**Transcript**

February 8, 2024, 12:38AM

 **Researcher** started transcription

 **Researcher** 0:03
Blaster, last person terms of psychology the history has been quite a interesting.
That's why we have all these consent forms and stuff like that.

 **Jacob** 0:15
Right, yeah.

 **Researcher** 0:16
So.
So OK, so first section kind of going to be about you, umm, so how old are you?

 **Jacob** 0:27
18.

 **Researcher** 0:30
Uh, what gender do you identify as?

 **Jacob** 0:33
Male.

 **Researcher** 0:35
OK.
What's sport or sports did you play while you were in high school?

 **Jacob** 0:42
I did cross country soccer and track and field and golf.

 **Researcher** 0:49
How long did you play gold for?

 **Jacob** 0:51
Or a semester.
Not.
Not even a semester.
We had one tournament and then I broke my ankle and then didn't play it.

 **Researcher** 1:01
So very short stint in golf.

 **Jacob** 1:04
Yep.

 **Researcher** 1:07
OK, umm, what events did you do in track and field?

 **Jacob** 1:12
I did the 400, the 800, the 4x400 (relay), the long jump, the triple jump, the high jump and the mile in high school.

 **Researcher** 1:27
Sure.
Thanks.
Talk about all the events.
Umm.
And then were you part of any additional activities in high school outside of sport?

 **Jacob** 1:42
Yes, I.

 **Researcher** 1:43
OK.

 **Jacob** 1:46
Started an Ultimate Frisbee Club, I was part of student leadership.
Umm, I was a member of NHS.
I did YMSL, which is young men service league.
Ohm, I guess this is still sport, but I ran club.
Uh, track.

 **Researcher** 2:12
OK.

 **Jacob** 2:17
Uh, yeah.

 **Researcher** 2:21
OK.
And then how long were you at SCS?

 **Jacob** 2:26
Ohh Geez, 13…4…13 years no 14 years. Sorry.

 **Researcher** 2:33
So did they consider you a lifer at graduation?

 **Jacob** 2:37
Yes, I was a forever eagle.
That's what we're called.

 **Researcher** 2:42
That's what you guys are called.

 **Jacob** 2:44
Hmm.

 **Researcher** 2:44
Ohh right.
And then how long were you a member of the men's soccer program?

 **Jacob** 2:52
All four years of high school.

 **Researcher** 2:53
OK.
OK.
And then you're currently in college.
But what specifically are you doing?
So there's one of three categories.
So you're in college and you're playing a varsity level sport.
You're just in college studying or neither.
So not in college or, but what?

 **Jacob** 3:27
I'm in college and playing a varsity level sport.

 **Researcher** 3:36
And what varsity level sport are you playing?

 **Jacob** 3:40
Cross country and track and field.

 **Researcher** 3:46
Answer.
So you have quite a bit of sport experience under your belt.
So what has been your experience with sports growing up until now?

 **Jacob** 4:05
Umm, I think my first sport was soccer and I played that ever since.
I could walk pretty much.

 **Researcher** 4:15
And.

 **Jacob** 4:15
I played club soccer up until middle school and then I also, I mean, I also played baseball like T-ball and UOL.
I played basketball with, umm like a a group of friends from high school.
We started our own team.
Umm, I've always even outside of playing sports, I've been surrounded by.
My dad was a football coach for 25 years and he got me watching the Cowboys at a very young age and just love sports in general.
I think I've played pretty much every sports there is like, you know, like competitive setting other than football, which is a little ironic for my dad being a coach for such a long time.
He also went to TCU and played football there until sophomore year.

