



CLAIRE GROVE
NVHS BOOSTER CLUB FEATURED ATHLETE OF THE WEEK
VOLLEYBALL PROGRAM

The NVHS Athletic Booster Club is proud to present the featured athlete of this week, volleyball player Claire Grove. In Coach Simon's words, Claire is a tremendous athlete, teammate, team leader, and role model (both on the court and off), and one who has shown significant growth as a leader over the past year. Claire has very high expectations of herself and pushes herself to excel in all areas commitment, confidence, composure and character. In the past season, Claire was chosen to be part of the UEC All-Conference Team, Warrior Blast All-Tournament Team; and she started this season strongly by being selected for the All-Tournament Team for the Benet Invite. Claire is also an All-Area Naperville Sun Honorable Mention and now, the Booster Club Featured Athlete!

Booster Club Reporter: *What does being a leader mean to you?*

Claire: To me, a leader is someone who does the right thing without being asked: the one teammate who everyone looks up to when things aren't going right on the court; the one athlete who understands each of her teammates in order to push them harder and encourage them better.

Booster Club Reporter: *Volleyball is a team sport. Teams are made of very different personalities. How do you like being part of a team?*

Claire: In my experience, playing on a team means that you're willing to put each and every one of your teammates before yourself. It means that the name on the front of your jersey is more important than the name on the back of it. Being a part of a team is one of the most rewarding experiences because you have an unbreakable bond with your teammates no matter the score: win or lose, you do it together. Playing on a team comes with its fair share of challenges such as various attitudes, ideas, and work ethics. It is difficult to get everyone on the same page or at the same intensity level whether it be in practice or during games. However, I think if the team has one common goal and each of its players wants to be successful then they'll overcome any challenges in their way.

Booster Club Reporter: *What have you learned by playing volleyball?*

Claire: I have learned to do everything that I do, with confidence. My coaches have given me the tools and the instruction to master the techniques, and all that is left for me to do, is execute those skills with confidence. It's always tough to overcome adversity, but my coaches have definitely taught me to leave it all on the court and to play with the utmost conviction that my team and I can be triumphant. I have also learned that my work ethic in practice and in games says a lot about my character. It's one thing to perform well in games, but it's another thing when you work unbelievably hard during practice, because you want to push yourself to be the best you can be. When you put your mind to something and work at it, it truly does pay off.

Booster Club Reporter: *What is your advice to new athletes starting on a team?*

Claire: One piece of advice that I hope younger athletes can take away from me is that there's always room to get better. But don't be so hard on yourself (God knows I am!). It is important to keep your head up and keep working; you'll get there. Something I have just now realized is that, before you know it, you're a senior and unsure where the next chapter of your life will take you. So make the most out of their athletic experiences, because they're filled with great friendships, opportunities, and memories.

Booster Club Reporter: *Do you have a favorite quote?*

Claire: "He who says he can and he who says he can't are both usually right." I like it because it's black and white. There's no grey to it. If one believes they can achieve their goals, they can. If they don't, they never will.