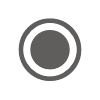
**Transcript**

February 8, 2024, 4:07PM

 **Researcher** started transcription

 **Researcher** 0:06  
OK, make sure it's picking up perfect.  
OK, so how old are you?

 **Josh** 0:14  
Uh, I AM 21.

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

 **Josh** 0:20  
Male.

 **Researcher** 0:21  
OK.  
What sports did you play in high school?

 **Josh** 0:25  
Wait.  
Cross country soccer and track.

 **Researcher** 0:33  
OK.  
And then did you do any additional activities in high school?

 **Josh** 0:39  
Uh, yeah, I did a lot.  
I was on the student council.  
I was part of an organization called Young Men's Service League that was got service hours around the community.  
I was on a summer track club over the summer. Yeah.  
Yeah, I guess those are the main ones.

 **Researcher** 1:08  
OK.  
Umm, how long were you at SCS?

 **Josh** 1:14  
From Pre K to 12th grade, so 14 years.

 **Researcher** 1:19  
So, are you considered one of the like forever Eagles or something like that? OK.

 **Josh** 1:22  
Yeah.

 **Researcher** 1:27  
UM, and then how many years were you on the?  
Men's soccer team.

 **Josh** 1:35  
I was on the varsity team for four years.  
I played on the middle school team for two years also.

 **Researcher** 1:47  
Just making some notes here.  
UM, OK.  
And then So what are you currently doing?  
Are you in college?  
Playing sport, are you just attending college?  
Are you working?

 **Josh** 2:02  
I'm in college and I'm running cross country and track still.

 **Researcher** 2:06  
OK.  
How's that been going?

 **Josh** 2:09  
It's been going well.  
It's a different world than high school, but it I'm enjoying it still like runny.

 **Researcher** 2:17  
Good.  
That's that's good.

 **Josh** 2:19  
Yeah.

 **Researcher** 2:19  
You're you haven't been run out yet, so that's that's always good to hear.  
So OK, So what were your experiences with sports growing up until now?

 **Josh** 2:33  
Uh, it's always been part of my life.  
That's probably been a pretty constant.  
One of the few constants in my life is.  
There's always been sports to rely on.  
It's like a happy spot for me.  
It's something that I enjoy doing.  
I love competing.  
I love just being active and being outside and doing something.  
Umm.  
And then as I've gotten older, I've enjoyed having to umm, having to work to get better at something I enjoy the the process of starting without much and then working at it day by day and over time it builds into developing a new skill or new talent.  
And I think sports is a great way of teaching you that.  
And also like the the team aspect of it being around other guys that are all working towards the same thing, it's great, OK and it just teaches you that, uh, you're part of something bigger than yourself.  
And then it's not like your individual effort is required, but it's not enough.  
We need everyone, the whole team, to work together.  
Uh, and I think it teaches you a lot of good life skills that you can using a lot more than sports and it's a good outlet for get some energy out.  
I really like sports.

 **Researcher** 3:50  
Any notable memories from your experiences with sport?

 **Josh** 3:55  
Umm yeah.  
I'll always have memories from high school running in particular of just starting, because I like to run and then.  
Learning that I was kind of good at it and continuing to push the mileage up and get faster year by year and notice my times go down on the places go down Umm, I think my junior year when I've won the district meet is probably my favorite memory from high school because I don't know.  
I was not expecting that at all.  
And then and just worked out and it was a good race.  
And yeah, I enjoyed that a lot for soccer.  
I enjoyed. Umm.  
I don’t know.  
There's some practices that I I like to just once where we could be a team and finally get together and do some fun things like when we play World Cup at some of the last couple practices, those are always a lot of fun.  
Umm, I enjoyed.  
Uh, we be fourth Christian on senior night my junior year and that was great.  
That's probably my favorite memory from high school soccer.  
That was good.  
Most of my good memories are from wins, and we didn't have too many of those and and see how soccer when I was there.  
But it was there was still some great memories there.

