



**TOMMY AND A.J. CWIOK
NVHS BOOSTER CLUB FEATURED ATHLETES OF THE WEEK
FOOTBALL PROGRAM**

The NVHS Athletic Booster Club is proud to present the featured athlete of this week, varsity football players, and brothers, TOMMY CWIOK and A.J. CWIOK.

Booster Club Reporter: *Since when have you guys played football, and what made you choose the sport? Is it the sport you guys play?*

Tommy: We both started at 7 years old. I've always been a competitive person and I love the game.

A.J.: Sometimes I would see someone totally overpower the man across from him, against his will. Seeing how much fun that person had while he was doing it made me want to do the same thing. We both also compete in track and field, throwing shot-put and discus.

Booster Club Reporter: *So, is it different to play football in HS school? In which way? How did you overcome the difficulties?*

Tommy: Football has its challenges at every level. When I was in 7th grade I was on the heavyweight team and all my friends were on the middleweight team and even though I was on the heavyweight team I was considerably smaller than all the 8th graders who had all the starting spots. The people that didn't start, like me, rotated at a position called bear-crawl, where you literally have to try and crawl through the line and you would end up getting beat every time. This was not fun, and

started to take away the love I had for football but I stuck with it and showed up everyday to give my best effort, knowing that there were better times to come. Getting moved up as a sophomore was a big turning point. A lot was expected from me and it was a huge step up. I didn't know what to expect at the varsity level, but I quickly learned the meaning of synergy and how important it is for success on a football team.

A.J.: During my freshman year I didn't get very much playing time and I was in a three-way rotation for my position. That made me question if I wanted to keep playing football. However, I did overcome my doubt by working hard in the weight room during the offseason. My hard work finally paid off during my sophomore year when I received a starting spot on the offensive line.

Booster Club Reporter: *What is the synergy you talked about?*

Tommy: At Neuqua we call the offensive lineman horses. On the first day of football practice coach Figi gives a presentation talking about the importance of synergy in football. He uses as example two Clydesdale Horses. By themselves they can pull around 700 pounds but together they can pull over 3000 pounds. Anything is possible if we all play as a single unit and not just as individuals.

Booster Club Reporter: *And personally, what have you learned from football?*

A.J.: I have learned that when times get tough, to not give up. Because when you work hard to overcome adversity it will only make you stronger in the future.

Tommy: I have learned the importance of confidence, and the importance of always giving it your best effort. This is important because there are going to be moments in life when your boss wants you to do something and even though you might not agree with them you still need to get the job done.

Booster Club Reporter: *Would you encourage young students to try football?*

Tommy and A.J.: We would tell them it is one of the best decisions they can make. They will have a blast playing the sport and making friendships that will last for the rest of their lives.

Booster Club Reporter: *Do you have any advise on how they can make their experience the best possible?*

A.J.: When we are inexperienced, we may not be as focused during the practices as we could have been, which results in poor performance in the game that week. I speak from experience, and had I realized that earlier, I would have told my teammates to cut it out, in hopes we would perform better in the game that week.

Tommy: I would like to emphasize the importance of pushing your teammates to be the best they can be. I have played with several athletes that had all the ability in

the world but because they were lazy and didn't give 100% every practice they never played to their full potential.

Booster Club Reporter: *Do you have a quote or motto you refer to when things get tough?*

A.J.: "If you don't believe you can do it, then you have no chance at all", by Arsene Wenger

Tommy: I don't have any, but when times get hard I think about how my teammates are relying on me to do my job and how they are doing everything they can to fulfill their assignments on the field.

Booster Club Reporter: *Who inspires you?*

A.J.: My dad. He is my role model because he has supported me and helped me the most to get through football and in life. He has taught me many life lessons that I will hold onto forever.

Tommy: My grandpa, he was a left tackle in high school just like me and he was a huge outdoorsman and he taught me several things that I still carry around with me today.

Booster Club Reporter: *What do you guys like to do to relax?*

Tommy and A.J.: Fishing and hunting.