

WISCONSIN VALLEY CONFERENCE STUDENT-ATHLETE SPOTLIGHT

Student Name: Lydia Johnson

SCHOOL: SPASH

GRADE: Junior



WVC SPORT(S): Basketball, Track and Field

FAVORITE CLASS: Anatomy and Physiology

BEST ADVICE RECEIVED FROM A COACH:

Everything should be a “get to” not a “have to.”

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

SPASH, I love playing at SPASH where everything feels like home and surrounded our great fans.

WHAT IS YOUR FAVORITE HIGH SCHOOL SPORTS MEMORY:

My favorite memories of high school sports are all the bus rides and time we get to spend together as a team.

WHAT TWO CHARACTERISTICS MAKE YOU A GOOD TEAMMATE OR LEADER:

I try to bring positivity and high energy to every practice and game.

COLLEGE OR POST HIGH SCHOOL PLANS:

I would love to play basketball while attending a four-year college for either nursing or athletic training.

WHAT IS YOUR FAVORITE QUOTE:

“Don’t let what you cannot do interfere with what you can do” - John Wooden

BEST ADVICE YOU WERE GIVEN AS AN INCOMING FRESHMAN:

The best advice I was given was “Play your game.”

COACHES NOMINATING THOUGHTS:

Lydia shows up daily with energy and effort which raises our level in practice and games. She is a coach’s dream player and we are lucky to have her at SPASH. Pleased to see her growth over the last year and even more excited in what will come for Lydia. Keep working kid, you’re doing great and your future is bright!

