**Transcript**

February 23, 2024, 5:01PM

 **Researcher** started transcription

 **Researcher** 0:05
OK, perfect.
So recording and transcription has started.
So OK, so First off, how old are you?

 **Joseph** 0:14
19.

 **Researcher** 0:15
A and what gender do you identify as?

 **Joseph** 0:19
Ohh Male.

 **Researcher** 0:20
OK.
What sports did you play while you were in high school?

 **Joseph** 0:26
Uh, so I played tennis.
My first actually no, all four years I played tennis and then soccer.
I played junior and then senior year.

 **Researcher** 0:37
OK.

 **Joseph** 0:37
Umm Yep.

 **Researcher** 0:39
OK.
And then what other activities were you involved in out like outside of sport?

 **Joseph** 0:47
Like like non sports activities.

 **Researcher** 0:49
Mm-hmm.

 **Joseph** 0:51
Umm.
Well, I serve a lot of my church.
Uh in the AVL team, helping like live stream those services and stuff as an usher on Sundays with the kids ministries.
We did a VBS which was vacation Bible school.
Umm.
Let's see.
But yeah, the sides that in school and sports not much else.

 **Researcher** 1:16
OK.
And then how long were you at SCS?

 **Joseph** 1:21
Four years.
So all my high school freshman through senior.

 **Researcher** 1:25
OK.
And then where are you currently?
So are you currently just at college?
Are you playing sports at like the NCAA or NAIA level at college or you working?
What are you doing?

 **Joseph** 1:43
Ah, no, I'm just at college.
I'm not playing at any level like I.
I still play soccer in tennis, but recreationally for for fun, with friends and stuff.

 **Researcher** 1:54
OK.

 **Joseph** 1:55
Yeah.

 **Researcher** 1:56
Gotcha.
What are you studying?

 **Joseph** 1:59
I'm studying finance.

 **Researcher** 2:01
OK.

 **Joseph** 2:02
Yes, maybe maybe I'll minor double major with the accounting, but for sure finance.

 **Researcher** 2:09
OK, awesome.
So what have your experiences with sports been growing up until now?

 **Joseph** 2:19
So I started playing tennis when I was seven, so I've played tennis.
I I've played sports for as long as I can remember.
Uh in the at when I was a kid, I wanted to, you know, GoPro and be the best tennis player in history.
All that, uh, so I've from like when I was ten.
I've played like 5-6 days a week, tennis practice tournaments on the weekends and stuff, so I've I've played tennis, I've played sports for all my life and then as time went on, the goal with tennis was kinda to get a scholarship here in the US so I could come study here.
Uh.
And then we moved from Colombia to here in 2019, so that uh, just made things easier because I was already here.
So I could, uh, go to college easier, I guess you can say.
Ohh, but then even though I still like tennis because of the pressure of getting a scholarship and all that, I started getting burnt out with tennis not enjoying it as much.
I still.
I still loved watching it like tournaments and playing it or practicing, but when it came to tournaments I got super stressed because I felt like I had to win every single time to go to scholarship and all that.
Uh, that started like my freshman year here, and then by my sophomore year, like it was just unbearable.
Like I couldn't.
I couldn't play.
I couldn't enjoy tennis, which I'd always done.
So you know, after a lot, a lot of thought about it.
Umm, I decided to.
Uh, not play tennis as much and not not play in college, which I don't always been the goal.
Kinda just still play tennis, but not as much.
We're recreationally, and that's when, uh, I started playing soccer more with SCS.
My love for tennis went down a little.
My love for soccer went up a lot.
So I started playing at SCS, playing outside and yeah, thankfully I got a scholarship, but for my grades and stuff.
So I'm pretty thankful for that, but yeah, it's kind of been my journey with sports.
I still play a lot 3 four times a week of soccer and tennis, but just for fun now.

 **Researcher** 4:51
OK so.
You kind of mentioned, you know, with tennis like that constant pushing kind of led you to lose a love for it.
But were there any notable kind of moments or memories from either tennis or soccer that you had?