 **Researcher** 5:15  
OK.  
So kind of still on the topic of soccer, how important has that sport specifically been in your life?

 **Josh** 5:26  
That's the sport that I played the longest.  
I started when I was little tiny on the little fields with the small goals and rec soccer my grandpa actually coached my first team, umm.  
And we were great under him.  
He was.  
He was really good, but then when I was in second grade he passed away.  
Uh, and.  
And that was sad.  
But my mom and my uncle coach me a couple times also, and that was a lot of fun.  
It was, uh, just part of me growing up.  
That's what my family did.  
We we played soccer and we went out and it was great.  
Uh, and then moving on.  
I've had some interesting coaches later on in Rec soccer and didn't really enjoy it as much, but then once it started up in middle school, as the school team, there's a lot of fun cause I was with all my friends that I've known from school my whole life and enjoyed being with them and it was just a lot of fun playing soccer with them because those were kind of two different areas in my life.  
There's my school friends, and then there's soccer with the rec clubs and stuff.  
And then they all came together, and that was a lot of fun.  
I loved soccer more than cross country in middle school because a soccer game, you can have fun during a soccer game across country race, you're kind of die on the whole time.  
So soccer was more fun.  
Competition wise, uh, and then getting under high school my freshman year is a little rough, cause everyone got bigger and it turned less into of ohh for me.

 **Researcher** 6:53  
Yeah.

 **Josh** 7:05  
Lesson to a passing the ball and working the ball game and more of a I'm gonna run you over because I'm bigger and stronger than you.  
So that was a little rough starting off in high school, but then as I got bigger and stronger, I was able to compete with them and eventually become the guy that ran him over.  
And that was that was that was cool.  
It was just cool to see how it developed you after year, that it's not just gonna come as a freshman, but you gotta put the work in.  
And I really enjoyed that and I still I decided not to keep going on with soccer in college, but I still pay attention to soccer all the time.  
I love our our soccer field here.  
It Trinity is a great umm stadium.  
You like the bleachers are built into a hill.  
So you just or right there on the field and can see it and it's really nice, umm and I actually worked with.  
But I took a class in the math department that did analytics for the soccer team this last semester, and that was a lot of fun.  
And I'm continuing with that this semester, doing independent research, so definitely still involved with soccer and follow it all the time and hope to continue to do.

 **Researcher** 8:20  
OK.  
Umm so then how would you say that sport has influenced how you see yourself?

 **Josh** 8:30  
Umm, I think definitely at times part of my identity has been tied to sports.  
I go around thinking I'm I'm the runner or I'm a soccer player.  
Certainly my senior year when I was a center of back, I've thought that I was.  
Uh.  
When I got stronger and was able to command the defense and keep everyone away from my goal, I thought that I was pretty good guy.  
Pretty good at defending the goal and had a big spot in the team and made my ego in play.  
Umm, I think losing games will definitely tear that apart.  
Maybe.

 **Researcher** 9:05  
Yeah.

 **Josh** 9:05  
Maybe I'm not as good as I thought it was, but I also think that.  
That no matter how many times like my identity got tied with sports, there was always my faith behind that that that's really where my identity is.  
Isn't God, and I think sports is a great like I said earlier, it teaches you a lot of lessons, life lessons that.  
Or help a lot.  
And can you can take to other parts of your life, but also think that when it becomes too much of a.  
Ah, like when it becomes too much of a priority in my life.  
Then that's when it starts to get into like a task or a burden that I have to do.  
Umm.  
So yeah, I've definitely noticed that in college that I I prefer it better when sport is something that I enjoy doing instead of who I am and my identity and something that I have to continually keep pushing up to the standard or something that's just an enjoyable activity, that it's fun to do.

