade. I didn't get the chance to then, but I did the Neuqua wrestling club that summer.

Booster Club Reporter: Do you play any other sports?

Anand Shah: No. Just wrestling.

Booster Club Reporter: What has your sport taught you/what lessons have you pulled from it?

Anand Shah: Wrestling has taught me mental toughness. It's the most important aspect of the sport and I believe it is the most important aspect in life.

Booster Club Reporter: What do you wish you knew when you were just starting?

Anand Shah: I wish I knew to focus really hard on the small details in technique. It took me some time to figure that out for myself.

Booster Club Reporter: What quote/inspiration do you resort to when things get really hard?

Anand Shah: “You gotta learn to love the grind, because life is the grind”

Booster Club Reporter: Share something about you that isn't well known.

Anand Shah: I enjoy gardening.

Booster Club Reporter: Where do you go from here? College plans?

Anand Shah: I am going to wrestle Division three at Case Western Reserve University. I plan to major in Biomedical Engineering.

Booster Club Reporter: Do you have a role model?

Anand Shah: My Dad is one of my biggest role models. Throughout my life and especially in high school, he taught me a lot of important lessons and helped me to become the person I am today. I also look up to Coach Ruettiger. He pushed me and believed in me even when I did not believe in myself. I am honored that I was the last high school match he coached.