 **Researcher** 5:05
OK.

 **Jacob** 5:07
Umm so I've I've been around the block when it comes to sports.

 **Researcher** 5:14
So any notable memories with what's that?

 **Jacob** 5:17
Oh yeah.
The the earliest memory I can remember is playing a playing sports is playing for my grandfather's team and we beat a team six to nothing and I thought that was insane, that you could beat someone by that much and then the next game we played, we lost seven to nothing.
I was like what?
Ohh that doesn't happen ohm I remember.
I always my older brother played UM club soccer as well and he would always get put on the worst teams and so they would always just be terrible and I guess I just got lucky.
I got put on pretty good teams and we won to I guess what is it like association Championships, I guess like the the association we were in, we won it twice and it got second once.
And I remember the second time that we wanted, we were playing a team that I don't know how they got to the final cuz they were not very good, I think.
And at this stage it was also really hard.
So at this age, they did like quarters.
So we had what we would have water breaks and by the 1st water break I think it was four to nothing already.
Umm.
As in, their coach got mad at a call.
The ref.
Made and I think it was a yellow card in the box.
They were taking a PK and he just pulled the entire team off the field and pulled his keeper off to the side of the goal and the refs like they're still going to take the PK and go for it.
I don't care.
So I go up there and I kick the PK.
Then it's like I kick it to the bottom right corner.
Case it always standing on the left side and he dives for it.
I'm like, “well, you weren't gonna stop that.
That I don't know what you were trying to do”.
And then the game was just over and we got to go home like an hour early.
And I was like that's that's that's great.
Is that, umm?
I remember hating baseball because you just stood there and didn't do anything.
And I was like, this is really boring.
Why am I not doing anything and I couldn't hit the ball to save my life?
I started running when I was in kindergarten.
My school had a running club.
Mileage Club is what it was called program to get kids like invested in cross country because our cross country team and the middle school and high school was pretty good at the time.
Umm so I started doing that because my little brother did it and because the coach said that you should do it and I was like, OK, so I just kind of went out there and started doing that.
And just carried it into middle school.
When I got to middle school was when I realized it like, oh, there are people that do sports that don't actually care.
(car revs) Sorry.
They don't actually care.
They're just there to be there and I remember after my first middle school soccer practice, a kid in my grade I like, he was fine.
He was a good kid, but I remember after, like, the third drill that we did, I passed the ball to him and he ran away from it because he thought I passed it to him too hard.
And I was like, “ah, OK, what is going on?”

 **Jacob** 8:35
But. **Jacob** 8:36
Umm.
And our our soccer team wouldn't.
Great.
Umm, not compared to at least like the cross country and track teams, but it got better.
Obviously junior and senior year we made playoffs and then ended up winning district, which is probably winning the district championship game was probably one of my most, my fondest memory of high school.
Like just the feeling and the feeling of even making playoffs junior year.
Umm, meeting one of our big time rivals for the first time in like, I don't know, 10 years is just it was just one of the best feelings ever.
Umm.
And then in track, probably a lot of a lot of track is like breaking like barriers like time barriers like the first time I went under 60 seconds for a 400.
The first time I went under 50 seconds for a 400.
The first time I broke two minutes and an 800 breaking 5 or breaking 6 and breaking five in a mile.
Umm.
Walking people down the last 100 meters of races.
Ran at Texas for you.
Excuse me.
Ran at Texas Relays, which is a really big track meet that happens each year at the University of Texas in Austin that there's people from high school all the way up to professionals competing in that race.
And we ran the four by four (4X400) there and ran.
I think the like the 4th and 5th fastest times in school history, which is that was pretty freaking awesome.
Umm, my senior year.
I finally qualified a relay team for state the last two years.
We've gotten close and we had gotten a fifth and they took the top four and and then we were in first and then my that was my sophomore year, my junior year.
We were in 1st through the 1st handoff and then our second leg knocked the baton out of his own hand.
And then we got disqualified.
Ohm.
Yeah, that wasn’t great.
But then we got their senior year and I think we went in ranked 5th and end up getting 3rd when ran the second fastest time in school history.
So that was freaking awesome. Umm.
A lot of fun, memory, even watching sports, watching the Rangers win the World Series this year.
Let's freaking go, umm, watching the Cowboys do.
Not as well this year.
That was not umm.

 **Researcher** 11:00
I feel like that's pretty commonplace though.
Like you get your hopes up with the Cowboys and then they just get dashed.

 **Jacob** 11:04
Yeah.
Every freaking year, every every year.
And I don't know why.
I keep being a fan because isn't it?
Just now just now.

 **Researcher** 11:17
It's been instilled in you since you were a young kid, I mean.

 **Jacob** 11:21
Yeah, yeah, watching that, watching TCU make a really big run and then getting blown out in the national championship game, that was fun.
Ohm, I actually watched the Rangers win the World Series on the Riverwalk in San Antonio.
In a little restaurant and they were like, I don't know, they were ten people in there and no, they were like 16 of us.
And it was me and three of my friends who don't care at all about baseball.
And then everyone else in there was a Rangers fan and whenever they threw the final pitch and the UMP (umpire) called out and it was, it was just electric.
It was ohhh, my gosh, it was so cool. Umm.
Watching Friday Night Lights (term for HS football) always love doing that, going out and cheering and just being a nuisance on the sidelines.
Watching the World Cup, last year's World Cup or the last World Cup was maybe one of the greatest World Cup final matches I've ever seen.
Ever.
Umm.
And we get the World Cup in America next year.
Just bummed that they side to host a final in New Jersey instead of Dallas where?