 **Researcher** 10:15  
Gotcha.  
So then if sport were removed from your life, how would that impact you?

 **Josh** 10:17  
Yes.  
I would be very upset.  
I would would not like that at all.  
Probably be sad for for quite a while, but.  
I enjoy watching sports almost as much as I enjoy playing sports.  
So as as long as I could still be around the sport scene, then I think I would eventually be OK with it.  
But yeah, I I really enjoy playing sports and the idea of graduating in a year and a half and not being able to compete anymore is is a rough idea of that will be different.  
That's something I haven't ever experienced.  
I've always had a sport to play.

 **Researcher** 11:02  
OK.  
So then I mean, I know that transitions a year and a half down the line, but you've made it through and survived the high school to college shift.  
So tell me a little bit about your final senior year in high school.  
How was it academically, socially, athletically, and I'll let you pick where, where we start with that.

 **Josh** 11:25  
OK.  
I'll start with.  
Academically, it was.  
It was fine.  
I took some classes that I enjoyed ohh, like I remember going into it, taking stats and physics and economics that those were all like math based but applied math into not just like algebra or calculus and I was really excited for those.  
And they weren't quite odd, thought they were gonna be.  
But they were.  
They were good classes and I enjoyed them.  
My grades were fine the whole time.  
Ohm and then socially it was coming right off the pandemic.  
So coming back, it was great to see all my friends again because we hadn't seen each other in a long time.  
Uh, bathroom for a lot of stress and anxiety because we weren't really supposed to be around each other that much.  
Umm.  
And it was I I got really frustrated several times when administrators for my parents would say you need to be mature and stay away from your friends and that that just got me so upset that that's not the mature thing to do.  
I wanna be with my friends.  
That's yeah, but I remember getting very upset several times with administrators or my dad with that.  
Uh, but socially it was great.  
I think I spent more time by senior year with my friends because I've realized through COVID like I actually really enjoy being around, that they're not just people that I'm around there.  
They mattered to me and I want to be with them as much as I can because it was awful when we were separated.  
Umm.  
And then, athletically, it was during the recruiting process for cross country and track and that was a big deal for me.  
I remember the first couple cross country meets not knowing if we would have a season thinking that might be the only meat I run that year and there was a lot of stress on that.  
Umm, but then as the season went along and I realized you're gonna have a district and state meet distress kind of went away.  
And I just enjoyed being able to compete for the last time at high school.  
Umm Soccer was a lot of fun with we had a better team my senior year than other years and that was enjoyable.  
We had a bigger District 10 district games instead of the six before, and those were fun.  
I remember the two games that we won in district were great.  
I enjoyed those a lot and then we played some better teams, really close that.  
Looking back now, I'm proud of, but I was very upset after that.  
We couldn't get the breakthrough.  
Umm at the end.  
Uh.  
And then it track.  
I don't know it senior track kind of got away from me at the end of it.  
It was.  
I was working hard but everything was coming to an end.  
I already decided where I was going for college.  
Uh, the training wasn't exactly what I wanted and wasn't quite as locked into that.  
I still ran well, just wasn't like cross country and soccer.  
I felt like I was in and a mindset to just keep going at it and at the end of track it was kind of like, well, I'm glad I'm here.

 **Researcher** 14:39  
OK. Yeah.

 **Josh** 14:40  
Uh, but yeah, it was.  
It was fun.  
I remember after the state meet in track when I was officially done with high school athletics, but I was sad that it was done.  
I I really liked just like any, any little town you drive through.  
Got a high school team and and any year they could have a good team or a bad team and everyone.  
Everyone's got a high school team and I just missed that of like, I wonder how these guys are.  
How would we stack up against them?  
And yeah, that was a lot of fun.

 **Researcher** 15:13  
So then, now that you're in in college, how has that been going?  
How?  
Like I mean obviously.  
Different area cause where where is Trinity San Antonio?