 **Joseph** 5:13
Yeah, from tennis.
A couple in Colombia, remember.
When was it?
So they were like H categories would be 12 to 1414 and 1616 to 18 uh.
So when I was playing 14 to 16, that was like when it became like less of like recreational and more of like.
I don't know.
Like we're discipline, we're professional in a sense.
So that's when the tournaments got hard and stuff and that always wanted to win a tournament.
But I've never done it.
I got to the finals or semifinals?
Umm, but then one tournament.
Uh, you know, I was playing really well.
I got to the final.
I thought I could win it and it was the longest match in my life.
It was like 3 hours and 30 minutes, which for for kids, that's that's a long time.
And I won.
Like it was a really tight game I wanted at the end I won the tournament, so that's probably one of the most notable moments.
Here.
Here I would say uh, reaching the semifinals at state my senior year was pretty notable.
I'd reached the semifinals all the three years before, but didn't really like satisfy me or make me feel good cause cause.
I've been training like four or five days a week for that, so I was just like, this is just the normal result of what I'm doing.
It's nothing new.
We super proud about, but then my senior year I hadn't been playing, I hadn't been practicing at all.
Tennis, like I've been playing a lot of soccer.
And then when Tennessees and came around like I practice for like a month and that's it.
Uh, and I was still able to reach the semifinal and I play the best tennis I played in my life.
With our training, uh, and let's just because there was no pressure on me.
It was just for fun, so I played like I never done before.
I actually enjoyed it.
There was no pressure on me and I played really good and with soccer I would say just winning district.
That was probably the happiest moment of my life.
Because you know this story, like, I wasn't gonna play goalie.
And then I told the coaches that I thought I could play goalie.
Uh to my dad suggested that, and now we got started and I was really nervous.
I mean, I was.
I was terrified that I was gonna let the team down, but I did pretty good.
And then we were able to win district.
I remember that game I had.
We were running by one goal and I had like 3 or 4 saves in the last like 5 minutes.
And you know when that buzzer went off, like, I was so happy.
I like.
I've never been.
I I don't think I've been happier in my life.
And then the bus right on the way back to school was really fun.
So I guess those three are the top moments of my sports career.
You could say.

 **Researcher** 8:24
Yeah, well, I'll say like I've never seen Coach King and my dad that nervous for a a game.
Like, just as as the clock was was winding down.
Umm but yeah, so OK so then umm, how important has soccer been in your life?
I mean, yeah, you've only played it two years, but it sounds like it's had quite the the impact.

 **Joseph** 8:56
Yeah, for sure.
So I guess you know I'm from Colombia and that's the soccer is like these sport there.
Like I was weird because I played tennis.
No one plays tennis there.
No one plays other sports besides soccer.
Uh.
So like from a young age I I played soccer like with my friends at school, you know, like how people play basketball here.
That's why I played soccer.
Never, never had lessons or anything, but just kind of played because that's where you do.
Ohh and you know I've always watched the Colombian national team.
Every single time they play their World Cup qualifiers, when we have qualified for the World Cup.
I always followed like the Champions League, all that stuff like not a lot.
Not in depth like I knew what was going on.
Umm.
But it's funny because when I was in Colombia, I didn't like soccer as much.
And then when I moved here, I started following it more and more and more.
And I mean nowadays like I got my Socratic like, I'll watch any game.
Like I watched the the Asian Cup, you know, like random countries like Jordan, Syria.
I watched that.
Uh, like I follow all the leagues now and you know, if someone tells me I wanna go, they want to play soccer, like I'll go no matter where it is.
And no matter what time umm.
So my love for soccer is definitely grown a lot.
In the past I would say 3-4 years.

 **Researcher** 10:24
OK.
And then how has we will go sport in general and then soccer specifically, how has sport influenced how you see yourself?

 **Joseph** 10:37
That's a good question. Umm.
Let's see, in general I would say.
I guess it it just makes me feel good that I that I do play sports, that I'm that I'm active.
I I've always said I never like physical activity, like I don't like running.