 **Researcher** 12:35
Have you seen all the memes that have come out of that?

 **Jacob** 12:39
Yes.
Why?
What?
What do we do?
What do we do?
And no one cares.
Cares about soccer?
FC Dallas is freaking huge.
Why?

 **Researcher** 12:48
Yeah.

 **Jacob** 12:48
What are we doing?
What's going on?
Ohh my… we get the semifinal though at least.

 **Researcher** 12:53
Yeah, and.

 **Jacob** 12:55
If they had it in Fort Worth, that'd be even better.

 **Researcher** 12:57
I know, but I mean, Fort Worth doesn't really have a stadium for that.

 **Jacob** 13:01
Yeah.

 **Researcher** 13:02
So.
So with all those sports and sports memories and and all of that, what specifically have you enjoyed about sport?
Or not enjoyed?

 **Jacob** 13:17
Uh, I think for me it's a sense of accomplishment is when I set a goal out for myself or I said like a I this is what I'm striving to do and that I meet it and even exceed it is just like I think the feeling of accomplishment and like knowing you succeeded, it is just.
It's probably the best feeling in the world, like knowing that you put this go out there and you weren't sure if you were to make it like you were.
You were gambling.
You were risking a lot to see if he could do it, and then you did it and that's great.
And probably the worst feeling in the world is knowing that you didn't put everything into it, and if you had, maybe you could have accomplished that goal.
Umm, like it in my mind if you put everything out there and you don't accomplishment well, I mean, you gave everything you had.
There's nothing more to give.
You shouldn't be upset about that.
Like, hold your head high.
But if you feel like you could have given more and maybe that little bit extra would have pushed you, that's again probably one of the worst feelings that there is.
I also love the community around sports, especially team Sports, where you like, you're out there with pretty much your family and your.
Working in…my roommate is about walk in… and you're you're working together to get better.
Is I love that feeling.

 **Researcher** 14:50
OK.
So then you've mentioned kind of like sports in general like it's a huge part of your life.

 **Jacob** 14:59
Yes.

 **Researcher** 15:00
What about soccer specifically?

 **Jacob** 15:05
Soccer has been a big part of my life.
I think mostly because it was just my first sport because that was like the first.
(roommate walked in briefly) Go away

was the 1st. Umm.
Sorry, it was the first chance of competition that I got in my life and like getting just, like, invigorated me.
Would like made me so like like happy and excited to go do things.
And I think being able to watch like the improvement of learning how to kick a ball for the first time to learning different skills and learning how the game works in the complexities is it's just such it's such a vast game that like you're constantly learning, you're constantly improving and getting to play it for such a long time.
Like I love like seeing how you could take people from only learning like 1 system of the game to being able to like spread out, play different positions and work with different people and different techniques and different skill levels.
That's also just really fun to play.
It's really fun to go out there and knock some people over and score some absolute bangers (really good goals).

 **Researcher** 16:29
Very, very true.
So then what about on like yourself?
Personally, like how has has sport First off sport in general influenced how you see yourself.

 **Jacob** 16:44
I would say I'm definitely a much harder worker because of sports.
I definitely I used to like give 110% at sports all the time and then I get in like the classroom or something and be like “I don't freaking care. This isn't fun.”
And then I realized like, well, I give everything I have in sports.
Why don't I do that in school?
And then I started doing that in school and I started getting better grades.
And I'm like ohh this this could there could be something going on here.
And I also think it's made me.
Much more relaxed in stressful situations.
It's given me like a lot more calmness and like confidence that I know how to handle myself if like something like if something serious happened, like in serious situations, I know how to handle myself better than just if I didn't have sports.
And I also think it's just given me just a reason to care, like you do something for long enough, you fall in love with it and you

(roommate walked in briefly) I’m on a video call

you once you do something.
If you fall in love with it, so you give more and you give more and it just makes you enjoy it more, it makes you enjoy sports more.
It makes you enjoy being with your family, school and the matter how boring it is.
You enjoy it and you just enjoy life more.

