



**CAROLINE JOHNSON
NVHS BOOSTER CLUB FEATURED FALL SEASON ATHLETE
GIRLS' CROSS COUNTRY PROGRAM**

Booster Club Reporter: When did you start playing your sport/how did you get introduced to it?

Caroline Johnson: I first started running in fifth grade. I started out in the Neuqua track camp, but switched to the cross country camp because I liked running longer distances. I absolutely loved the cross country camp and decided I would run cross country and track for my middle school. I was still playing soccer for my club all throughout middle school, but decided to completely focus on running my freshman year.

Booster Club Reporter: Do you play any other sports?

Caroline Johnson: I don't play any other sports. I played soccer until eighth grade and was pretty involved in gymnastics, but don't do either anymore. For fun, I sometimes do yoga, bike, or swim.

Booster Club Reporter: What has your sport taught you/what lessons have you pulled from it?

Caroline Johnson: Cross country has taught me about myself, but also a lot about what it means to be a part of a team. Over the past four years, my teammates have become my closest friends and some of the most important people in my life. Watching our team grow from my freshman year to senior year has probably been one of the most rewarding experiences of my

life. I have learned about the power of friendship, teamwork, trust in one another, and commitment to a common goal.

Booster Club Reporter: What do you wish you knew when you were just starting?

Caroline Johnson: I wish I had known that I was not limited by what I could do when I first started. After four years of high school running, I have learned that cross country is truly a sport that gives back what you put in. When you commit to your team, coaches, and the lifestyle that cross country demands, it is amazing to see the improvements you can make.

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

Caroline Johnson: My favorite quote is “the task ahead of you is never greater than the strength within you.” I am always reminding myself of this on hard runs or when I get nervous before races. It reminds me to trust in my training and the work I have already done, allowing me to focus and challenge myself.

Booster Club Reporter: Share something about you that isn't well known.

Caroline Johnson: I am probably one of the pickiest eaters I know. I don't even like the things that most people like (chocolate, Chipotle, guacamole, bacon). I also think I'm one of the only runners in the world who can't stand chocolate milk.

Booster Club Reporter: Where do you go from here? College plans?

Caroline Johnson: Next year I will be attending Emory University in Atlanta, GA to study Neuroscience and Behavioral Biology. I will also be running on the cross country and track teams there.

Booster Club Reporter: Do you have a role model?

Caroline Johnson: My role model is definitely, my mom. She constantly looks for ways to help other people and puts others' needs before her own. I am inspired by the work she has done as a teacher, helping out the students who have needed it the most. She is definitely what I strive to be when I'm older.