

# MEET INÊS NUNES DA SILVA

SCIS-HQ Girls Varsity Football (soccer) Coach Erick Pessoa interviews Captain Inês Nunes da Silva. Born in Portugal, she took to football at a young age and for the past four years has been on the varsity team. Inês is involved in football and basketball at SCIS, and although she is looking forward to University, she is sad she will be leaving behind so many friends, teammates, and memories.

## **In what sports have you been involved and which is your favourite?**

I have been involved in both the Football and Basketball Varsity teams for the past four years. I love them both very much and have enjoyed every minute of each game. Needless to say, I am experiencing the football season currently, so I would have to name Football as my favourite sport.

## **What is the highlight of your years in high school sports?**

There are several highlights I have experienced in the journey of four years in sports at SCIS. I would say the ones that shine through the most though would be the many victories we have proudly brought to our school. The others are the hilarious memories we have made within each team.

## **How does participation in sports affect your academic life?**

Sometimes it is rather challenging to appropriately balance sports against my academic life. However it has forced me to learn time management, which allowed me to be able to participate in both without any problems. For that I am thankful.

## **What do sports mean to you?**

Sports mean more to me than just having fun or staying fit, it is incredible how amazing the sensation of being on a team can be and the adrenaline of playing every game whether we win or lose. Sports have always been there for me, as something I could lean on and feel safe with when going through unpleasant chapters in life. Sports are a very important aspect of my life, and I am so thankful to SCIS for allowing me to keep it during these four years. I plan to play sports for as long as I am able to.

By **ERICK PESSOA**

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