



CLAIRE COSTELLOE  
NVHS BOOSTER CLUB FEATURED ATHLETE OF THE WEEK  
CROSS COUNTRY PROGRAM

*The NVHS Athletic Booster Club is proud to present the featured athlete of this week, cross country runner CLAIRES COSTELLOE. Claire has a quiet beauty that lights up when she talks about her favorite sport, - running-, and about playing viola with the Neuqua orchestra and going to Spain over spring break to perform. She is a disciplined athlete who has helped her team make 10th place at State. Coach McCoskey has chosen Claire because she is not only the team's top runner, but its hardest worker.*

**Booster Club Reporter:** Can you give me an overview of the most relevant learning moments of your running career at Neuqua?

**Claire:** I ran one real varsity race as a freshman and didn't do very well. I felt like I would never be able to compete at that level or contribute to the team. As I became more experienced, my confidence grew and I realized that I wasn't someone that would be crazy fast on day one but I could develop into a good runner. I began devoting every practice and workout to becoming the best runner I could be. My whole high school career I aspired to earn All-State honors and this season, I missed it by four positions. I was upset, but Coach McCoskey kept reminding me that it was "all just numbers" and that any given day the outcome could have been different. I learned that while performance and honors and all that stuff is important, the experiences and memories and impact that something has on your life far outweighs that.

**Booster Club Reporter:** That is very true. What else have you learned from the coaches?

**Claire:** Don't make anything out to be more than it truly is. Just because the stakes might be higher doesn't mean approach it differently. And always check the overhead clearance before driving under something. Success in cross country requires a large commitment to yourself and the team. Cross country is a no cut sport, so there is a huge range of ability and experience levels. Everyone always gets to race and practice together and there is a huge emphasis on development as a runner and commitment to the team. In order to improve, though, you have to be willing to put in the miles and effort. It's a process, not something that happens overnight.

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

**Claire:** ¼ cup Time Management

½ cup Being Proactive

1 cup Taking Advantage of the Resources Neuqua has to offer

Equal parts commitment to school work and your team

A dash of Late Nights

Mix together until well blended.

**Booster Club Reporter:** You have a delicious sense of humor! Tell me a few other things about yourself that people might not know.

**Claire:** When I was younger, I did ballet, jazz dance and hoped to do poms in high school. My mom is really into American history so a lot of vacations have included seeing historic sights. I've lost count of how many graves of former presidents we've visited. I'd like to say that I find it interesting, but half the time she can't convince me to leave the car.

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

**Claire:** My uncle Jimmy. I grew up watching him run marathons and he is the person who really got me interested in running. When I was in eighth grade, he was diagnosed with non-Hodgkin lymphoma, but he refused to let it interfere with his life. A year ago, I watched him complete the Milwaukee marathon and qualify for Boston after finishing a round of chemotherapy.