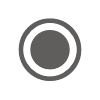
**Transcript**

February 8, 2024, 3:07PM

 **Researcher** started transcription

 **Researcher** 0:06  
Make sure it works perfect.  
OK, so First things first, how old are you?

 **Matthew** 0:16  
I'm 19.

 **Researcher** 0:17  
OK, what gender do you identify as?

 **Matthew** 0:21  
Male.

 **Researcher** 0:24  
When you were in high school, what sports did you play?

 **Matthew** 0:28  
I played a baseball and soccer.

 **Researcher** 0:33  
What position would baseball?

 **Matthew** 0:35  
Ohh short stop.

 **Researcher** 0:43  
And then were you part of any additional activities while in high school?

 **Matthew** 0:48  
Ohh was part of the high School Praise Band.  
I see as part of NHS.  
Umm.  
Those are the main two that I can think about off  
The top of my head.

 **Researcher** 1:05  
OK.  
And then how long were you at SCS?

 **Matthew** 1:10  
You seven years.

 **Researcher** 1:14  
OK, so not a what is it?  
They're called forever Eagles.

 **Matthew** 1:18  
Yeah.  
No, not quite.  
I went in fifth grade so.

 **Researcher** 1:24  
Ohh man.  
OK.  
And then how long were you a member of the SCS men's soccer program?

 **Matthew** 1:31  
A little from middle school on So 5, 4.  
Yeah.  
What did that six years?

 **Researcher** 1:38  
OK, so 7th grade onward.

 **Matthew** 1:42  
Yeah.

 **Researcher** 1:49  
OK.  
And then where are you currently?  
So are you currently in college playing and playing at like a varsity level?  
Are you just in college working and not playing sport?

 **Matthew** 2:08  
I'm currently in college and currently playing baseball right now at Oklahoma Christian.

 **Researcher** 2:16  
OK.  
Are you still playing soccer as well, or no?

 **Matthew** 2:20  
No, not here, sadly.  
I was last year. It's.

 **Researcher** 2:25  
Where were you last year?

 **Matthew** 2:26  
I was at Austin College and I played baseball and soccer there.

 **Researcher** 2:36  
How are you finding uh OCU (Oklahoma Christian University)?

 **Matthew** 2:40  
Uh, it's it's pretty good.  
A lot of like-minded people here and the only hard part is it's a division up.

 **Researcher** 2:45  
And.

 **Matthew** 2:49  
So I was at D3 last year and I'm at D2 now, so the competition's a lot harder, which you know makes sense struggle to get on the field, but I'm getting there hopefully.

 **Researcher** 2:54  
OK.  
100% OK, sorry, I'm just making a couple couple notes here.

 **Matthew** 3:06  
Like all good, I understand.

 **Researcher** 3:13  
OK, So what have been your experiences with sport growing up until now?

 **Matthew** 3:20  
Sports for me has always been my way of just honestly expelling some of the energy I have because sometimes I can be a little bit crazy.  
And so it's helped me.  
Helped me just put that to a good use and find a way to work hard.  
Especially with like weight lifting and helping, my body has made me feel like 100% better, just not feeling all like I can't do anything all the time.  
Uh, it's also helped me.  
I don't know cope a lot with.  
Early childhood stuff that happened in my life just gave me an escape.  
Just go run around with some some people that love to play the sport that I also love to play.  
And then just the competitive of it competitiveness of it, I love that because I'm super competitive, I will try to make anything a a game or something to beat somebody.  
Yeah, think this last week, me and my friend were fighting over our exam scores.  
So that was funny. So.

 **Researcher** 4:30  
My word.  
Ohh yeah.  
So were you just baseball and soccer growing up, or did you play any other sports?

 **Matthew** 4:43  
I played basketball up till 9th grade and then kind of just was way too busy with select (also known as club) and school soccer and baseball.

 **Researcher** 4:48  
OK.

 **Matthew** 4:55  
So I had to step away from that.  
And also it's honestly just too short.  
But that's a whole other thing.

 **Researcher** 5:04  
So if you don't mind me asking, and again you know, you just you kind of brought it up.  
What kind of early childhood stuff were the sports kind of an escape from?

