



ZOE SALAFATINOS
NVHS BOOSTER CLUB FEATURED ATHLETE OF THE WEEK
GIRLS WATER POLO PROGRAM

The NVHS Athletic Booster Club is proud to present the featured athlete of this week, water polo player ZOE SALAFATINOS.

Booster Club Reporter: *When did you start playing water polo?*

Zoe: I joined the water polo team my freshman year, after my swim coach recommended that I try it out and give water polo a shot. I did some intramural work in the winter before tryouts, and had so much fun I decided to try out for the team. I am so glad I did, because water polo is always the time of the year I look forward to and enjoy the most.

Booster Club Reporter: *Did you have a time that you would consider a “tough learning moment”? What did you learn from it? Did your coaches have anything to do with the outcome?*

Zoe: In the last three years, I have been fortunate to be given the opportunity to do travel water polo and was able to go to Florida, Ohio and Michigan with various water polo club teams. Often I felt frustrated because a lot of other girls played so much better than me, but my coaches were able to teach me new skills and strategies that helped improve my game and give me more confidence.

Booster Club Reporter: *What have you learned from playing water polo?*

Zoe: I learned how to stay positive and try my hardest no matter what. And being part of a team of people not only makes something more enjoyable, but it helps you expand your individual possibilities and teaches you new things.

Booster Club Reporter: *How do you deal with competition? Do you feel pressure to win? How do you deal with losing?*

Zoe: When I play a game against a tough competition, I try to think of all the possible things I can do in the game to get the ball and score. Losing is not fun, but being part of a team, makes it a lot easier.

Booster Club Reporter: *Do you have any regrets? Anything you would have done different?*

Zoe: I would have done more camps and clubs prior to high school and during the off season.

Booster Club Reporter: *Who are your role models and why?*

Zoe: My role models are the dedicated coaches, who make up the West Suburban Water Polo Club. These coaches represent all the area high schools. Because of their own love for water polo, they have given up their summers and work time-off to teach area kids. They have inspired me to want to be a better and multi-dimensional player.

Booster Club Reporter: *Tell me something most people don't know about you.*

Zoe: I am Greek, I play water polo with both my right and my left hands and when I was younger I was on a competitive Hip Hop Dance Team.