



**ARTHI CUNKARI
NVHS BOOSTER CLUB FEATURED SPRING SEASON ATHLETE
BADMINTON PROGRAM**

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

Arthi Cunkari: I began playing badminton when I was in 7th grade, around 10-11 years of age.

Booster Club Reporter: Do you play any other sports?

Arthi Cunkari: No, I do not play any other sports.

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

Arthi Cunkari: This sport has taught me how to be open to different types of coaches, and to be open to criticism. It has also taught me how to work well under pressure and how to work well with others while you are under pressure.

And I think the main thing it has taught me is how to be patient, during the game, and outside of the court.

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

Arthi Cunkari: I wish I knew how to deal with criticism better, especially with my different coaches and it was great that I got the chance to learn through experience.

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

Arthi Cunkari: I think I always go back to the story about the good and bad wolf inside your brain. It is a very simple concept, but yet, really hard to do. "One evening an old Cherokee Indian told his grandson about a battle that goes on inside people. He said, 'My son, the battle is between two 'wolves' inside us all. One is Evil. It is anger, envy, jealousy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego. The other is good. It is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion and faith.' The grandson thought about it for a minute and then asked his grandfather: 'Which wolf wins?' The old Cherokee simply replied, 'The one you feed.'"

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

Arthi Cunkari: I guess just that I have traveled a lot for badminton over the country. I have also been to junior nationals to participate. I'm also really into exotic pets and animals such as snakes and reptiles.

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

Arthi Cunkari: I will be attending University of Illinois at Urbana Champaign for animal sciences.

Booster Club Reporter: Do you have a role model?

Arthi Cunkari: Definitely, the coaches I've had in the past and present. Each one of them have taught me many valuable lessons as stated before, and I'm grateful for that.

