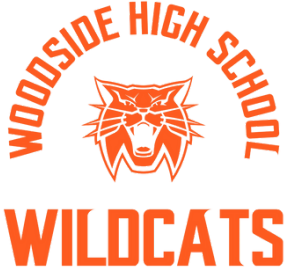


Woodside High School

Athlete of the Week



Dominic Barty

October 30, 2023



Dominic is a senior on the Varsity Cross Country team.

Dominic participates in cross country because he likes to compete in long distance running. This season, Dominic hopes to be able to run Ultra-Marathons.



In the future, Dominic wants to run in college.

Dominic is currently injured but his goal for the remainder of the season is to run in the CCS Meet with his team. Dominic balances cross country and academics by completing his schoolwork around his running.

Of the "8 Conditions," Dominic resonates most with **Sense of Accomplishment** because he says, "You can't take time off from running, you have to be consistent in order to get the times you want."

**Woodside High School
Athletic Department**

"Work hard, study hard, play hard"