



SOPHIA MOREAU
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 SOPHIA MOREAU.

Booster Club Reporter: *When did your story with soccer started?*

Sophia: I joined soccer when I was 5 years old when I was in Kindergarten. I used to play softball and basketball from elementary school until middle school but decided to focus solely on soccer after 8th grade. I watched my dad coach competitive soccer my whole life so when the opportunity arose to be able to play competitively too I immediately wanted to.

Booster Club Reporter: *Will you keep playing soccer in college? What is special for you about playing for a school?*

Sophia: I am going to Bowling Green State University to study aviation, and I will keep on playing soccer at college level. Joining a team was the best thing I did at high school. I got to represent my school every time I put on the jersey. There is no better feeling then knowing that you belong with a group of people who share the same love for the game that you do.

Booster Club Reporter: *And what is the tough part of playing soccer?*

Sophia: Physically, it is rough because girls are strong and aggressive. You have to stand your ground and not let them push you. I learned that playing quick and moving the ball helps from getting hit or tackled. I have also learned that while relying on yourself is easy and relying on someone else is hard, that is what a team sport is: having to rely on the person next to you to do their job and have the team in mind in everything they do. It is so much harder to trust someone else but so much more rewarding than just doing everything for yourself.

Booster Club Reporter: *How do you deal with putting the team first when the ball is on your feet?*

Sophia: I have had to choose to shoot the ball or cross the ball to my teammate who was in a better position to score. It was hard because I wanted the goal but I knew for the team it would be better to cross.

Booster Club Reporter: *What have you learned from soccer that you can apply to your life and future career?*

Sophia: Many things. One example is from when my coach was talking about being “side-on” to the person I was defending, which just means not standing directly behind them on defense. That taught me that it is easier to defend when you start in the right positioning. I also learned that I can always control my effort. You might be having a bad game or dealing with a personal issue, but that doesn’t mean you can’t try your best. When it comes to my personal skills, I learned that even though it is hard to balance whether to talk about my goals or skills and keep quiet, if I stay humble in my approach to something, the recognition comes eventually and it is even better because I didn’t make people notice, they noticed me themselves.

Booster Club Reporter: *What do you wish you had known when you were just starting?*

Sophia: If I had known my freshman year that soccer is all mental, my career as a soccer player could’ve progressed more rapid. I learned too late that confidence is a necessity to be able to play to your highest potential. Without confidence, you’re always afraid and not able to fully enjoy the game.

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

Sophia: My favorite quote would have to be, “the struggle is part of the story” because whenever you hear someone’s success story, there is always adversity that came with it, always something they had to work through. Nothing is all smooth sailing. I learned that the bumps along the way make for a great ending.

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

Sophia: My dad is my role model because he got me into soccer. Also he inspires people to better themselves and reach their full potential.