



NICOLE KAMINSKI
NVHS BOOSTER CLUB FEATURED ATHLETE OF THE WEEK
DANCE PROGRAM

The NVHS Athletic Booster Club is proud to present the featured athlete of this week, dancer Nicole Kaminski.

Booster Club Reporter: *This is your senior year at Neuqua. How do you feel about it?*

Nicole: My team is not just my team, but my second family and they are always there to pick me up when I am down. We are there for each other through the good and bad, the sweat and the pain, and sometimes even tears. We help each other grow as individuals and dancers. I am so much more involved with the school as a member of The Neuqua Dance Team and I will forever be grateful for that. I could not imagine these last 4 years without this program and I cherish every memory ever made. Being apart of something and knowing you're valued, is truly an amazing feeling and that is why practice is so enjoyable each day.

Booster Club Reporter: *What have you learned from your coaches that may be useful going forward?*

Nicole: I have learned to never give up on anything I love. Dance has always been my escape in times of hardship and has always had such a positive impact on my life. My coaches have taught me the importance of hard work and dedication and how far that will get me in the long run. They taught me to never give less than a 150% into anything I do and that eventually that hard work pays off.

Booster Club Reporter: *What have you learned from your years of competitive sports?*

Nicole: I have learned how to manage my time and get things done. It is sometimes extremely difficult to balance school/homework with a job and sports. Having to commit so many hours to dance has helped me to develop a routine and I do not procrastinate on anything like I have in the past. This will benefit me as I continue my education in college and soon after my occupation.

Booster Club Reporter: *What do you know now that you wish you had known when you were just starting?*

Nicole: I wish I had known just how fast four years of high school goes by. I was always told by the upperclassman to not take the hours I have put into this program for granted. That advice did not sink in

until this year. I am now a senior and soon closing my book to my high school career, which has been such a huge part of my life. This program has helped shape me into the person I am today. I would do just about anything to go back to my freshman year tryout and restart again.

Booster Club Reporter: *Why is it so important to not take the practice hours for granted?*

Nicole: Because that is how you achieve consistency. My sophomore year at state competition we ended day one in second place. After day two (the final day) we had dropped down to fourth place. Knowing how hard we had worked throughout that entire season and being so close to the top to then just get knocked down was very disheartening. Due to our inconsistency between the two days we were not able to hold our spot. My coaches were very supportive as they always are, and knew exactly what they had to do in order to overcome that the next year, in which we did by taking the title.

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

Nicole: My role model is my father. He has dealt with so much health wise his entire life, but no matter how bad he is feeling he always pushes on. He is the wisest person I know and always knows what to say when things get tough. He has shown me what true strength is, which has personally made me stronger. He has always said to me "If you can believe it, you can achieve it" which I have applied to so many aspects of my life including dance. He has supported me with everything I have ever done and one day I hope to be just like him.

Booster Club Reporter: *Do you have a motto?*

Nicole: "This too shall pass" --- This has been a quote that I have heard ever since I was a little girl and is a reminder that although something may seem like the end of the world, it can only be temporary and eventually it will subside.