



Kayla Monis
Girls Soccer

When did you start playing your sport and how did you get introduced to it?

I started playing soccer in 4th grade. I, was involved in dance, but my parents wanted me to learn how to be a good sport and how to work with a team. Ever since I tried it I haven't stopped.

Do you play any other sports?

I don't play any other sports.

What has your sport taught you and what lessons have you pulled from it?

I have learned that no matter what's going on in my life, playing soccer gives me place to forget about it. I have also met incredible people through this sport and how to push myself outside of my comfort zone.

What do you wish you knew when you were just starting?

Don't underestimate yourself and don't let other people dictate how far you are going to go.

What quote/inspiration do you resort to when things get really hard?

"Don't ever let the pressure exceed the pleasure." -Joe Maddon

Share something about you that isn't well known.

I enjoy photography and love music.

Where do you go from here? College plans?

I will be attending Belmont University where I will be playing Division I Soccer. I am planning on majoring in Design communications with a minor in advertising. I hope to be an Art Director someday.

Do you have a role model?

I have a lot of role models. My parents are probably the people I look up to the most. They both exemplify the determination and integrity I strive for every day.