



RYAN PHILLIPS
NVHS BOOSTER CLUB FEATURED ATHLETE OF THE WEEK
BOYS BASKETBALL PROGRAM

The NVHS Athletic Booster Club is proud to present the featured athlete of this week, basketball player RYAN PHILLIPS.

Booster Club Reporter: *You are a senior. What do you know now that you wish you had known earlier in your basketball career?*

Ryan: Starting off my freshman year, I thought I had all of the time in the world. I didn't realize how fast the journey truly goes by. I now know to make the most out of every moment I have on the court and leave it all out there. Also, I learned that if you ever feel like you're not good enough to play a varsity sport, you have the wrong mindset. If you have the determination and the heart to develop as a player, you'll reach that goal.

Booster Club Reporter: *Can you elaborate?*

Ryan: I have learned the valuable lessons of perseverance and teamwork. I can look back to the physically and mentally draining experiences in basketball and remember how I overcame them.

Booster Club Reporter: *How is the experience of working with a team?*

Ryan: Being on a team has its pros and cons. You develop a brotherhood with your teammates as you go through all of the ups and downs we face during a season which is awesome. There can also be conflict and opposing views to your own though. To be successful, you have to have everyone on the same page

and it becomes difficult when that doesn't happen. The experience of teamwork invaluable. In my adult life I will have a number of "teams" (coworkers, family, friends) and basketball has prepared me to be successful with them in my future.

Booster Club Reporter: *what else have you learned from the coaches?*

Ryan: My coaches have taught me how far hard work can get me in life and I have learned to never quit. Talent is something that can only get you so far. It is hard work that puts you above and beyond everyone else. My coaches have also taught me that there will be things you just can't quit on in life like college, family, relationships, your job, etc. no matter how hard things get.

Booster Club Reporter: *Those are deep teachings. What would you say to someone joining a team?*

Ryan: Getting involved is so important at Neuqua and if you are considering joining a team, definitely do it. You learn so many lessons you can apply to real life, have a ton of fun, and meet a lot of cool people. You will have a great sense of pride wearing Neuqua on that jersey.

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

Ryan: Time management skills are the most important. I try to get as much of my homework done, as I can at school, during option or when we have free time in class. I actually find that my grades are even better during the season because I know I have a set window to do homework and study and I am more motivated to do it.

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

Ryan: My role model is a fellow booster athlete that I have the privilege to hang out with in my peer partners class and coach in Special Olympics, Matt Tout. Whenever I see Matt, he is grinning from ear to ear and enjoying every moment of life. He cannot verbally communicate, but the lessons he has taught me are some I will carry with me for the rest of my life. He is happy no matter how hard life is or what challenges he faces and I aspire to be like that throughout my life.

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

Ryan: I enjoy cooking. My grandpa played basketball at Kansas University with Wilt Chamberlain, and I have gone swimming with sharks.