 **Researcher** 18:09
OK.
So then if sport was removed from your life, how do you think that would impact you?

 **Jacob** 18:20
It would hurt a lot. UM.
I've gotten a small taste of it.
Whenever I had a broken ankle and wasn't allowed to compete in anything and missed all of preseason soccer, UM and it hurts.
But for me, I think at the end of the day I would be OK.
Because I am a Christian and I believe that there is more to life than just humanly things.
So for me, so long as I have my faith, I I think I'll be alright.

 **Researcher** 19:00
OK.
And we'll probably touch more a little bit on that in in later questions.
But we're now going to kind of focus on what it was like when you transitioned from high school into to college to where you're at now.

 **Jacob** 19:08
Good.

 **Researcher** 19:21
So we'll little bit of reflection.

 **Jacob** 19:21
Yeah.

 **Researcher** 19:24
Tell me about your final high school year.
Umm.
We'll we'll kind of break this down to sections, but First off, academically, how are you feeling?
What were you experiencing?
How?
How is the academic side of the final year?

 **Jacob** 19:40
Umm, it was.
It was pretty good.
I was really nervous because I was taking two AP classes, which I'd only ever taken one before, and it was AP physics.
And I hate physics, but I wish taking AP Bio and AP stats, so I was really like those are both part of my major because I want to major in biology is like alright, I got to do well on these.
Enjoy biology.
I hate math, but I have to do well in it.
So that was a little it was a little stressful, but ohm, I did well, I think I I finished the year with straight A's.
I got a four on the bio exam and A3 on the AP stats exam which didn't do anything because Trinity decided that if it's part of your major, they don't accept maybe credits anyway, so did.

 **Researcher** 20:28
No.

 **Jacob** 20:30
Umm.

 **Researcher** 20:31
Lisa, give you experience?

 **Jacob** 20:33
Yeah, yeah.
I at least I got experience, so that was a little annoying, but the rest of this rest of my classes I did very well in in there was not as tough.
I think my junior is my toughest, but it was a much more manageable and a much better year.

 **Researcher** 20:53
OK.

 **Jacob** 20:53
My secret.

 **Researcher** 20:54
So then what about socially?
How was that your senior year?

 **Jacob** 21:00
Umm, it was a bit of like a it like improved as the year went on like junior year was when I broke my ankle and I was just kind of always upset.
So senior year it was kind of like, OK, this is my last year to be in high school and to have fun and to just like mess around with my friends before like life really gets serious.
So I definitely tried to like go and do things more and like, have fun with my friends.
Especially like even just like in school, instead of being like I have to only focus on school the entire time, even during breaks, I would definitely have more fun and like talk to more people and I'd be involved and more things, you know, like UM was involved in, like pretty much any like campus event that was happening.
I'd go out and just hang out with people and like talk and meet new people that were at my school that I've been at for 14 years and had no clue who they were.
I'd go and say hi to them just cuz I mean the heck.
I'm not gonna see you ever again.
I may as well just have a relationship or a little bit.
And then I think.
Especially being a captain and like being like, not even just a captain, but being like I'm a senior on campus.
I'm like one of the big dogs, I guess, like wanting to leave like a lasting impact on like the younger generation.
I feel like talking to the underclassmen and even the middle schoolers if they came up to me, which there's some funny stories of them just running up to me and doing stupid things.
Just wanted to make a lasting impact and like leave a better footprint then what I had previously had.

 **Researcher** 22:45
OK.
And then athletically, you mentioned you were a captain.
So what was that kind of like in in the last year?