 **Matthew** 5:18  
Well, I'm sure you know, but for the interview, uh, my mom, is paralyzed. She fell from a tree and broke her neck.  
And it was just that was a rough time in my life.  
That's actually the reason I transferred or trans or whatever to SCS in fifth grade because it was closer to my house.  
My mom couldn't drive me to school anymore.  
So at least at that point in time, so it just during that time, even though that I, you know, lost a lot of things, the one thing I didn't get lose was sports.  
And I luckily I had people that were willing to drive me there and keep me involved in the teams and and at least get a little escape from that every once in a while.

 **Researcher** 6:05  
OK.  
And since then, like how have you handled that situation?  
Like, are things better now than what they were?

 **Matthew** 6:15  
Well, 100% oh 100% better than what they used to be.  
Ohh, we've adapted, of course.  
She's also just gotten better and learned what new things that she can do, or I guess old things that she used to be able to do.  
But she found out a way to do them now.  
Uh, and it's become just a part of the normal routine now.  
It's been who?  
Shoot.  
What is that, nine years?  
Almost 10 this summer. So.

 **Researcher** 6:48  
OK, gotcha.  
Well, I'm glad to hear that like that adaptation has been, I mean, probably not the easiest, but that it's been happening and you know, she's still been able to enjoy life.

 **Matthew** 7:01  
Umm.

 **Researcher** 7:02  
So uh, so then with soccer specifically, how important has that been in your life?

 **Matthew** 7:14  
Soccer has been very important in my life, especially in high school, just with the friends I made there and the the, the I was I was struggling with soccer for a little bit through my junior year just because I don't know.  
I just got felt like it just wasn't going my way half the time, which is sports and life.  
But my senior year was the most fun I have ever had on the soccer field.  
Just explain out playing hard and having friends along the side.  
Just pushing me to trying to be my best and then then I finally got my offer really late in the spring to go play at Austin College.  
So that was a big stress point, but at least when I was on the soccer field playing with, playing with the boys, it was I didn't worry about that.  
I just played sad, fun play.  
Who knows if it's my last one, of course.

 **Researcher** 8:10  
Yeah.

 **Matthew** 8:12  
So which I found that out last year very fast.

 **Researcher** 8:13  
Yeah.

 **Matthew** 8:15  
It was my last one, at least for now.  
We'll see.

 **Researcher** 8:19  
Yeah.  
And then so how has sport influenced how you see yourself?  
Umm.  
So from what whatever perspective that that can be.

 **Matthew** 8:35  
Well, uh, it's influenced me in a way of working harder and being able to actually like commit to something I know a lot of people my age, at least around me struggle with motivation and uh just pushing through hard times cause you know, 6:00 AM freaking runs at Austin College where we're tough.  
But it made us better because that practice.  
I wasn't freaking huffing and puffing after we did some little exercise, so I don't know.

 **Researcher** 9:09  
Sure.

 **Matthew** 9:11  
It really just taught me to be determined and and go for what I want and push through the hard times.

 **Researcher** 9:19  
OK.  
And then would you say, did soccer teach you anything in addition to that or anything different than than that?

 **Matthew** 9:30  
Umm.  
I think you'd also taught me like leadership because I was a captain for two years on the varsity team and uh in high school.  
And that just taught me to.  
I need to be a leader and lead by example.  
Yeah, make sure that I'm not slacking off and I'm not really supposed to be slacking off and showing them that I really do care about the sport and that I wanna play.

 **Researcher** 10:01  
Gotcha.  
OK, well, since you mentioned, you know, being a captain kind of the the last two years, UM, how was and you also mentioned it earlier like senior year being your most fun year.  
So why don't you kind of delve into that a little bit like what was your final year of high school like academically, socially, athletically, you pick where we start?

 **Matthew** 10:30  
Academically, it was 10 times easier than junior year junior year kicked my butt.

 **Researcher** 10:37  
Why was that?

 **Matthew** 10:37  
To be honest, ohh AP physics, calculus, a hard English class that I had to write papers for that I didn't necessarily like because I'm not an English kind of guy.  
English papers writing papers.  
And yeah, those those three just kicked my Butt.  
Mainly AP physics, because I wanted to get a good grade in that class and.  
It was tough to try to get an A in that class.