 **Josh** 15:29  
Yeah, send it to me.

 **Researcher** 15:31  
So you know how?  
How is that compared to what it was in in high school?

 **Josh** 15:38  
Yeah, for academics, I think it's umm, it's definitely harder.  
UM, it's more intense and I think the biggest difference that I see is that in high school like you can learn everything in every class and the teachers are there to teach you what's in each class.  
And here you're kind of just presented the information and then it's up to you to learn it and internalize it and get comfortable with it.  
And there's so much in each class.  
You're never going to learn everything in there.  
Uh, and it's just becoming familiar with it and hopefully making it stick in their brain somewhere.  
Uh, and that's difficult sometimes, but I've enjoyed it a lot.  
I really enjoy college classes too.  
They're fun and I like learning and it's just amazing to me how much there is out there to learn that I'll probably never learn that it's just a lot of fun.  
And then socially, I think it it's way different socially from high school at SCS, where there were 70 kids in the class and 200 in the school.  
We've got almost got 70 kids on our cross country team, not even the track team, just the cross country team.

 **Researcher** 16:46  
Oh geez.

 **Josh** 16:49  
Yeah.  
And that that's my main friend group is the cross country team.  
I know a couple people outside of the cross country team.

 **Researcher** 16:52  
It's.

 **Josh** 16:56  
Umm.  
Maybe one or two other math majors, but the rest of my friend's are inside the cross country team.  
Umm, so that's way different.  
I had a lot of friends in high school that were much different than me.  
Like they did not do the same things that I did, and now all my friends are other runners.  
Uh.  
Kind of in high school, right?  
Like my identity in the friend group was.  
I'm on the runner.  
I'm a soccer player or something like that, and now, well, I can't be the runner because everyone around me is the runner.  
Umm, so that that's been a big change.  
Ohh, and then athletically, it's it's worlds apart also.  
From high school, it was just about who could put in the most effort.  
Who could?  
Uh, who wanted it the most?  
And then here everyone wants it.  
There's you can't go with that anymore.  
Uh, especially with.  
Like everyone hears on the team as athletic, everyone we rest raced against is athletic.  
They were the top of their high school.  
There's no that just doesn't cut it anymore.  
There's gotta be.  
Like a a day to day commitment to it.  
It can't just be.  
Ohh I'm gonna show up on the meat.  
I'm run really fast.  
It's gonna be.  
I'm gonna start in June and just train all the way through till the next June and then they keep going the next year and the next year.  
Uh, and that's been a whole lot different.  
I remember several times here in college.  
I've you just get locked in to go into practice every morning, lifting every afternoon and then that's that's what you do.  
And then you kind of forget why am I doing this?  
You look back and the the why is gone.  
It's just this is what I do.  
I have to keep going.  
I gotta get in the rhythm and stay with it.  
And I think like a big change for my senior year in high school, going through the recruiting process like you had to write your personal statements and really think about why you're doing what you're doing and why you want to continue doing what you're doing and you get to college that kind of disappears.  
Umm.  
And that that was difficult for me for a time of trying to figure out.  
Like, do I really wanna keep doing this?  
Why am I doing it and having to remember the choice of running and the choice of ohh being able to continue on in the sport and competition and that like there may be a week where every single run feels awful?  
But then they'll be a week later, where every single run feels good.  
It's just getting through the the lows to eventually get back to maybe not even the highest, just the OK.  
This is fun though.

 **Researcher** 19:44  
OK.  
And then what about so before I go on, you mentioned math as your major or what what's the specific title of it?

 **Josh** 19:50  
Yes.  
But mathematics and then that's my first major and I'm gonna double major in mathematical finance.

 **Researcher** 19:54  
Mathematics. OK.  
So numbers.

 **Josh** 20:05  
Yes, lots of them.

 **Researcher** 20:10  
OK.  
And sorry, kind of to go go back on it.  
Since you're not playing soccer like what's been your feelings toward toward that?