 **Jacob** 22:56
Yeah, I would have been a captain for cross country the year before, so I kinda kind of knew what I was doing.
Ohm.
But I was also like I was the senior captain and the fastest runner as it was like, alright, I I have to like I have to be good, have to be a good example.
I can't slack off and I really, really focused like we had a very young team, so there was a lot of focusing on like maturing and acting like an adult, which is kinda hard for some kids.
It's very still hard for me because I'm just freaking running around doing stuff, but I think getting people like to realize like, alright, this is people take this seriously.
This is in a place to goof off.
We have a history of being very good, so we need to keep this going, umm, in soccer.
I think I kind of just like I flip the table on like what people have been used to with captains.
Like a lot of the times, the captains have been like umm, like I'm the top guy.
We must be serious the entire time and very like like strict about things which works when everyone on the team is like a soccer veteran and like they all know what's going on.
But again, the soccer team was very young, like there was a majority underclassmen.
I'm pretty sure and I kind of just, I was like, well, going into the season, I didn't think we were going to be very because we had lost a lot of seniors and we had a lot of incoming freshmen and sophomores.
It kind of like they knew what they were doing a little bit, but they weren't completely comfortable with playing another like a varsity high school level, getting tossed around.
A lot of them are really small.
Like really small ohm.
So I kind of tried to make, at least in my eyes, I tried to make practice a little bit more fun.
Little bit more free flowing by.
Tried to present myself as like if you need anything just come ask me.
I'm not scary.
I don't bite that often.
Even in track, our coach didn't do captains, but I was.
He's called me like a warm up leader, which that's basically what it captain is.
Umm.
And that everything so individualized, like what event you're doing.
So if people were like doing the same event as me, obviously I give them tips, and if it was something that I like knew about, even though it wasn't my event, I would still like offer tips and obviously encourage people like mid race and someone's running you.
You can bet all your money.
That I'm out there screaming and yelling that for them and just having a good time, that was what I really focused on, like having fun my senior year and like, enjoying being in sports cause for so long.
I had thought of it as like I have to do.
Well, I have to do this.
I never thought of it as I get to do this and I should be grateful that I'm able to do this.

 **Researcher** 26:04
OK, so now that you've kind of moved on to to college now your second semester, how is how was the first semester, how's College in general been going kind of thing principles academically, socially, athletically?

 **Jacob** 26:25
Ohm academically it's.
Been pretty similar to what high school was.
I mean, I think SCS did a great job of preparing me, umm, the biggest thing was dealing with the free time like in high school.
You're there from 6:00 AM to 7:00 PM for you.
Get there for practice and you go to school and you have practice after school and you're just going the entire time and it's weird to like if you wake up at 6:00 in the morning to go run because you have a workout and then you get, like, you finish and you have an hour and you get class and you have a 2 hour break and you go to class again and just all that free time like it really the first, I don't know, half of the first semester.
I was like, what the heck is going on?
I kinda slacked off a little bit, but then I realized like alright, I need to focus on this so I kind of kick myself in the \*\*\*\* and got into gear the second half of the semester and finished pretty strong.
Socially, college is a lot more fun than high school.
A lot more fun than high school.
Ohh my goodness.
Coming from a private school in which there are quite a lot of very wealthy people, umm, a lot of gatherings just turned to people bragging about how much money they had.
And yeah, yeah, it is weird.
And it was also just like, like people didn't want to go do things.
It was just a little annoying and being in college where you literally like I I room with guys on the team.
So my 4 best friends are his my roommate and my 2 suitemates and we go out and we do stuff all the time.
I mean, we went all over the place the first semester and like the first couple of weeks before, like, classes started, we were up late playing Spikeball, playing pool, doing all these things and even talking to people outside of the team that are just like people in classes and people like, just like see some working class.
It's a lot.
It's it's strange how much more friendly it is and like a small tight knit umm community for the most part there are.
There are a couple of people that are just bad eggs.
We'll say, but it's.
I think I like.
Is such a a new beginning and a new chance to like have friends and like, I guess, make a name for myself?
It's like it's refreshing.
It's something new.
I loved SCS and I love being there, but getting a new start is just it's amazing.
Umm.
And then, athletically.
Ah, the training is a lot tougher than a lot more in college for cross country and track than it was in high school.
I thought I put in like crazy training in high school and I didn't even know what training was.
Especially in the the distance, like how far it was running per week.
I think the highest I ever hit in high school was 46 miles a week, and there are two guys on my team that have 100 miles a week.
I myself got up to 53, which isn't a huge jump, but it sure felt like it.
Ohm the racing distance is also a lot longer across country.
Ego from 5K to 8K, which is 3.1 miles to just under 5 and that sucks.
Ohh still love.
I love cross country, but racing for five miles almost half an hour.
Just like ohhh my gosh ohm.
Yeah.
Track.
So far we haven't, like really gotten into like like the meat of training.
We're still kind of like preseason cause we go into May until late May with our season.
We go actually past when school gets out.
If you make it far enough, which we'll see what happens.
But it's been pretty similar to what it was in cross country, although the big difference is running indoor track.
I ran one indoor track meet my senior year of high school and I've run 2 this year.
I'm umm for for college and it's been a big learning opportunity.
It's also taught me that like, OK, I may have been the top guy in in a high school.
Sorry, I may have been able to like dictate how I went races to go or like be able to win pretty consistently. yeah not anymore.
Everybody's the best from their school and from their district, and everybody's really, really good and it's not a ohh it's there's other people in the conference, it's people on my team that are really, really good that that was a I knew it was coming, but I don't think it was fully prepared for the for like realizing like how much faster people can be than me after being at school, a small school where it's like I was the top guy.

