

**BY:** Senator HARCKHAM

**CONGRATULATING** Aidan No upon the occasion of capturing the 2025 National Collegiate Taekwondo Association High School Championship, and recognizing his athletic excellence, academic achievement, and exemplary character

**WHEREAS,** It is the custom of this Legislative Body to honor student-athletes who distinguish themselves through outstanding achievements in athletic competition, academic excellence, and exemplary personal conduct; and

**WHEREAS,** Aidan No, a senior at Somers High School in Westchester County, New York, won his second consecutive National Collegiate Taekwondo Association (NCTA) High School Championship on April 13, 2025, in Marlborough, Massachusetts; and

**WHEREAS,** Aidan No's journey to national success began with his 2024 championship win in Fort Worth, Texas, followed by months of disciplined training and reflection, revealing a deep commitment to sustained excellence rather than momentary victory; and

**WHEREAS,** His philosophy-"Motivation gets you started, but discipline is what keeps you going"-is not only a mantra for success in sport but a life principle that guided his return to national competition and shaped his resilience in the face of setbacks; and

**WHEREAS,** Aidan No trains three days a week in Flushing, New York, traveling long distances with the unwavering support of his parents, to whom he credits his success, acknowledging their sacrifices, guidance, and unconditional encouragement; and

**WHEREAS,** He faced adversity during the East Coast Grand Prix, where electronic scoring challenges led to a semifinal exit and a third-place finish-a result he candidly declared was "not good enough," using the experience to fuel his renewed focus; and

**WHEREAS,** Overcoming self-doubt, Aidan No returned to the national stage with a strong mindset, successfully avenging a regional loss in the semifinals by strategically studying and countering his opponent's patterns, winning by a decisive margin; and

**WHEREAS,** In the championship final, he once again faced a familiar rival, rallying from a first-round loss to secure a gold medal with impressive determination, ultimately winning the final two rounds 2-0 and 4-1; and

**WHEREAS,** Aidan No displayed exceptional sportsmanship by honoring his coach and opponent after the win, demonstrating the humility and respect that define his character; and

**WHEREAS,** Behind his achievements stand two strong parental figures: his father, a Taekwondo instructor who provides disciplined mentorship, and his mother, whom he describes as his "number one supporter" and a source of unwavering positivity; and

**WHEREAS,** Aidan No has represented Somers High School and the larger community with distinction and pride, earning his place among the school's most accomplished student-athletes; and

**WHEREAS,** Beyond athletics, Aidan No has excelled academically and will attend Stony Brook University in the fall of 2025 to pursue a career in medicine, carrying forward the same values of persistence, discipline, and hard work into his future profession; and

**WHEREAS,** Aidan No's accomplishments in Taekwondo, his academic excellence, and his exemplary character stand as a source of inspiration to his peers and community, and it is fitting to recognize him not only for his achievements but also for the leadership, dedication, and perseverance he continues to embody as he prepares for the next chapter of his life; now, therefore, be it

**RESOLVED,** That this Legislative Body pause in its deliberations to congratulate Aidan No upon the occasion of capturing the 2025 National Collegiate Taekwondo Association High School Championship, to honor him for his exceptional achievements in Taekwondo, his academic accomplishments, and his personal integrity, and to commend him for serving as a role model for youth across New York State; and be it further

**RESOLVED,** That a copy of this Resolution, suitably engrossed, be transmitted to Aidan No.