



RACHEL EHRMAN
NVHS BOOSTER CLUB FEATURED ATHLETE OF THE WEEK
SOCCER PROGRAM

The NVHS Athletic Booster Club is proud to present the featured athlete of this week, soccer player RACHEL EHRMAN.

Booster Club Reporter: *For how long have you been playing soccer?*

Rachel: I joined when I was about 4 years old and I played on Team Chicago. My parents grew up playing sports (my dad soccer and my mom gymnastics) and they knew that it would help get to know people and do something that I may love.

Booster Club Reporter: *And is that part of what kept you playing all these years? Would you still recommend it to someone considering joining a team?*

Rachel: Absolutely! I would say: just do it. Even if you don't make Varsity your freshman year, keep going. Everyone will have their chance. Any team that you make, you'll have a blast.

Booster Club Reporter: *What else can you tell us that you have learned from playing soccer?*

Rachel: I have learned to never give up. Even if I'm not doing well, or I am doing something that I don't like, I still have the mindset to keep pushing forward. It's like in the game, after you lose the ball (taking a bad touch, or giving it up), you have to be able to give your 2nd, 3rd, or 4th effort to help your team. From your effort your teammates will do the same and the cycle goes on.

Booster Club Reporter: *How is it to play in a team? Do you ever feel tempted to score a goal instead of passing the ball along?*

Rachel: Soccer is a team sport and there is no I in team. Everyone has those moments that they want to take the shot even if it may not go in. I have done that, and some times it worked and some times it didn't, but most of the time I'm not in the position to score so I would rather help others get their goals.

Booster Club Reporter: *Is it rough out there in the field? How do you cope with not so nice adversaries using less than acceptable strategies to dispute the ball?*

Rachel: Every game is different. Sometimes there are games that are very easy and no contact, but there are others where there would be fouls every minute and yellow cards being given. But some of the players can get very angry and will give you a dangerous tackle that can hurt you and that's not exactly what you want while playing.

Booster Club Reporter: *What is your recipe for keeping up with good grades while practicing sports?*

Rachel: I try to be able to make time for anything. Sometimes if I have a test or a lot of homework I sit in my car before practice and do it or I would take my work on the bus to being able to finish it.

Booster Club Reporter: *What quote/inspiration do you resort to when things get really hard?*

Rachel: "Winners never quit and quitters never win." (Vince Lombardi) I love this quote because it helps me to never give up. Giving up is the worst thing you can do in a game situation because when you give up you give up the opportunity to win.

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

Rachel: I taught myself how to play the flute; I have a family member that played in the MLB and won the World Series in 2008; I've been to Germany to visit my family and went to a FIFA Women's World Cup Game.