



KEVIN SAGER
NVHS BOOSTER CLUB FEATURED ATHLETE OF THE WEEK
BOY'S TRACK & FIELD PROGRAM

The NVHS Athletic Booster Club is proud to present the featured athlete of this, track and field athlete KEVIN SAGER.

Booster Club Reporter: *How did you get involved with track and field?*

Kevin: As a little kid I was always the fastest of all my friends. It seemed natural that I would try track and field because of my speed. After doing it for a few years, I began to really enjoy it. Once I got to Neuqua, I knew that I loved running track and had no doubts about sticking with it as long as I could. From first grade to junior year, I played football. I really enjoyed how different the two sports were from each other and think they both have their positives and negatives. I decided not to play football my senior year because I was still battling a hamstring injury when football was starting and I also had decided I wanted to focus all my effort into training for track my senior year.

Booster Club Reporter: *Looking back, what have you learned from your coaches that will serve you well in life?*

Kevin: One of the biggest things I have learned from the coaches is that if you want to become the best, you need to have an inner drive to work for it. Motivation from peers and coaches is helpful, but it is not enough on its own. I believe the Neuqua coaches do a good job at realizing who is putting in the most effort and rewarding those guys by giving them the opportunities they deserve.

Booster Club Reporter: *And from competing, in general?*

Kevin: One major lesson that I take away from sports is that no matter how great you are at something, collaborating with others and utilizing teamwork is always going to yield the best results. A good team doesn't just have talented athletes, it has athletes who trust and rely on each other to get the job done. This carries over well into adulthood because having good communication skills and working in teams is essential for nearly every job.

Booster Club Reporter: *How do you explain winning and losing?*

Kevin: To me, winning is getting what you sought out to achieve. There are certain times when I care more about personal improvement than actually winning the race. When it comes to big races though, winning is winning. I don't care much about my times at state, I only care about what place I finish. I never like losing, but I think that it sometimes can allow me to re-evaluate what I am doing to prepare for races, and see if there are any changes I can make.

Booster Club Reporter: *What are you going to miss most when you graduate from HS?*

Kevin: I'm definitely going to miss competing with my teammates at large meets such as Arcadia and the State meet. The bond we form and the support we show for each other is incredible. These meets are the moments when all of our hard work is realized and everybody is just as excited for a teammate's win as they are for their own. There really is nothing like it.

Booster Club Reporter: *Will you stay involved with track?*

Kevin: I am in the process of talking to U of I's track coaches and am hoping to secure a spot on their team this summer.

Booster Club Reporter: *Who is your role model?*

Kevin: I find it hard to limit myself to just one role model. My biggest two are definitely my parents. They have both been so supportive in all aspects of my life, and I really owe it to them for everything I accomplish. Another role model that I feel the need to mention is Ty Moss. From the very beginning of my time on Neuqua's track and field team, Ty has been my leading example of how determination and confidence are the keys to being a successful runner. I am not afraid of competing at a high level because of the strength that he has shown during tough competitions.