



**JIMMY ROACH**  
**NVHS BOOSTER CLUB FEATURED ATHLETE OF THE WEEK**  
**BOYS GOLF PROGRAM**

The NVHS Athletic Booster Club is proud to present the featured athlete of this week, golf player JIMMY ROACH. Jimmy is a two time State qualifier who takes his sport very seriously. As a sophomore, he helped his team finish in 10th place at state in 2012. That was a special year, because he was on the team with his Brother Jason, who was a senior. On his junior year, he qualified for State as an individual by winning a playoff at the sectionals in Pekin, IL. His accomplishments this past season include being a medalist at the Providence Invitational at The Sanctuary in New Lenox and The Will County Invitational at Wedgewood in Shorewood, IL. He also was the City of Naperville Champion at Naperbrook with a score of 1 under 71 this past summer and placed 2nd at the Bristol Open at Blackberry Oaks with a 74 this past summer as well. Jimmy still has one more year of High School to go but he already has his mind set to play well during the summer tournaments like MAJGT and AJGA because, according to him, playing well on those tournaments is crucial to guarantee an athlete a spot in competitive golf at the college level.

Booster Club Reporter: For how long have you played golf?

Jimmy: 14 years. I started when I was 3 years old. I also played football, baseball and basketball at certain times of my life but I gave up on the other sports to focus on golf.

Booster Club Reporter: What does golf bring into your life that you decided to dedicate yourself to it?

Jimmy: Golf is a fun sport and you make a lot of friends. Even though golf is an individual sport, when playing for Neuqua Valley HS, we are a team. We help each other out when things are not going right. We cheer each other on. Coach Carbonneau puts a lot of emphasis on learning to be patient and to control emotions on the course. Actually, I have learned to have fun while I am playing and not to get down on myself because the negative thinking will certainly affect my game.

Booster Club Reporter: What is your advice to someone considering trying out for a High School Team?

Jimmy: Start practicing as soon as possible. Put the time in for playing the sport you want to try for, because you can't expect to make the team by sitting around and waiting.

Booster Club Reporter: How do you stay on top of your game?

Jimmy: I put in a lot of hard work during the season and in the off season. I hit balls and play tournaments daily during the summer and practice indoor with a swing coach in the winter. There is a lot of hard work that goes into playing golf at a competitive level. You have to be motivated and want to get better. I take pride in working hard at my game. Some rounds it doesn't always show a good score, which keeps you going back to the range for practice to figure out your mistakes.

Booster Club Reporter: Speaking of mistakes, what challenges should a new team player expect from playing golf at Neuqua and what is your advice regarding dealing with such challenges?

Jimmy: In my case, I had to learn to control my nerves and thoughts while waiting to tee off on the first tee box of a tournament. If you aren't calm you won't be able to focus on the important things like your swing, where you are aimed, how far back you should take the club, how low or high you want the ball to go, etc. The team environment is full of learning opportunities that serve you for life. Some things that I have learned over the years of playing golf are to not get angry after a bad shot, to show class and not use bad language while on the course, and to not let fear take over my game when I am in bad situations. Controlling your emotions while on the golf course will save yourself a bunch of strokes.

Booster Club Reporter: Do you have any special plans for the near future?

Jimmy: I look forward to playing my senior year with my teammates and hopefully make it downstate as a team and not just individually. I believe we will have a great chance to accomplish that.

Booster Club Reporter: That is a goal worth fighting for. Do you have any favorite quote you would like to share?

Jimmy: "See it; feel it; trust it". A.K.A. SFT.