 **Josh** 20:24  
Yeah, I remember finishing the first cross country season.  
Umm my freshman year here.  
And then we get a week and a half off, and then we're right back to running high mileage again.  
And that was completely foreign to me because as soon as cross country was over in high school, I would go like maybe at one or two days of nothing and then straight into soccer.  
Ohh and it was.  
Yeah, it was rough.  
Just going from lots of running to lots more running and I didn't.  
I didn't like that I wanted to have a break in there with soccer.  
Uh, I was scared.  
I was gonna get hurt because in high school, like I would, I would change what I was doing throughout the year.  
It wouldn't all be the same thing year round where I could get a like a stress injury from doing the same thing over and over again.  
Uh, and then when I came back to Fort Worth for Thanksgiving break for Christmas break, I went to several soccer practices with SS and those were fun.  
But like my legs hurt so much after those because all I do now is run straight, I run into a straight line.  
I don't.  
I don't do any side to side.  
No, no lateral mobility at all.

 **Researcher** 21:37  
Or cut.

 **Josh** 21:41  
And I came back to soccer practices and everything hurt after notice.

 **Researcher** 21:46  
Yeah. Ohh.

 **Josh** 21:47  
Uh, I I coach actually won't let us play soccer in the middle of something like we used to do.  
Pick up games, but then people were complaining that their legs hurt and people were stubbing their toes and stuff.  
And now we're not allowed to play soccer anymore.

 **Researcher** 22:02  
Ohh.

 **Josh** 22:02  
Ohh, but I actually think probably now I would I didn't play in the practices.  
I went to this Christmas break.  
I think I'm kind of scared to play while I'm still running, like once I get out of college, I'll enjoy soccer again.  
I'll play it some more, but right now I'm kind of I don't wanna hurt myself, so yeah.

 **Researcher** 22:22  
I mean, that's fair that that's very, very fair, so.

 **Josh** 22:26  
Runnings.  
Kind of taken over, but I definitely go watch soccer all the time that it it hasn't disappeared from my life.

 **Researcher** 22:28  
Yeah. So.

 **Josh** 22:34  
I go every game that we have a chance.  
That's not the night.  
Before we meet, I'll go watch here and I'll watch Premier League.  
Maybe I'll watch MLS, but eh.

 **Researcher** 22:48  
The hatred for MLS.  
Uh, OK.  
So as you kind of went, went through that transition, was there anyone or anything that UM helped you kind of through that time and I know you mentioned earlier on your faith, so feel free to to touch on that as well.

 **Josh** 23:09  
Yeah.  
I think I'll start with just like working through the soccer transition.  
There were several other guys on my team that played soccer in high school.  
Umm, not necessarily their senior year, but throughout high school they played soccer.  
Umm.  
And there's little pick up games.  
We played our first semester where we're fun.  
They were good to just have a little bit of an outlet.  
Uh.  
Into soccer again?  
Uh, and I think they have their place and it's good for them to be gone now.  
So I don't get hurt, but they they were fun and it was good to play with other guys that played in high school.  
There were also running, but yeah, I definitely think umm by faith helped a lot with uh that transition.  
Because, uh, like I said, everything I do here's centered around running the like my friend groups, running everything's running, and that I wake up every morning to go run and every afternoon I either running again or lifting uh.  
And that's like, that's a lot.  
That's all.  
It's either that or school.  
That seems like all I do here, but there is an organization I campus called RUF which is a Christian ministry that I got involved with, and it's helped a lot.  
It's been nice my freshman year, there was a campus minister who was a good role model and father figure for me while I was here because my whole life I've been in the same area.  
I've been at SCS for 14 years.  
Kind of knew how that was and was comfortable in that.  
And then completely changed away from everything that I knew.  
Uh, for the first time, something like that happened in my life.  
Uh, yeah, having the connection with RUF and how similar it was to what I was used to and allow me to continue to grow my faith was uh, really impactful and really help me.  
Uh, my sophomore year, we didn't have a campus minister and that was that was difficult.  
Also I was put in a leadership position there trying to lead the guys side of RUF.  
Uh, and that was difficult because I didn't have any one time act like up to or to help with that.  
I don't think I was quite ready for it, but it went well and I had some great conversations with other guys.  
We had some great Bible studies and it was a good experience also.  
But then this year, we've got another campus minister, uh, and he's been a great role model also and someone that I can go to with tough questions and uh will give me an answer that I can can trust and believe in instead of right.  
Come on down there, guys.  
On my team, with that, give me whatever they think, but she's not always great.  
But yeah.  
RUF has been a great thing.  
For me and helping me in the transition from high school to college.

