



CONNOR SWIER
NVHS BOOSTER CLUB FEATURED ATHLETE OF THE WEEK
WRESTLING PROGRAM

The NVHS Athletic Booster Club is proud to present the featured athlete of this week, wrestler CONNOR SWIER. Connor is a 4 year Varsity Letter winner, as well as two times captain. His credentials are outstanding! He is a state qualifier, two times Upstate 8 champion, two times Regionals champion and three times Sectionals qualifier. He is ranked both nationally and in the state (where he is 2nd at 182 lbs). Connor is also celebrating the mark of 100 wins during his varsity career.

Booster Club Reporter: Was wrestling an early passion of yours?

Connor: I've been wrestling since 9 years old, but I also played football all four years at Neuqua Valley and was a member of four Upstate 8 Conference champion teams. In grade school, I played lacrosse a few years which was a lot of fun. I played baseball a few years too before middle school. I've also trained in Mixed Martial Arts. I love to listen to music and play video games. Music helps get me pumped up when I'm competing. Video games are great because I can go all out to beat my little brother – he's twelve.

Booster Club Reporter: That is cool! You kept your paths open...

Connor: I don't value any sport over any other. I see more and more kids nowadays trying to excel at just one sport. High School is a time when you should be trying them all, you'll never have a better time in your life to try everything so I encourage everyone to take that approach. Wrestling is a great sport for me because I didn't have to rely on anything but hard work and preparation to compete at the Varsity level. When I was a Freshman, I had to beat five Seniors in wrestle-offs to earn the starting 171 lb. spot. That's what makes wrestling the best sport for me. Coaches want to win. They want their best kids out there starting.

Booster Club Reporter: What is the role of the coach in your opinion?

Connor: I've been lucky to have had some truly outstanding coaches in my life. Coach Ruettiger has been my best friend and, at times, my biggest detractor because that's what I needed at each of those times. I'll never be able to thank him enough. We all shouldn't ever think it's our coach's job to make us any better. It's OUR job to get ourselves better. Coaches will help show you the way but it always starts with yourself.

Booster Club Reporter: Do you feel pressure to win?

Connor: There shouldn't be any "pressure to win". If you're the best on any given day then you're the best that day. If you didn't win then you're better for having tried your best. I try to replace any fear of losing with an absolute hatred of losing. It's not okay to be afraid to lose but it's great when you can truly hate it. That doesn't mean you get to throw your helmet or your headgear when you lose either. Hating losing gives you the emotional energy you need to train to be your best and compete your hardest. My Mom bought a sign which says "Winners Never Quit" and hung it in the laundry room. We all have to look right at it walking out the door. It's a great reminder.

Booster Club Reporter: Have you ever questioned whether you should be competing and being on a team?

Connor: Every day. It's just part of the process. The best way to overcome your doubts is to admit you have them. Everyone has some doubts and fears about competing. The quicker you admit that to yourself the better you'll be able to overcome them. Being truly honest to yourself is the only way you get to be your best.

Booster Club Reporter: Who do you look up to when you face difficult decisions?

Connor: My Dad. He is never afraid to be honest with anyone and he lets me know how much he loves me and cares about me every day.

Booster Club Reporter: Looking forward, do you think you will miss High School?

Connor: I got as much out of my four years at Neuqua Valley as I wanted to. I accomplished many of my goals and learned many valuable lessons along the way. I look forward to making the most of the next phase of my life as well. I am most interested in pursuing studies in Engineering. Project Lead The Way here at Neuqua Valley helped me develop my passion for Engineering and plot the course for the next stage of my life. I have some opportunities to continue wrestling in college. I also have some opportunities to play football. I even have some opportunities to do both like I did in High School. It will come down to which is the best fit for me educationally and we'll take it from there.