



KATHERINE CHUNG
NVHS BOOSTER CLUB FEATURED ATHLETE OF THE WEEK
BADMINTON PROGRAM

The NVHS Athletic Booster Club is proud to present the featured athlete of this, badminton player KATHERINE CHUNG. Coach Valente chose Katherine because she has been an asset to the team. By providing both dedication and hard work and being a role model of class on and off the court, Katherine is a great example of how all athletes should be.

Booster Club Reporter: *Have you always been involved with badminton?*

Katherine: I started playing badminton in 5th grade when Coach Liu's camp was just starting. However, in the summer before junior year I started to take badminton more seriously, training more and playing in tournaments during the off-season.

Booster Club Reporter: *Why have you decided to play badminton over any other sport?*

Katherine: People often underestimate badminton as the only experience they have with the sport is backyard badminton. However, there is quite a lot of strategy involved. Badminton is about making quick decisions on the court and staying focused throughout the game. Physical strength is important, but so is mental strength. I love playing badminton because the game is not just about who is the

stronger player, but who is the smarter player. I've also met lots of great people because of this sport and become good friends with my teammates.

Booster Club Reporter: *What do you bring to the team?*

Katherine: Even though I'm small, I am quick and can get to most shots. I know what my strengths and weaknesses are and try to manipulate the game to my advantage. I am good at analyzing my opponents for their weaknesses and am flexible enough to change my strategy when I become too predictable. Our team has a lot of strong singles players, but I am mostly a doubles player, rounding out the team and making us stronger competitors overall.

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

Katherine: Sleep is so important. If you are being productive and manage your time well, you will be able to finish all your homework while also getting enough sleep. Most first-time players worry that their grades will drop during season because of all the time spent practicing, but in my experience my grades either stay the same or even improve during badminton season. Although badminton season is busy, don't sacrifice sleep for homework.

Booster Club Reporter: *What have you learned from playing competitive badminton?*

Katherine: It sometimes becomes very stressful to compete, especially when playing really good opponents and when the competition stakes get higher as Sectionals and State approaches. I always want to win, and sometimes I get frustrated or anxious when my shots don't quite work or I lose a game. As I've gained more experience as a player, I've learned to brush off losses and instead focus on future games and how I can improve as a player. Plus I've got a great team and a great coach to encourage and support me. One thing Coach Valente always told us to do was walk onto the court with confidence. Win or lose, she wanted us to be confident, classy badminton players. At first it was hard to be confident on the court, especially when facing opponents that were much taller than I was, but after four years on the team I have learned to be confident in my skills and the time and effort I had put into badminton.