 **Researcher** 11:09  
Yes.

 **Matthew** 11:11  
But senior was a lot more relaxed.  
I didn't have as many classes.  
My big one was just calculus again, which was so I did.  
I did precalculus junior and I did calculus senior but calculus was the only one that was tough my senior year.  
The rest of them were pretty, pretty chill.  
More busy work kind of things, but.

 **Researcher** 11:33  
Ok.

 **Matthew** 11:33  
Uh, so socially, I mean, it was it was alright.  
I mean, you know, people in high school are not the best people to try to make friends with, especially at a smaller school, because those cliques become very prevalent, very fast.  
And even in, you know 5th grade when I showed up, those were there.  
And so I don't know.  
I just didn't necessarily have a lot of good friends until later on in my high school time with Brian and Jordan.  
Uh, there's a couple others, of course, but my senior year was very enjoyable because of praise band.  
I had a lot of good friends and praise band that was fun, that kept my days interesting and especially on the soccer field was Jordan and Brian running around, making me fall over or whatever.  
Well, and then baseball, my senior year was definitely one of my least favorite years of baseball.  
I'm honestly surprised I'm still playing baseball because of that year, but kind of ruined it for me a little bit, but.

 **Researcher** 12:51  
Sorry.

 **Matthew** 12:52  
Just, won’t get into it.  
But coaching was a big part of my scene here that I did not like in my baseball program.  
Yes.

 **Researcher** 13:00  
OK.

 **Matthew** 13:01  
Ohh and just how how you ran the team was the main issue and that led to people it becoming an individual sport instead of a team sport and any everybody only cared about how well they were hitting.  
How you know?  
Just stats.  
If they had better stats than you, than they were just like.  
I should be playing over you and blah blah and it was just terrible.

 **Researcher** 13:27  
And how did that compare to soccer like the the team culture wise, your senior year?

 **Matthew** 13:33  
Ohh, it was completely flipped.  
The soccer team was we were just having fun playing the sport that we love, just trying to win as many games as possible.  
And then when it came to baseball, they didn't even actually, I don't even know if they really cared if we won, all they cared was if they got, you know, they got two hits that game.  
And it was just no, it was not great.  
Team culture at all.

 **Researcher** 14:17  
(Fire alarm test sounded) Apologies. they were testing the fire alarm.

 **Matthew** 14:20  
Ah, OK, that's alright.  
It wasn't even that loud.  
I didn't even know what it just sounded like.  
Static.  
I was like hmm.

 **Researcher** 14:25  
Yeah.  
Yeah, they test it every every now and then.  
Uh, so, but OK, so kind of to reiterate soccer team, culture wise and and experience wise.

 **Researcher** 14:44  
Your senior year, a lot better than than baseball.

 **Matthew** 14:49  
Yes, I would say it was.  
It was interesting.  
So my junior year baseball was the most fun I've ever had playing baseball, cause the team culture was amazing.  
We were a team.  
We were, we were pushing.  
We were going.  
You suddenly lost in the state championship game, but we were a good team and everybody just cared about each other and not what happened on the field, really.  
And that was that.  
So it's it's interesting why junior baseball revived baseball for me, but my senior year soccer revived soccer for me.  
So it just, yeah, my my junior and senior year were big times in my life to decide if I really wanted to play sports and college and take that step, especially with mechanical engineering being really hard as it is anyways, there's not many athletes that try to do that in college.

 **Researcher** 15:49  
And that's your major right mechanical engineering?

 **Matthew** 15:50  
Umm yes.

 **Researcher** 15:52  
Sure.  
So since you've graduated, college, umm, how have you found it?  
How has it compared to high school?  
Just kind of what?  
What have you been been going through?