 **Researcher** 11:04
It.

 **Joseph** 11:04
I don't like going to the gym like I hate that, but I love, like, actually playing sports.
Like if I'm if I'm playing a tennis match, if I'm playing a soccer game like I love that.
But if it's just like sprints or going to the gym, I hate that.
So I'm just I guess this makes me feel good that I'm actually doing something physical.
I'm exercising.
Ohh.
But overall, I would say just with tennis specifically, it really didn't help me with my with how I viewed myself with myself.
Image uh, just like I said, just the pressure.
Try and get a scholarship with that.
It just brought a lot of stress into my life and really even brought my, I guess, self-confidence down.

 **Researcher** 11:56
Mhm.

 **Joseph** 11:57
Because like back then, like the results where what defind me like if I play it well A tournament then I'd be happy the rest of the week if I played really bad.
If I got out in the first round, I mean, I would be crying all that day and then for like four or five days, I would just be like really sad.
So I'd say I'd say tennis and sports in general.
It really didn't help me much with like myself image, self, belief self-confidence.
But once the pressure was off of you, don't you're not doing this to get a scholarship.
You're just doing this for fun.
Then it has helped me a lot and I've actually, I actually enjoy playing tennis and sports now.

 **Researcher** 12:45
OK.
And then what about soccer specifically?
Did soccer help out in any way or hurt?

 **Joseph** 12:50
Yeah, soccer helped out a lot.
Cause tennis is very individual sport like it's just you out there.
There's no team or anything, and soccer just.
I mean, I've never, like, not talk, talk to anyone.
Like I'm pretty like I'm good at talking to people, but because of tennis like, yeah, I was a little reserved because of tennis, because such an individual sport.
But then soccer?
Uh, just being with teammates and and friends and stuff.
Like when I started playing soccer my junior year.
Like I have friends at school, but I didn't have too many.
But then once I started playing soccer, I became friends with all the guys on the team.
And then my senior year even more.
So soccer really helped me maybe come out of my shell, even though like, I wasn’t an anti anti-social kid or anything, but it really helped me get out there and and make friends and.
Just like I guess you could even say like be more confident cause I was actually talking to people and stuff and even last year as a goalie like you gotta yell at everyone and you gotta be out there.
So that definitely helped me because I'm usually I'm very quiet and I don't like like being in the front of things.
But like as a goalie kind of had to.
So soccer has definitely helped me there.
I would say in those two things, just like being more social and just being able to speak out and just be involved in things.

 **Researcher** 14:31
OK, so you're no longer playing competitively, but you do still practice and and play tennis and soccer on a recreation basis, correct?

 **Joseph** 14:45
Yeah.
Yeah.
Tennis.
I'm.
I'm in a league with there's some tennis courts next to my house and there's a team, so I play, I play on on the weekends with that team.
I am also in a Soccer League where we play like once a week and stuff and then the like I said, just pick up games whenever I can.
Uh, soccer and tennis.

 **Researcher** 15:09
OK.
So then if that were removed from your life, how do you think that would impact you?

 **Joseph** 15:19
Like if I couldn't play any sports at all.

 **Researcher** 15:22
Yeah.

 **Joseph** 15:25
I definitely impact me negatively cause like I said, if I'm not actually playing my sport then I will not do.
I will not go out and run.
I will not do pushups or go to the gym, so it would definitely impact my health cause I wouldn't do it.
I wouldn't be moving around.
I wouldn't do any physical activity, and I mean that would take a toll on me.
It's like I'd lose home all my like, I'd be out of shape.
I don't know.
I probably get arthritis when I was older, I don't know, but it would.
It would.
It would not help me.
And then uh.
Yeah.
I guess just mentally, I don't know.
Like I always look forward to like the next time I'm gonna play soccer or tennis, like in the back of my mind.
That's something that I'm looking forward to.
Like I don't know when class gets boring.
I'll be like, OK, just get through it.
You.
You're gonna play soccer later today.
Just get through it.
You can go out there, so it would definitely take some joy out of my life.
And just I guess satisfaction that I get when I go out there and play.

