

WISCONSIN VALLEY CONFERENCE STUDENT-ATHLETE SPOTLIGHT

Student Name: Sophie Hasenohrl
SCHOOL: Wisconsin Rapids Lincoln
GRADE: 12

WVC SPORT(S): Gymnastics

FAVORITE CLASS: Human Body Systems

BEST ADVICE RECEIVED FROM A COACH: Work hard, set goals and don't give yourself any other option but to achieve them.

FAVORITE PLACE TO COMPETE AT IN THE WISCONSIN VALLEY CONFERENCE AND WHY? My favorite place to compete at is our home invite, because it's the equipment I practice on and the most comfortable environment.

WHAT IS YOUR FAVORITE HIGH SCHOOL SPORTS MEMORY: My favorite high school sports memory is team prayers right before the competition or when I got a 9.3 on beam at our home invite.

WHAT TWO CHARACTERISTICS MAKE YOU A GOOD TEAMMATE OR LEADER: I always give my teammates good advice on how to improve and I always cheer them on no matter what.

COLLEGE OR POST HIGH SCHOOL PLANS: My college plans are to attend UW-Madison and majoring in communication sciences and disorders in a pre-med track.

WHAT IS YOUR FAVORITE QUOTE: "Trust yourself, you can do it! It'll be fabulous!"- Chris Feidt

BEST ADVICE YOU WERE GIVEN AS AN INCOMING FRESHMAN: The best advice I was given as an incoming freshman was, give 100% always but don't forget to have fun and cherish every moment because these next 4 years go by too fast.

COACHES NOMINATING THOUGHTS:

Sophie is an extremely hard worker on the gymnastics team. She is constantly looking for ways to improve her routines, and has consistently earned high scores which have been a huge contribution to our overall success as a team.