 **Matthew** 16:15  
College is a completely different beast of itself, mainly for me socially.  
Uh, just because the cool thing about college that I've come to notice is that people do not.  
Like not, do not care.  
Not in a bad way, but like they're not as like high school like gotta be the popular kid.  
Gotta be all that.  
They just there is hanging hanging around, just trying to get through college, having fun.  
And anyway they can.  
Now school wise I was from some people I could notice they were struggling with their transition.  
I think SCS prepared me very well with the AP and dual credit classes I took in high school and just normal classes too, just for the college load.  
So I wasn't too.  
Too much different from high school workload for school wise and then team culture wise.  
It wasn't the best on the soccer team, but it was definitely.  
Better than the baseball experience my senior year, but it's when there's a bunch of guys on the team and you can only fight for 11 spots.  
It gets a little bit more, especially at the college level.  
I I saw that a little bit more was it was a little bit more.  
Push for I want that position, so I'm gonna work hard to get that position so.

 **Researcher** 17:50  
Yeah.  
So not only did you experience a transition from high school to college, you also transferred schools and dropped a sport so kind of want to talk about that.

 **Matthew** 18:07  
Well, sadly, dropping the sport wasn't mine decision, but just life decision.  
But uh.  
Uh, yeah, the transition here has been it's been pretty good.  
It was a little rough at the beginning.  
Uh, just really couldn't find my people that I wanted to hang out with for a little bit, which and then once I finally got in my engineering classes, I met some people that were very good and they're still my good friends right now.  
Yeah, like three or four good friends that would keep close to me.  
Umm.  
And then I'm sad that I had to drop soccer.  
But it was just First off recruiting or transferring is tough in college and just the time I didn't have enough, I wouldn't have enough time to do both baseball and soccer here, especially at the higher.  
Uh.  
The higher division too, that the competition's harder.  
So I needed to kind of just focus on one and see what I could do.

 **Researcher** 19:18  
OK.

 **Matthew** 19:18  
So I decided to choose baseball for, for now at least, and that's been going.  
It's went pretty well until I broke my finger last semester.  
That was fun and.

 **Researcher** 19:31  
Oh boy, how did you manage that?

 **Matthew** 19:34  
I was doing a I was doing like we call him pick throughs and they're like it's just like they're one hoppers and you have to like pick through it.  
But I got one and it bent my finger back like that broke my broke my finger and I was out for the second half of fall.

 **Researcher** 19:44  
Yeah.  
Ouch.

 **Matthew** 19:52  
And so I lost about 50% of my opportunity to try to make the team or like the Varsity Varsity team.  
But yeah, but yeah, it was interesting because I was a I was a walk on and now.  
No.  
Ohh, I'm redshirting for this year so they can have me an extra year cause I plan on getting my masters at at wherever I am, so that'll be an extra year of college anyways.

 **Researcher** 20:12  
OK.

 **Matthew** 20:21  
So and what would line up perfectly so?

 **Researcher** 20:22  
Yes. Yeah.  
Yeah, once you graduate, then you know you could get.  
Because how much of your stuff transferred from Austin to OCU.

 **Matthew** 20:33  
Uh, well, technically all of it.  
Transferred for the most part.

 **Researcher** 20:40  
It's OK.

 **Matthew** 20:40  
It just now what actually fits into my major is like technically to the school.

 **Researcher** 20:45  
Gotcha. OK.

 **Matthew** 20:48  
I'm a senior in credit hours.  
I like 97 credit hours or something.  
9096 and 9696 is what happened and a but only.  
I don't know.  
I'm so they think I'm a senior, but in all reality, I'm a first semester junior by credits that actually mattered.

 **Researcher** 21:08  
Gotcha.

 **Matthew** 21:09  
So I'm only a semester ahead realistically.

 **Researcher** 21:12  
OK. Yeah.

 **Matthew** 21:13  
So it's not anything crazy, but it was just.  
It's funny that I'm gonna be like a super, super, super senior when I graduate.  
We have like 160 credit hours.

 **Researcher** 21:28  
Joy.

 **Matthew** 21:28  
So something dumb.

 **Researcher** 21:31  
So I as you went through and kind of more focusing on the the high school to college.  
Was there anyone or anything that provided support for you during this time?  
Friends.  
Family.  
You know, kind of along those lines.

