



NATALIE McGOVERN
NVHS BOOSTER CLUB FEATURED ATHLETE OF THE WEEK
SWIM PROGRAM

The NVHS Athletic Booster Club is proud to present the first featured athlete of the 2014/15 school year, swimmer Natalie McGovern. According to coach Niforatos, Natalie is in a constant state of competition with herself in order to improve. Her ultra work ethics is only one of the reasons why the coach has nominated her to represent the sport.

Booster Club Reporter: Was swimming an early passion of yours? What is it that makes you love competing?

Natalie: I started swimming at a young age with park district and now I'm involved in both high school season and my club team. I joined my freshman year, I've been on varsity for all four years now. I love competition, I think the part that attracts me the most is seeing where I stand on all levels (against myself, state, and nationally) and seeing self growth after knowing how much hard work I put into it to deserve it.

Booster Club Reporter: Have you ever second guessed your permanence in the team?

Natalie: There was a point where I wasn't sure I wanted to continue high school swimming, however I overcame it by remembering how much I love the team and atmosphere throughout high school season and it's a great switch from doing club season all-year long.

Booster Club Reporter: How have swimming shaped you as an individual?

Natalie: I think all competitive athletes have a moment when they realize how much their sport has impacted their life and helped them grow as an overall person. Swimming taught me to fight through physical and mental barriers to reach my goals, as well as to develop leadership, time management skills, how to interact with other swimmers, dedication, determination, and made me realize that hard work truly is required to reach my goals. All these will be great skills for a future career and any other social interactions that I will hold throughout my life.

Booster Club Reporter: How have the coaches influenced you?

Natalie: They have taught me to focus on myself and to focus on self-growth.

Booster Club Reporter: What do you know now that would have helped you a lot had you known it when you were just starting?

Natalie: To be open to everything and then to accept that some things are more fun and helpful but everything you do in practice has a purpose. Also try to find a balance with your sport, school, and friends and family!

Booster Club Reporter: How do you find this balance?

Natalie: One thing that is crucial to being successful both in sports and in school is to stay ahead of the game. For example, I try to minimize my stress by starting and finishing assignment early. In other words, practicing good time management.

Booster Club Reporter: Do you have a favorite quote which inspires you when things get hard?

Natalie: My favorite quote is "you have to do something you've never done, to be somewhere you've never been"

Booster Club Reporter: What would you say to someone considering joining a sport in High School?

Natalie: It truly is a great way to make great friendships and bonds through something that interests you and other people and just to try it once for the experience!

Booster Club Reporter: Where are you going to College? What do you intend to study? Will you keep swimming?

Natalie: I'm looking at the University of Minnesota, The Ohio State University, and Purdue University, I intend on studying somewhere in the health field or possibly in the business field. Yes, I'll continue swimming competitively at one of the schools above.

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

Natalie: Important role models in my life would be both of my grandparents because they've really taught me to do what I love and just to be my own personal best at it and to pursue that and it will lead to a happy life.