



## 2023 Newberg Boosters Scholarship Recipient



### **Mercy Starling**

**NHS Soccer, Tennis**

**Oregon State University**

- Mercy will be attending Oregon State University Honors College, majoring in biology (pre-vet track) and minoring in business.
- My advice to incoming athletes is to go to optional practices. I loved optional practices because I usually got more personalized coaching, and sometimes even one on one help. Especially in tennis, where skills range so greatly, a couple of one on one practices can help you greatly improve skills in a short period of time. It also helps you and your coach get to know each other better. While it is tempting to take a day off, I would advise new NHS athletes to attend those optional, fun, helpful, practices.