 **Matthew** 21:51  
Well, of course, my family, they really supported me.  
They always, you know, drove me at all my games, and even when I could drive, they drove in, supported me and winter weather, rain, wind, anything.  
They were.  
They were there.  
One of their at least one of them.  
My mom or dad were there.  
My mom was a little bit more of a struggle just because of the wind and cold weather just doesn't bode well with her, but any game that she could, she would be there.  
She was very cool and that helped me out a lot.  
Umm.  
Friends in high school as well.  
Really really helped me.  
Just keep on track and just keep my positive mentality.  
I would go to a Bible or like youth group thing on Wednesday nights and I one of two of my best friends are from that group and that group really helped me just continue on my face with God and this and that also in faith my faith in God really helped me in my school and it still is helping me of course to this day but help me get through some really tough times in my life and high school is definitely for sure one of them so.

 **Researcher** 23:12  
OK, so kind of how like did that support help you?  
So psychologically, emotionally, you know, anything kind of along those lines.

 **Matthew** 23:28  
I mean, it really just helped me in all aspects of my life, but for my I'd say my late of my high school career, I think it was more mentally just cause I was just trying to figure out exactly what I wanted to do in my life and what college I wanted to go to if I even wanted to play sports.  
And just all these all these questions that everybody asked there, do you Union and senior year?  
But so I think it was just more mentally than anything, but they all those things help me and every aspect of my life and has made me the person I am today.

 **Researcher** 24:11  
And you did mention your faith.  
So how has that kind of umm played a role?

 **Matthew** 24:18  
Well, faith is very important to me.  
It's at my old college.  
It's actually what got me a few of my friends that were not on the baseball or soccer team just because I met them at the church.  
And there's a big college ministry at that at Austin College and here.  
But here has been very cool because it's is a Christian School and there is a lot of people that share the same faith and believe the same things and just the culture, the student culture.  
Like if I ever needed help I could just I could give two people a call even though they don't like hang out with me all the time.  
They they be more than willing to just come get me help and whatever I need and and I'm willing to do the same.  
So it's it's very cool culture here.  
Uh and.  
Just to see that there's a lot of more people that believe the same thing that I do also helps.  
At the same time, because just gives you more.  
Uh.  
Familiarity, then?  
Didn't anything though.

 **Researcher** 25:36  
Good.  
Well, good.  
I'm glad you've been able to to find that because I know that can be very, very hard to to come by in some places.

 **Matthew** 25:43  
Yeah.  
Yeah, it was hard to come by.  
Definitely at my old college than here, but it was still there, which is cool to see that even in some dark areas that there is still likes there.

 **Researcher** 25:48  
Yeah, but.  
Well good.  
So then, what have you specifically like done as you were were moving, moving on from high school to college.  
What?  
What did you specifically do to to navigate the the transition?

 **Matthew** 26:15  
Umm.  
Call my mom and dad a lot.  
Talk to them.  
Whenever I felt homesick cause I I did get pretty homesick cause I had to leave early for soccer.  
So talking to my mom and dad and picking on my sister a little bit, that helped as well.  
Uh, so another big thing was just having for me.  
I have.  
I don't actually in here yet because I've moved places on campus, but I pictures of like my friends and family from high school and at my old college as well.  
Now I've pictures that I hang up on the wall just to remind me of those times whenever I'm it's going through a hard time with school, especially these last two weeks have been that way test and everything.  
And I would say just continuing my faith in the college was also a big help in my transition because I didn't necessarily.  
I know God has his plan for me and I don't need to worry about uh, where I'm going, and that was the biggest help in my college decision in high school because I didn't get my offer till really late and now I was worried because I did.  
I wanted to play sports so bad in college and then just all pretty much all of a sudden I got the baseball and soccer offers separately, which was interesting because they learned afterwards that they both recruited me when I told them.  
And they're like, ohh yeah, you can play both.  
And I was like, cool.  
So yeah, so you have God works in mysterious ways, but I believe that I'm in the right place.