 **Researcher** 26:15  
OK, what about friends?  
Family, you know.

 **Josh** 26:20  
Yeah.  
So I haven't, but I'm here.  
I'm not in contact with high school friends as much.  
Uh, I think, uh.  
One of my friends from high school came to San Antonio twice my freshman year and I don't think I've seen anyone in San Antonio from SCS.  
Uh, so that's been been difficult, just like, like, completely changed from my freshman year from high school to here.  
There was.  
There was almost nothing that came with me.  
Umm so that that was difficult, but I love going back to Fort Worth every time I go back, I get to see friends.  
We still get together and do stuff and that's been great.  
I talked about going to back with soccer practices and that was a lot of fun, and it was good to see everyone.

 **Researcher** 27:09  
OK.

 **Josh** 27:13  
It was a little different this year because everyone that was on the team when I was there is gone now, so it's a little different, but that first year was was great.  
I enjoyed coming back and playing with them again, umm, and then with family.  
I call my parents not as often as I should, but I still call like I don't know.  
Twice a month, three times a month.  
But that's enough.  
Ohh, and that's then.  
That's good.  
They helped me a lot.  
Whenever I'm stressed or whenever I'm happy either side of the spectrum, I can call them and it's great.  
I remember calling them after my first Test that I knew I did great on and that was fun.  
I remember calling him after my second test.  
I knew I did.  
Awful lot.  
And that was not fun, but comforting.

 **Researcher** 28:04  
Yeah.

 **Josh** 28:04  
And uh, it was.  
Yeah, it was good.  
They they've helped me a lot.  
And then especially this year with Jackson (brother), is it Trinity with me, that's been a lot of fun.  
We don't like.  
I don't see him all the time every day, but I see that practices we see each other in the dining hall.  
Uh, it's nice to still be around him and we get to see him, but not to be, like, totally involved in his life all the time.  
Ohh so yeah, I think that that's been great.  
It's a great.  
Relationship that we have here, where we're still around each other, still get to see each other there to help each other out, but not just like on top of it all the time.

 **Researcher** 28:51  
OK, good.  
So I'm glad you're still able to kind of have that sense of independency, but still, you know, be together and and be able to support each other.

 **Josh** 29:00  
Yeah.

 **Researcher** 29:01  
So umm, so kind of with, you know that support like how has it specifically helped you emotionally psychologically, you know, mentally.

 **Josh** 29:15  
Yeah.  
I think the support from from our RUF and from my faith is has done the most.  
Especially when there's ohh new ideas or new things that come up here that didn't come up in high school that I've never been exposed to, and I'd have to wrestle with.  
Like, how do I fit this in to to what I believe being able to go back to to what I do believe and what I believe my whole life has has been very powerful and there's always something I can fall back on.  
Umm, I think like what I've noticed from other people on my team here is that they come to college and then, uh, whatever they learn here automatically trumps everything.  
The rest of their life that it's like ohh this is new and this is what I just learned.  
So that's why I'm gonna go with and then they go on with the next thing and the next thing.  
And that there's just nothing to to fall back on. It looks like.  
And I just my faith has always been.  
But my foundation, what I base everything else off of.  
Uh, and that has has helped a lot because it gives me a a ground to stand on.  
Uh, like I have a reason to say, hey, I'm not gonna do that.  
Or why don't we do this instead?  
It's not just, well, I don't feel comfortable doing that, but I have a a firm foundation into why I can say that and what I believe.  
Ohh and that has really helped a lot and being part of RUF and being in that Community has helped uh affirm that and help me think I'm not just the only one that has that idea, but there are others here at the school.  
Ohh the believe the same thing and are working towards the same goal.  
Uh and yeah, that's been comforting.  
That's given me, uh, a good community to be around and then also, uh last year started dating my girlfriend and that has been a big help also.  
It's been nice to have just someone that I can talk with all the time and but I know I love her and I know she loves me.  
That's that's been great.  
And just yeah, more support and more. Ohh.  
Someone I can talk with instead of trying to keep everything in.