 **Researcher** 31:40
Gotcha.
So, since you know you're no longer playing soccer, how has that kind of been like, you know, just any thoughts on that?

 **Jacob** 31:54
Yeah.
Umm, I've definitely missed it.
I really miss the community you get from a team sport.
Umm.
I have found ways to kind of like cope with that.
My one of my suitemates played soccer in high school and we'll go out and we'll kick the ball around or.
He also.
Watches the Premier League and although he is a Chelsea fan, I still talk to him.
And we we go, we butt heads back and forth because he's a Chelsea fan.
I'm a Liverpool fan and he we talk about that and there's other guys on the team that play soccer and we also go out and watch our soccer team play and that is kind of like our Friday Night Lights.
Like we have a very good football team, but for some reason people get there.
They just decide.
No, we're here to watch.
We're not gonna cheer.
We're just gonna sit here and watch.
I'm like, what the heck, though, when we get to soccer, we get to be rowdy and cause havoc on the sidelines
Umm, but it's definitely not the same.
It was definitely like weird like my body for so many years has been cross country and they take us like a week break and then soccer starting the track.
And this year it was cross country and the two week break in the track and my body's like, what's going on here.
And I remember walking out on my balcony, and I just, like, felt like the cooler weather coming in.
And just like my body is like it's soccer season, you need to go kick the ball right now.
You need to go do a rainbow.
You need to go slide tackle someone and I'm like, but I can't anymore.
Like, well, like, it was a sad feeling, but it was also like a happy like, I have good memories.
Like I enjoyed this.
I'm glad I did it feeling.

 **Researcher** 33:43
OK.
So you kind of mentioned it back when you were talking about, uh, the whole preparation thing like not feeling prepared.
Umm so and and the whole coping and everything.
So when you were making that transition from high school to college, it sounds like it's it's gone pretty smooth.
UM, was there anyone or anything that kind of helped you during that time?

 **Jacob** 34:19
Uh, yeah, I.
My older brother Jared goes to Trinity (same school) and he had to make the same transition.
So talking to him about that.
Umm.
Really help because he had already gone through it and he had experienced the emotions.
I talked with my dad.
Who is a assistant coach for the soccer team at my high school
Umm.
And then just talking to other guys on the team, like my suitemate who played soccer, other guys, we have a guy on the team that, uh, it was a big basketball guy and he's like, he still plays like when we're in the offseason.
Like just like pick up.
But he played basketball in high school and talked to him about, like, moving on and whatnot.
But I feel like one of the biggest thing is just like still being immersed in, like soccer.
Like I I mean, I have soccer balls in my closet.
I accidentally and I mean that by accidentally brought my cleats with me after Christmas break I would go up to my high school and I'd go help up with the soccer practices and I just brought my athletic bag.
My my college athletic bag with me, I put my cleats in there and then I didn't think cause I didn't bring my spikes.
My track spikes home, which is what I had in there.
So whenever I left, I didn't think to look in there.
Then I got back to the first year practiced about my spikes back in and I look and I'm.
Hmm.
Hmm.

 **Researcher** 35:48
That.

 **Jacob** 35:48
They're not supposed to be in there.
Then my roommate.
Like “what you got there” and I’m like.
“my cleats”, and he's like, “did you mean to bring those” like
“No”, he's like, “sure, you didn't.”
Sure you did.
Was like, no, I'm serious.
I didn't mean to umm, but just get now.
I'm playing just like like with a couple friends going and kicking the ball around, just staying active.
It's it's not perfect, but it does help.

 **Researcher** 36:23
OK.
UM, so you kind of mentioned a little bit of like what they did do.
So the conversations kind of just being the the support, but how specifically has that helped you so mentally, emotionally, physically, even?