 **Researcher** 16:35
OK.
So kind of shifting the lens a little bit.
Your senior year of high school, won't you tell me a little bit about what you were feeling and experiencing?
So kind of the the three areas looking to hit academically, socially and then athletically.

 **Joseph** 16:58
OK.
Uh, academically.
Let's see, specifically my senior year, since I was only playing soccer.
And I I try to I I took all my hard classes junior year so I could just I guess relax junior year.
So, like all the honors classes I took junior year because he knew your didn't really matter.
So I could technically like I was fine.
I think I'd even more free time than the past three years and my grades.
I managed to keep them up.
They didn't drop her anything, so I don't think it had any any impact on academics.
And then you said socially and and what else?

 **Researcher** 17:42
Athletically.

 **Joseph** 17:44
So, OK socially.
Yeah, like I said, it really helped me cause I made a bunch of friends like before before my senior year or you have played soccer like all my friends were from my grade because I never talked to anyone outside my grade and stuff.
But when I played soccer, I mean now I was talking to kids that were freshmen, all the greats.
I made friends with people from all over the school, so that really helped me kind of just branch out and talk to new people.
And then a fleetingly athletically, I mean it helped me stay in shape because I wasn't playing tennis this much.
So the summer leading to my senior year, I wasn't playing tennis.
I wasn't playing soccer either.
Uh, so I always really out of shape.
I really got out of shape, but then when soccer started, I started getting into shape.
I started getting in shape and going to the gym and stuff, so it definitely helped me stay active.
Stay in shape, uh.
And also just go to the gym.
I've never gone to the gym before, cause tennis.
Uh, like you?
Don't really.
I mean, you do need to go to the gym, but it's not as necessary as other sports.
Uh, but then with soccer, we would all go to the weight room and stuff.
So help me I guess get into the gym.

 **Researcher** 19:09
OK.
So then, now that you've graduated. Umm.
How has you know college life been going?

 **Joseph** 19:23
Uh, it's pretty good.
I'm I'm having a good time.
I've made some friends at TCU, so I commute so I don't live in dorm, so I guess that makes it a little tougher to meet people, but I mean, I've met some people.
A plain displaying soccer.
Actually I've made some friends because of that.
Uh, I still have my friends from church.
I also have my friends from SCS cause I'm helping coach there, so I just go and see them.
Uh, so it's been great.
I mean, I've made some friends.
I I enjoy my classes.
I like having like your own schedule and having free time and stuff like not like that school was, which was like 8 or 3/8 to 3/8 or three all day.

 **Researcher** 20:10
Mm-hmm.

 **Joseph** 20:11
You can have your own free time and stuff, so I've I really like college.
I'm enjoying it a lot.

 **Researcher** 20:17
OK, good.
So as you made that transition, was there anyone or anything that really helped you as you went from high school going into college?

 **Joseph** 20:32
You like overall or like with like sports.

 **Researcher** 20:35
Umm.
Friends like friends, family, you know, former teammates, you did mention you were active in church, so you can also touch on that as well.

 **Joseph** 20:47
Yeah, definitely.
So yeah, church helped me a lot cause I didn't have to, like, move to another state like I just stayed here where I lived.
So I could go to the same church.
I could still see the same friends I had.
Still listen to the same pastor, so I was really good.
Helped me transition.
We also transition from high school group to College Group at Church, so that definitely helped as well. Umm.
Another thing that helped a lot was being close to my family.
Uh, because people from South America were usually very close to our families.
Uh, like here when you turn 18, you kind of have to move out and you're independent.
Uh and yeah, in Colombia, like it's normal to stay with their parents until you're like 25.
Like even 30.
So I I'm not used to just like leaving my family.
So I'm really glad I'm at TCU because I can sit close to my family.
I don't have to leave him, so definitely being close to my family has helped a lot.

 **Researcher** 22:00
So what specifically I had like that close proximity?
Like what specifically have they been doing to help you, and how has that helped you?

 **Joseph** 22:15
Just, uh, just having someone to talk to.
You know, when I, uh, when I get back from my classes and stuff cause I'm going to charge my computer because it's about to die.

