

Alumni Spotlight

CUYAHOGA VALLEY CAREER CENTER

Nico Navez

Class of 2023



Nico Navez, a 2023 graduate, completed the Sports Medicine Exercise Science (SMES) program at CVCC under the mentorship of Shawn Fahey. Known for his eagerness to embrace new opportunities, Nico found his decision to attend CVCC an easy one. Within just one month of joining the SMES program, he felt confident he had chosen the right path and could envision a future in the field. He particularly appreciated CVCC's hands-on learning environment and valued being surrounded by classmates who shared his aspirations.

Nico encourages students to choose a program at CVCC that they're passionate about. "I'm not a morning person, but waking up excited for a class I genuinely enjoyed made all the difference—and it still does in college." He also highlights the importance of stepping outside one's comfort zone. "I learned so much about myself by pushing through discomfort. Self-reflection helped me grow and change for the better." While acknowledging that not every day will be easy, Nico emphasizes that the results are worth it and encourages students to take risks.

Additionally, he stresses the importance of developing strong study habits and time management skills—areas he focused on while balancing his time between two schools. This preparation significantly eased his transition to college. Nico specifically credits his anatomy lessons at CVCC for providing a solid foundation, which has been invaluable in his college coursework. "I'm nailing anatomy questions in class. It feels great to answer confidently and proudly and recognize that you're ahead of your peers."

Reflecting on his time at CVCC, Nico expresses deep gratitude for the connections he made. "Attending CVCC helped me graduate high school with a clearer sense of direction and greater maturity." One of his favorite experiences was participating in Health Occupations Students of America (HOSA) for two years, especially competing at Nationals. "Traveling with Mr. Fahey and my classmates was a highlight of my time at CVCC."

Now a Kinesiology major at Arizona State University (ASU), Nico aspires to have a career in physical therapy or athletic training. His ultimate dream is to live and work in Europe, ideally for his favorite soccer team, Liverpool. He thrives in dynamic environments and constantly seeks new challenges.

"Every day at CVCC got better and better. Connecting with students from other districts was incredibly motivating and reinforced my decision to pursue this field after high school," Nico shared. His advice to current CVCC students? "Life is too short—take your chances. If I had held back, I wouldn't be where I am today. I was so nervous about choosing ASU over an Ohio school, but I'm so glad I took the leap. Make life fun for yourself!"

Keep up the fantastic work, Nico. CVCC wishes you continued success!

Written By: Makayla Robertson, CVCC Media Specialist