 **Researcher** 31:42  
Was there anything you wish you had more of or like to help with?  
Umm that transition different sources you know anything.

 **Josh** 31:57  
Yeah.  
I I would have liked to.  
Probably get more involved in our RUF my freshman year.  
Earlier on I went a couple times early on, but then it wasn't really till November that I started. Uh.  
Going consistently.  
Uh, because the senior invited me to go.  
Before that it it was just like why?  
Why do I believe all this?  
Why am I not going out with my team every Saturday night?  
But like, do I even have a reason to do this?  
But it was just like, I don't know.  
It became more of a a moral argument of I want to show that I'm the better person than you, and I'm not going to do that and that that argument was strong enough.  
That wasn't standing up to the pressures around me.  
Ohm.  
So yeah, I wish that mean I I guess it was a learning phase, the growing phase, but I wish earlier on I would have been more involved with RUF and had that community around me, umm.  
And then I also.  
Probably wish that I was in more contact with my parents and said it three times a month.  
Maybe that's not enough.  
It would be good to call them more.

 **Researcher** 33:16  
I I'm not gonna say you should or you shouldn't.  
I'm.  
I'm.  
I'm gonna remain Switzerland and and neutral on that one, but umm OK, so then aside from you know rUF and and and joining that, was there anything that you had done during that transition like for yourself to to help kind of cope with it?

 **Josh** 33:47  
Yeah, I kind of built up the idea in my head that I was gonna be the good guy in the team.  
I made myself to be like that.  
I don't care what everyone else does.  
I'm gonna stick to being me.  
Uh, and that wasn't the best idea because I put all the burden on me.  
Uh, it made me think about uh, like, way more self conscious than I needed to be thinking about everything I did and I'm being good.  
Am I doing it right?  
Uh, and that wasn't the healthiest thing to do.  
And that also made me not like some of the guys on my team that I don't know that I didn't need to be the way I did it.  
But yeah, my first instinct was to put it all on me and to to show them that I was different.  
And I was gonna be so the one that didn't fall into whatever they were doing or follow them.  
Uh, and that was that was hard.  
Ohh my roommate who I've been my had the same roommate every year I've been here and we get along really well.  
Uh, he was probably one of the one of the tamer ones on the team my freshman year, but still went out with them.  
Every, every night, every weekend.  
Uh, and that was those difficult.  
We would have conversations and we would talk about it.  
And yeah, he he helped sometimes.

 **Researcher** 35:16  
OK.  
Umm, I know you mentioned kind of earlier on some pick up games and stuff, but has there been any other hobbies or skills or new things you've picked up since you've made the the jump over?

 **Josh** 35:32  
Ohm, I don't know if I picked it up because I played it played disc golf in high school also, but I've I've enjoyed playing disc golf here.

