



MEGHAN LESHOCK
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 MEGHAN LESHOCK. Coach Avella vows that Meghan Leshock is one of those athletes that any coach wants on the roster. For four years, he watched Meghan develop into an outstanding individual with a bright future ahead of her. He points out to her diligence as a student, her impeccable work ethic in the gymnastics gym, and her positive outlook on life. "I never remember a day in the gym when Meghan wasn't smiling, he ponders. Her positive attitude is contagious and she makes others around her better people. One chapter in her life is ending, but another exciting chapter awaits her next year at college. Meghan will definitely be missed in the gym next year, but the coach and her team wish her the best of luck in her future endeavors at the University of Illinois".

Booster Club Reporter: *You are a triple sports athlete! That is mind-blowing! How do you find time and how do you manage your academic life?*

Meghan: Besides gymnastics I also compete in swimming and track and field. I was on the JV Blue swim team in the fall and I am a Varsity pole-vaulter in the spring. I became a gymnast because I wanted to try something new and it seemed really fun. Gymnastics is the only place where I can flip out and try crazy stunts and get points for doing it. By participating on 3 sports and striving to earn good grades, I have developed strong organizational skills as well as learned how to overcome obstacles. I have learned how to organize people to make a successful team and how to organize my schedule so that I can be a good teammate. I also know how to learn from my mistakes. I don't let failure keep me down- I look for another way to reach my goals. Every problem has a solution. My recipe for juggling sports and

schoolwork is to keep my mind sharp by doing homework and my body strong by doing sports. The biggest secret is...asking for help. You will be surprised by how many people can help you from your coaches to your friends and even your teachers. They all want you to succeed and will help you if you ask for it.

Booster Club Reporter: *I have no doubt gymnastics requires a strong body. How tough is it really?*

Meghan: It is tough and it is not only on the body. For instance, when we had to do sprint suicides in the gym. It was after the third set that I was ready to collapse from exhaustion, when my coach announced we had to do another set. I heard the moans and complaints that had arisen from my teammates, but my coach stood fast and would not lessen the set. I started to run, but my mind wasn't focused. I hit a wall where I just wanted to stop, until my coach said "is this what you will look like on your floor routine?" I looked at my tired, exhausted body and felt like my arms and legs weighed 100 pounds each; I did not want to look like this, I wanted to be better. I felt a spark of flame ignite in my chest and found the energy to sprint faster than I had on the other sets. From then on when practice got tough I reminded myself that this pain I feel now during practice is so I won't feel it when I perform.

Booster Club Reporter: *That is a great lesson!*

Meghan: It is all "Mind over Matter". Learn to love the conditioning and the hard sets because they only seem hard if you think they are. Listening to the upcoming workouts is tough because you think you can't do it, yet after you complete the tough work out you'll think it was easy. It's all in your mind.

Booster Club Reporter: *What are your plans for after HS? Will you keep practicing gymnastics in College?*

Meghan: I am going to the University of Illinois to study nursing. Gymnastics is a very brutal sport, especially on the body. Due to some injuries I will not continue my gymnastics career in college. The sport has taught me many things that I will never forget, but alas we part as old friends.

Booster Club Reporter: *What quote/inspiration do you resort to when things get really hard?*

Meghan: "Have the strength to hold on and the courage to let go." Not only is this important to remember as I compete in gymnastics, but it applies to my life in a much broader sense as I prepare to leave Neuqua and start college.

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

Meghan: I have two role models. They are my mother and grandmother. Together they have helped shape me into the person I am today. They have taught me to honor my commitments and to find the fun in all that I do. They are the ones who comfort me when I fall and who push me to be the best. They are my best friends who love me for who I am and who I will become.