



OLIVIA NELSON

NVHS BOOSTER CLUB FEATURED ATHLETE OF THE WEEK GYMNASTICS PROGRAM

The NVHS Athletic Booster Club is proud to present the featured athlete of this week, gymnast OLIVIA NELSON. Olivia is a freshman and she has already caused a great impression on coach McDermott. Says the coach "I chose Olivia because she has demonstrated maturity and admirable work ethic throughout the entire season. Olivia is willing to try new skills and make changes to help her become more successful as a competitor. Olivia also helps her teammates and encourages others during practices and competitions. She is a vital member of our team because she not only pushes herself to become better, but she encourages others to do so too." Olivia really embodies the true spirit of a Booster Club Athlete!!!

Booster Club Reporter: *Olivia, why gymnastics?*

Olivia: Well, I was in track and field before, and did ice skating when I was little. I started gymnastics 4 years ago because it was something new to try and it seemed really fun.

Booster Club Reporter: *Do you still think it is a fun sport?*

Olivia: Yes, I still love doing gymnastics and being on a team with my best friends.

Booster Club Reporter: *What have you learned from the coaches this year that you think is worth sharing with us?*

Olivia: You just have to go for it and you never know unless you try.

Booster Club Reporter: *Do you have a motto for when things get tough?*

Olivia: "It's not whether you get knocked down, it's whether you get back up" I really like this quote because it reminds me that struggle isn't failure and you have to keep going at it in order to improve.

Booster Club Reporter: *What do you know now about gymnastics that you think would be useful for someone just coming into the sport to now?*

Olivia: Gymnastics is a very mental sport and it takes courage to get up and do a skill and then compete it.

Booster Club Reporter: *What are you most grateful for in gymnastics so far?*

Olivia: My teammates, coaches and friends, because they have really helped me get to where I am now.

Booster Club Reporter: *And who is your source of inspiration?*

Olivia: My role model is my mom, because she always believed in me and has always encouraged me to do my best and have fun while doing it.