 **Researcher** 35:40  
OK.

 **Josh** 35:42  
That's been something fun that I've been able to go do not near as often as I would like because I'm always exhausted on weekends when we don't have meats.  
But sometimes I'll get myself out to a course, and go play.  
And that's been fun.  
I've taken some guys on our team several times to go play.  
They've never played before and that's been great.  
We have.  
That first semester we played pretty much any little sport there was.  
We played Spikeball and played tennis.  
One time we went to play G1 time.  
We played pickup basketball, played ultimate, all sorts of little games, little sports that, uh, they're a lot of fun.  
But then yeah, we were all getting hurt.  
So we had to stop doing those.  
Ohh, because all we know how to do is run in a straight line.  
Anything else that's used too much risk  
Ohh but yeah, the those were a lot of fun.  
At one point I think it was starting the second semester I started reading a couple of books and that was that was fun.  
And then school picked up.  
And then I had to read books for that.  
And then I never read books again.  
Ohh, but that was that was a really like that was a calm month or two of college.  
Probably the calmest month or two I've had in college.  
I've just like each night I would pick up a book and read it, and that was that was nice.  
But that's not possible anyway.  
Too much school

 **Researcher** 37:18  
Fair.  
Very, very fair.  
So then how have all these different activities influenced how you you see yourself?

 **Josh** 37:29  
Umm.  
I think.  
They're they're fun things that I do.  
Ohh, I don't think they're who I am.  
I don't think I ever thought uh.  
That I don't know.  
The little things that I do are who I am.  
I think they're just like, yeah, fun things that I do.  
I am involved in a lot here in different areas and like there's not many runners who are are in the math department.  
There's not many runners or math department who are part of our RUF, so they're like different distinct areas.  
Uh, and I think like I don't change who I am and each of those I'm the same person.  
Maybe I take a different approach to each of those areas, like I'm not gonna take my competitive running mind set into.  
RUF or.  
I'm not gonna take my.  
Sometimes I try to take my analytic math mindset into running and then I get way too in my head and it doesn't go well.  
But yeah, there's like, I'm not.  
I'm not a different person in each area.  
I'm still the same person.  
I still have the same beliefs and ideas, but I take different approaches into each one.  
I think that's been difficult to learn.  
Because I've always heard you need to be the same person, no matter who you're around.  
That's part of your integrity.  
Uh, but it's tough to to just be the same person and each of those areas with how different they are.  
Uh, so yeah  
Learning the different approaches has been difficult.

 **Researcher** 39:09  
OK.  
So last question, do you have any advice for those about to make that transition out of high school?

 **Josh** 39:21  
Yeah.  
I think the biggest thing that I've seen is that when you get to college, there's a whole lot more than what you could imagine, right then matter what you've been through in high school or what you think college is like or what you heard about college.  
There's a whole lot more than you could ever imagine.  
And they're gonna bombard you with a lot of stuff at once.  
Uh, and a lot of it's great and a lot of it's a fun time and a lot of it make you feel great and you'll enjoy it a lot.  
Uh, but you can't.  
You've always gotta have something you hold on to that you've known your whole life.  
It can't just be.  
I'm gonna jump to the next thing and the next thing the next thing, because there's never anything to fall back on.  
Uh, and if you have that foundation that you go into and everything with that, the part of you that you hold deep inside of you and that that helps a lot because that gives you a foundation to go into, to everything with and something that you know is right and it'll get challenged, it will 100% get challenged and that's that's what college is about.  
Challenging your beliefs?  
Uh backing you think harder about them and growing deeper in them?  
Uh, but it can easily become like if you're not stronger than and don't hold them deep enough, they can easily become below ground shaking, tearing out where you hold deepest.  
And that's difficult.

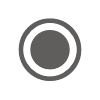
 **Researcher** 40:42  
OK.  
Well, that's all I have.  
Just kind of as a wrap up.  
Was there anything else you'd want to add?  
Discuss a little more or revisit just based on on what we talked about.

 **Josh** 40:57  
Umm.  
I don't think so.  
No, I I talked a lot about running instead of soccer, but that that is what I do now, so.

 **Researcher** 41:02  
OK.  
Yeah.  
OK, well awesome.

 **Josh** 41:09  
Right.

 **Researcher** 41:11  
I will stop the recording.

 **Researcher** stopped transcription