

WISCONSIN VALLEY CONFERENCE STUDENT-ATHLETE SPOTLIGHT

Wisconsin Rapids Lincoln Senior Allison Jahns



WVC SPORT(S): Cross Country & Soccer

FAVORITE CLASS: Physical Education

BEST ADVICE RECEIVED FROM A COACH: "Give everything you have, you'll get it all back."

FAVORITE PLACE TO COMPETE AT IN THE WISCONSIN VALLEY CONFERENCE AND WHY?

My favorite place to compete in the WVC is SWC Stadium because the stands are full of friends and family.

WHAT IS YOUR FAVORITE HIGH SCHOOL SPORTS MEMORY:

Qualifying for state cross country as a freshman.

WHAT TWO CHARACTERISTICS MAKE YOU A GOOD TEAMMATE OR LEADER: I have a strong work ethic and I am very supportive of my teammates.

COLLEGE OR POST HIGH SCHOOL PLANS: I plan to attend UW- LaCrosse and major in exercise and sport science on a pre-physical therapy track.

WHAT IS YOUR FAVORITE QUOTE: "No regrets, just do better next time."

BEST ADVICE YOU WERE GIVEN AS AN INCOMING FRESHMAN:

The best advice I was given as an incoming freshman was, do not take it for granted, it will be over before you know it.

COACHES NOMINATING THOUGHTS:

Allie is a very focused hard working athlete. She has set very high goals for herself and the season. Whether in practice or at a meet Allie gives everything she has. She is always pushing herself and she never takes shortcuts or the easy way out. Being a Senior, Allie has approached this season determined to make sure that she has no regrets.

