



## GIRL TRACK & FIELD PROGRAM

*The NVHS Athletic Booster Club is proud to present the featured athlete of this week, senior Maya Neal. According to coach Parejko, when Maya's name is spoken around the track and field arena, you often hear the superlatives amazing and exceptional connected with her name. Maya truly excels in her sport. Her determination and commitment to being the best athlete she can be is unparalleled. Just this weekend, Maya was the only three event winner at the Upstate Eight Conference meet in the 200m dash, the long jump, and the 55m hurdles. Currently, Maya is ranked in the top 5 in the state in the long jump, 55m hurdles, and 200m dash. Maya holds the Upstate Eight Conference record in the 55m hurdles and holds the team record in 55m hurdles, 800m run indoors, the 300m hurdles, and was a member of the record holding 4 X 100 relay as a freshman. Excitement is always in the air when Maya competes!*

Booster Club Reporter: When does your story with Track and Field start?

Maya: I first joined track and field when I was six or seven years old.

Booster Club Reporter: I remember that you mentioned loving track and soccer equally. What is about track and field that excites you?

Maya: I'd say it is the high level of competition and challenge. My interest was sparked by seeing both my older brothers compete before me.

Booster Club Reporter: What is, in your opinion, the most remarkable benefits from competing in and practicing the sport?

Maya: Through high school track I have learned a lot about myself physically and mentally. The thing I remember most is to always stay focused and trust my training. I have learned from all my years in sports that there is always room for improvement, even when you may think you've reach your full potential.

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

Maya: I would tell someone new to track that there is tremendous opportunity to achieve personal growth and meet new people.

Booster Club Reporter: Is there anything you know now about the sport or about yourself that you wish you knew when you were just starting?

Maya: Something I know now that would have helped me when I first started track and field is that being mentally prepared is just as important as being physically prepared in practice and any meet.

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

Maya: To me, winning means being above the competition which also involves the adversity and challenges a person overcomes to reach or exceed a personal goal. To me, the thought of loosing is just another way to motivate myself to never be in that position. The best way to handle it is to learn from what you did wrong and do anything and everything to improve that aspect of whatever event it was.

Booster Club Reporter: Are soccer and track and field in your plans for the future? What do you think you will miss most about HS sports?

Maya: Yes. I plan to be involved in track and soccer through college. When I leave high school the thing I'll miss most is seeing friends from other schools at big meets during the high school season.

Booster Club Reporter: Do you have a personal motto?

Maya: "Do not let what you expected keep you from what God wants you to experience."

Booster Club Reporter: And who are your role models?

Maya: My role models are Pat Summit and Jackie Joyner Kersee. Pat Summit and Jackie Joyner Kersee are both strong individuals who always wanted to achieve things that nobody had ever done. They took challenges head on and were highly successful. Both have had a huge impact on women's athletics as a whole, and changed how people may perceive women's athletics.