 **Researcher** 27:59  
The.

 **Matthew** 28:07  
I'm supposed to be so.

 **Researcher** 28:10  
OK.  
So then if sport was removed from your life, how do you think that would impact you?

 **Matthew** 28:18  
Honestly, I don't think it would impact me that bad just because I've put athletics or not athletes academics way up like way up here.  
Academics is just like this.  
Or athletics is just a fun thing I get to do, and the in the free time I have.  
So I think it definitely would affect me a little bit.  
I wouldn't say it would.  
Just like, yeah, whatever.  
But it would affect me a little bit, but not to the extent where it's like I know for some people transitioning from high school to college, they it like broke them and they just didn't know how to how to go about life because they spent so much time either on the soccer field or on the baseball field just practicing.  
And now they have all this free time and they don't know what to do with it.  
And their identity was a little bit too much wrapped up in sports when that can be taken away from you in a second with an injury or or anything.  
So for me, since I haven't kept my identity fully and baseball and soccer and and just in other areas of my life, it's helped me a lot and knowing that if it does come to an end, it's it's gonna be OK and I can move on with my cause.

 **Researcher** 29:34  
Where?

 **Matthew** 29:39  
I don't, at least right now, I don't plan on going and playing professional, so I know for sure I'm done in in three years.  
So and moving on and going, getting good job and everything, so.

 **Researcher** 29:52  
Yeah, all good.  
Have you picked up anything new, like new hobbies or skills?  
Or heck, even extra sports like, since you've been in college.

 **Matthew** 30:08  
Well, I don't know if I'm really supposed to do this, but I plan to intermural games at both.  
I've played it in the Intermural games with both my colleges.

 **Researcher** 30:19  
OK.

 **Matthew** 30:19  
I don't think I've really supposed to do that, but I do it anyways because it's fun.  
I don't of course go 100% because of the risk of I don't wanna get injured.  
So in ruin my chances on the actual field that's competitive.  
Uh, but stuff like intramurals.  
I picked up guitar a little bit and play that in my free time. I can.  
Uh, and I do play video games.  
Quite a bit, probably a little bit too much sometimes.  
That's that was another big thing of my growing up is it helped me escape cause I've been playing in a different world than sports, sports and video games were my big two escapes from my reality that I lived in.  
So those are the big things I do.  
But baseball?  
So freaking full time job at this at this school in my last school.  
So because it's I'm practicing now from 2pm to 7pm almost every day, almost every day.

 **Researcher** 31:19  
OK.  
Oh geez.

 **Matthew** 31:27  
It depends on the day, of course, but it's yeah, it's it's a lot now it's less because of her in season, but in the fall, it's offseason.

 **Researcher** 31:32  
So.

 **Matthew** 31:35  
We were practicing from 2 to 7 on Mondays, Wednesdays, Fridays and two to five on Tuesday, Thursday.  
So yeah, I didn't really have too much time for anything else then going to class then going to baseball, then doing homework and going to bed.  
So yeah.

 **Researcher** 31:58  
Such is life of a student athlete.  
But.

 **Matthew** 32:01  
Yep, very true.

 **Researcher** 32:03  
Ohhh my gosh.

 **Matthew** 32:04  
Very, very true.

 **Researcher** 32:06  
So kind of last question.  
Do you have any advice for those who are about to make that jump from high school to college or high school into the real world?

 **Matthew** 32:21  
Umm, I would say just to, especially if they're losing their sport just to know that it's not the end of the world, even though that and you wanted to play it.  
I mean, of course I don't know those people's faiths, but I believe that God has a plan for them no matter what it is.  
And it just sports.  
It wasn't in there in God's plan for them.  
So they have better, better things that God's preparing them for.  
Uh and.  
Mainly just to put yourself out there, I know I was.  
I'm getting to the point where I'm more extroverted, especially my senior year, helped with that.  
Just with good friends.  
Help me be a little bit more extroverted, but uh, just putting yourself out there.  
And if it doesn't work out and luckily hopefully if you go to a bigger college and I do, you can kind of just if it doesn't work out with those people, you can just hopefully find some other people to go talk to and hopefully through that process you'll find some people that you really wanna be around and center yourself around.

 **Researcher** 33:33  
OK.

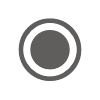
 **Matthew** 33:34  
Right.

 **Researcher** 33:36  
Well, so that's all the questions I've got, but kind of as a wrap up, was there anything else you'd want to add?  
Discuss a little more revisit.

 **Matthew** 33:48  
Not that I can think of.

 **Researcher** 33:50  
OK.

 **Matthew** 33:50  
Thank you I answered everything to the best of my ability.

 **Researcher** stopped transcription