



GRACE SOLTYS  
NVHS BOOSTER CLUB FEATURED ATHLETE OF THE WEEK  
GIRLS SWIM PROGRAM

The NVHS Athletic Booster Club is proud to present the featured athlete of this week, swimmer GRACE SOLTYS. Grace is an incredibly sweet girl who has mass amounts of energy, which she actually shells out in the water during her long hours of training. She was nominated by her coach Mr. Niforatos because of her giving nature and the relevant role of leadership she plays in her team. For no other reason, her coach has inspired her portrait by mentioning that picturing Grace in the context of the swim program is to see her surrounded by her peers, pushing them to succeed as well as feeding off of their encouragement and support.

Booster Club Reporter: When is swimming about the team and when it becomes about personal best times?

Grace: To compete in swimming is not only about the individual but is also largely team orientated. Nothing is ever solely about yourself. If you ever want to succeed you need the people around you to succeed as well. If you are willing to push your teammates to become the greatest possible athletes or persons that they can be, you are not only benefitting that individual you are benefitting yourself. Help always comes full circle, specially in close knit teams, like the many to which I have been fortunate enough to belong. If you can be the support to one or all of those around you, you will be on the receiving end of unlimited encouragement and love. Success is only success if it is shared with the ones you love. All of this I have learned from my coaches.

Booster Club Reporter: That is a great outlook on life! What is challenging about swimming and how do you deal with it?

Grace: There are always those mornings when my alarm clock goes off at 4:30 am and I just want to hit snooze or say that it didn't go off. But there is something special about being able to get up every morning and do the thing you love with the people you know and love. I could honestly say that if it wasn't for the girls on my team I would not have ever had the same amazing swimming experience I have had so far. I also wake up every day for the feeling of success that I feel for having dropped time after working hard for an entire season. It is an indescribable kind of high. Swimming is such a time consuming sport, I would say time management is another huge challenge. Being able to balance practice, school work, college visits/recruiting, and just going out and being a kid has really forced me to prioritize my day-to-day activities and what I can and cannot do with what time I have. The way I deal with it is by getting ahead and staying ahead. If I fall behind I catch up as best as I can when I have free time (which is rarely ever.) I think of staying organized in high school as a job. If you do well in your job now you will receive the benefits later, like scholarships.

Booster Club Reporter: Have you chosen a college already? Do you plan to keep swimming?

Grace: Yes, I plan on swimming out my whole college career. Swimming is a part of my life and I couldn't leave that part of myself behind. I haven't decided yet where I will be attending but I hope to study physical therapy.

Booster Club Reporter: I am sure you will be successful in any endeavors you undertake! Is there anything else other than college that you would like to experience in the near future?

Grace: I hope one day to backpack across Europe and live in Africa for a year.

Booster Club Reporter: Is there anybody in particular who inspires you?

Grace: My role model is my brother, Taylor. Taylor is not only an amazing athlete he is also one of the funniest and smartest kids I will ever know. He cares about his teammates and has put himself second so many times just to help others. He has gone through many ups and downs and has persevered through them all with his continuous sarcastic humor that I just love. I am so proud of everything he has done in his career, from running to academically. I hope one day I can be as successful as my brother.