

The Arizona Republic featured April Witt in their Oct. 18th, Southwest Section, weekly column "Athletes Among Us":

## ATHLETES AMONG US



Carlos Chavez/The Arizona Republic

Fifteen-year-old archer April Witt is ranked fourth nationally in her age group, earning her a spot on the Junior National Team. She started when she was 8.

### April Witt

■ **Sports of choice:**

Archery, soccer.

■ **Age:** 15.

■ **Residence:** Waddell.

■ **Education:** Being home-schooled.

■ **Family:** Father, Doug; mother, Julie; brother, Jeremy, 13; sister, MaryAnn, 5.

■ **Hitting a bull's-eye:**

Ranked fourth nationally in her age group, she earned a spot on the Junior National Team.

■ **A veteran at 15:** "I started when I was 8, and it's just fun. You can shoot all your life, but there's still more to accomplish. It's not just the tournaments or scores. You get to meet a lot of people from all over the world."

■ **Learning the secrets:**

"My scores have gone up because of a lot practice and dedication, but a lot of it is because of diet, playing soccer for cardiovascular exercise and muscle strengthening. I gave up sodas because the caffeine makes you shaky. I eat a lot of vegetables and have more energy."

■ **Major accomplishments:**

Won her age group in the

World Archery Festival in Las Vegas this year and then finished second in the indoor competition in Salt Lake City.

■ **Next challenge:** The Junior World Trials in January in Virginia.

■ **Any advice for newcomers?** "Within 30 minutes, anyone can learn to shoot. Anyone can hit a bull's-eye. After that, it depends on your level of commitment."

■ **Have you ever missed the entire target?** "Of course. I missed twice at the Junior Nationals. Anyone, any time, can mess up."

■ **Aggies in her sights:** She said she is working on getting a scholarship to Texas A&M, which has a competitive archery team.

■ **Follow the arrow:** "Someday, I hope archery lets me touch lives in some way, or takes me to different places so I can see different things. I want to meet different people and learn how to relate to them."

— Jim Gintonio

Have a candidate for Athletes Among Us? E-mail jim.gintonio@arizonarepublic.com.