

2020 — HIGH SCHOOL — DIVING

THE OHIO STATE DIVING CLUB

Noah Duperre

3 Meter/Platform

Senior

Noah Duperre is, by most measures, a highly accomplished diver. Over his career he has (according to USA Diving's website): Placed in the top ten in 18 national events, finished top ten at 7 international events, and he has committed to dive collegiately at the University of Texas at Austin. As a strength coach, the most noticeable aspect of his training efforts, however, is the way he has utilized his conditioning time over the past year. At the start of last season, Noah had a promising season ripped away from him as a diving injury busted his left foot severely enough to result in surgery and a premature end to his season. Rather than allowing despair and resentment set in, however, Noah turned all his focus into finding ways to progress his conditioning despite his limitations. Seeing the way that he took ownership of his recovery and progression, on top of working on what he could control, Noah took advisement from the Strength staff and his physical therapist and used it to maintain focus and prepare for a triumphant return to the sport he loves. I feel that Noah took massive strides in his personal desire for improvement, and ended up a better athlete and person for it.

~Clayton Miller