 **Jacob** 36:44
Yeah.
The biggest thing for me is missing like the like, the feeling of being on like a team and like, I mean like a team sport where in cross country and track, sure you have a team in your competing to win as a team, but it's pretty individual.
It's like there's there's one standard and that's time.
And whoever has the faster time is better and there is no other way to gauge like how good you are.
So it's a very, very competitive and very it can almost be kind of toxic in a way where like the only thing you do is look at times and look at are you faster than this person or that person or is this team faster?
Is this team better and I missed the like being on a team where you each have like maybe you're better at one thing or another, but like as a team you compete together and you compete for each other rather than you're competing to be the best by yourself and hope everyone else competes the same.
Umm, so talking about like how like the and I think I got lucky with going to Trinity, the community around the cross country team and track team is very team oriented.
The coach has made a very, very good job of like being like we want a team to go to nationals.
We want a team to win conference, we want this and not sure.
We have very fast individuals, but we need the team aspect.
And then also just doing things going out, doing things with friends together and talking about like, hey, I miss like.
Like these like drills that we would do in soccer and we would go out and we would just we wouldn't do soccer drills, but we would go out and we would like, I don't know, like we do like like juggle the ball and like everyone has to get 4 touches or read like do headers back and forth and all these different things and just doing things where like, as a group, we accomplished something.
It brings a similar satisfaction to playing soccer and playing like as a team.

 **Researcher** 38:58
OK.
So kind of going back to earlier, you did mention you know your faith as a Christian and your identity and all that.
Can you kind of expand a little bit on that?
Did that help with the transition at all as well?

 **Jacob** 39:18
Umm, I'd say it did.
I think another big thing about going from a small private Christian School to a a still small but much larger level liberal arts school.
Umm.
Was like where?
Like, did my faith play into that?
And I think it has helped big time and like seeing like how different how people can like go through and do like going to college and seeing how people act.
It's like a big wake up call and seeing how outright stupid some people can be in, like the decisions that they choose to make and how they choose to live their lives and how they choose to act around other people is shocking.
Umm.
And I think with being a Christian and has helped me realize like, OK, I have my shortcomings and it's not OK, but I'm still trying to be better.
Here and there are a lot of people that are without that, without like a sense of security.
Even if things go wrong and I'm very lucky and very fortunate to have this, uh, truth that I believe in.
Umm, it's inspired me to share it with more people and trying to help them with their shortcomings and excuse me.
Like I said, missing soccer or not being able to play soccer, I've missed it a lot and it's hurt a lot, but at the end of the day, it wasn't life like that.
It's not the end of the world like I have so much more to live for through Jesus Christ, and I feel like that that was a a very big part of my life.
But it is time to close the book on that part at least.
Competition wise, maybe later than allow that later down the road.
So are we.
Open it back up.
If I just wanna go play like an adult league or something, but and I think I have.
Enjoyed and fulfilled pretty much all there is in umm in that chapter of my life right now and I think I've used soccer as a very good way to share the gospel and share.
My experiences or share the word of God through my experiences and through my time playing soccer.

 **Researcher** 41:55
OK.
So was there anything you wish you had more of in terms of support from anybody, whether it's like family from school, from friends, that sort of thing?

 **Jacob** 42:12
Umm.
Umm, I feel like I have a lot of my bases covered.
Maybe like a?
I don't know.
I feel like we we got out a lot more my first semester and then this second semester we've been more focused on uh, like school.
So maybe just like getting out and doing things more like we used to.
Umm, but other than that, there's not really like much more that can be done like I have friends that are on the soccer team.
I still keep up with my high school soccer team through my dad through some of the guys there and I umm went back and watch one of their games.
UM and went to a couple practices and I was like hmm, I missed this but.
I don't feel the need to like be attached to it anymore, like if they win, great if they lose.
Ohh well, it's not the end of the world and if I ever get to play soccer again competitively, I'll be sad, but I think I'm.
I think I'll.
I'll survive and I think that like my support systems have have helped a lot.

 **Researcher** 43:32
Good.
OK, well, I'm super, super glad to hear that.
Umm, so kind of the the last little bit you mentioned kind of some some coping strategies that you did to kind of help umm you do you want to elaborate on what those were specifically?

 **Jacob** 43:55
Umm.
Yeah, I think a lot of it was just like in my own head, like whenever I played my last soccer game, it was kind of like, that's it.
That's the last time I'll ever touch a soccer ball in my life.
And there's nothing left.
And I was like, well, that's not true.
That's that's that's so far from the truth.
It's not even funny.
So, like just telling myself, reminding myself continuous that it's not over.
I can any point I can go out.
I I live right next to the internal field at any point I can go grab my soccer ball, grab my cleats and go shoot.
I can go, dribble or I can get some of my friends together and we can go mess around and we can kick the ball.
And knowing that, like I think finally coming to terms with like, that was fun, but it's over and it's time to move on.
And I have all these memories that I can go back to.
The good.
The bad?
Umm at any point and I can remember there's game film if I choose to go back and watch game film if I I'm feeling really desperate.
I can go do that.
Umm, I think just.
Reminding myself all the good times that I had and all the learning that I did and all the the friends and the experiences that were made is enough to satisfy me when I start, when I start missing it again.

 **Researcher** 45:31
OK.
Have you picked up anything new since you've moved to Trinity?
Like joined any new clubs? Hobbies.

 **Jacob** 45:41
It's kind of hard because our coach doesn't allow us to do much because she doesn't want us to get injured.
So, like intramural sports, are not allowed to do.

 **Researcher** 45:47
Team.

 **Jacob** 45:49
Or not allowed to rush.
We're not allowed to play certain things during the season, which we learned the hard way because my sweet mate, who is my who's the other guy that he played soccer in high school and he's, umm, I loves soccer?

 **Researcher** 45:51
Understood.

 **Jacob** 46:06
We were playing spikeball one night, which you we're not allowed to do.
But we were doing it and us being soccer players.
Ball rolled away and I started dribbling it and he was trying to get it from me and he kicked me in the back of the Achilles and broke his foot.
And he was the top freshman on the team for cross country by a lot ohm.
Yeah, Coach wasn't too happy about that.

 **Researcher** 46:39
Yep.

 **Jacob** 46:41
Umm.
But OK, to do one thing and that's playing pick.
Umm and I have gotten into pickleball quite a bit since then.
College we had a cross country team tournament and we'll go out there and we'll play that on like our off days to get it as like kind of like our cross training in a way, just like elevate the heart rate and like do something and have fun and be like be active.
So you're not just stagnant and not moving.
Umm, I would say pickleball definitely been doing a lot of and I've also.
Kind of hard with cross country because you don't need to lift that much, but I have lifted quite a bit and just again just getting staying active, a lot of the team goes and swims and I tried that one time and I'm like, why why would anybody ever do this?
Like I like swimming.
But when you make it into a workout, it just no, no sucks.

 **Researcher** 47:40
Yes.

 **Jacob** 47:42
Umm, But yeah, played a lot of pool and ping pong.
Umm, just just little things, just being able to stay active until one time.

 **Researcher** 47:54
OK.

 **Jacob** 47:55
But I think pickleball is probably the main thing that I've picked up since coming to college.

 **Researcher** 48:00
And how has that influenced how you kind of see yourself?

 **Jacob** 48:09
Umm, it's definitely it definitely helped in like.
Having this like this form of competition where I don't have to worry about if I win or lose, it's not the in the world.
I'm just out here having fun.
Uh, I don't have to worry about like, ohh this guy is better than me or ohh I'd better than this guy or ohh my teammates great or he's not.
Or who am I playing next?
It's just just out you're having fun.
Which I feel like in like when you're in a competitive sport like you can have fun, but you're pretty locked in term, determined on being the best that you can.
But with pickleball you can just kind of like mess around.
You don't have to actually play a game.
You can just kind of rally.
You can just kind of smack the ball as hard or as light as you want to and just kind of have fun.
You're not forced to be like the best form of yourself at every given point.

 **Researcher** 49:13
OK.
So then last question, do you have any advice for those that are about to make that transition from high school to the real world?

 **Jacob** 49:26
Umm.
Enjoy it while you're in it, because you'll never get it again.
Umm.
If you play sports in college, but I get a lot tougher, it's about to get a lot more competitive.
If you don't play sports in college, again, enjoy it while you have it.
Because you'll it'll never be the same again.
Umm, if you're not playing sports in your school, has intramural sports go join one of those because the communities behind that are great.
I unfortunately can't be in one because of cross country, but I know some of the people in them.
There's an ultimate frisbee.
One in a disc golf, one that I have some friends in and there are some people that are very passionate about the game and you can find one for anything that you wanna do.
Umm.
Join intermural enjoy it while
You have it and don't hang on to it forever because there's always room to move forward.
They can't go back.

 **Researcher** 50:32
OK, so before I turn off the recording, is there anything else you'd like to add?
Discuss a little more based on questions I asked or revisit.

 **Jacob** 50:45
Umm.
I don't think so.
I think we covered all our bases.

 **Researcher** 50:53
OK, awesome.

 **Researcher** stopped transcription