 **Researcher** 22:28
That's fine, that's fine.

 **Joseph** 22:28
I'm gonna plug it in.
Yeah.
Alright, uh, what was the question again?

 **Researcher** 23:32
So what did your like?
You mentioned kind of your family.
UM, what specifically have they done to help support you and and how has that, you know, helped you so psychologically, emotionally, financially, et cetera?

 **Joseph** 23:46
Ohh yeah.
Yeah.
I yes. Yeah.
Yeah.
So like I was saying, being able to talk to them because it's different, like when you get back from classes and having like our roommate and maybe your friends with them.
But like, you're not gonna tell me what you would tell your parents and stuff.
Uh, so definitely having someone there to just talk to.
Umm.
Financially, it has helped me a lot because I'm commuting, so I'm saving like $10,000 a year of housing.
So that helps a lot.
Uh.
Meals and stuff.
I I still eat here with my family dinner and and breakfast sometimes, so I don't have to spend money on that. Uh.
Let's see.
How else?
Yeah, I guess.
I guess those those two ways, just them being there and knowing I can ask him for help or or talk to them or just just be with them.

 **Researcher** 25:01
OK, now in this kind of just generally.
Is there anything you wish you had, or is there anything that you can think of that you think would have helped you more as you transitioned from high school to college?

 **Joseph** 25:24
Umm.
Honestly, I don't know.
I mean, I think I've I've had a pretty good transition like there hasn't been like a moment where I'm like, Oh my goodness, I don't know what I'm doing.
Like, I've actually felt even more relaxed than when I was in high school because, like I said, there's it's not eight to three every single day like you have a lot of free time.

 **Researcher** 25:41
OK.

 **Joseph** 25:51
So I felt it's been easier and more relaxing than than before, and now I have time to do other stuff.
And I mean, yeah, just personally, like I've, I don't know.
I haven't really had any any problems or anything, so I've I've been good.

 **Researcher** 26:08
OK.
So then kind of looking at yourself individually, what things did you do or have you been doing to help umm as you went from from high school to college that have made that transition easier?

 **Joseph** 26:28
Uh, definitely being like discipline with my time because you do have a lot of free time, but you it's not like it's not completely free because you still have to do homework and stuff and it's harder to keep yourself accountable and do your work because there's still like teachers like ohh around.
Like it's just you and your own.
So I've definitely have to work.
I've definitely have had to work on my like time skills and you know, not spending too much time on like Netflix and stuff like that.
Uh, also.
What else? Umm.
E Yeah, I mean, I guess that's, that's it.
Yeah, like I said, I like it really hasn't been a hard transition for me.
So it's.

 **Researcher** 27:23
Have.

 **Joseph** 27:25
I really can't think of anything else.

 **Researcher** 27:27
OK.
Umm, so then aside from soccer and tennis, have there been anything you've picked up like any other extra hobbies?
And and stuff like that.
Something new outside your comfort zone, even since you've made that that shift.

 **Joseph** 27:47
Yeah.
So it's not a hobby, but I'm actually working as a interviewer ref for TCU.

 **Researcher** 27:53
OK.

 **Joseph** 27:53
So like our Rev like basketball games and stuff.
And that's definitely something new, cause before that, I've never watched any basketball before in my life like this past month.
I've watched more basketball than I've had in all my life.
Uh, I know.
I knew none of the rules.
I kind of want to travel was, but that was about it.
But they've been training us for like they trained us for like a month, like teaching us everything.
So that really took me out of my comfort zone because I knew nothing about basketball and the kids at TCU think they're playing in the NBA and they get all heated up and they yell at you and it's it's, I mean, the first day was really stressful, but the other days were fine.
But learning how to learning basketball and learning how to ref it was definitely an experience.
Definitely out of my comfort zone, but now that I've been doing it for for a while, it's it's good now and actually enjoy it.
I think it's fun, uh?
Let's see.
Besides that, I'm helping film the TCU football, the practices, so that's pretty fun.
I was doing that this morning actually.
So let's do things are kind of like the new things I'm doing.

 **Researcher** 29:13
OK.
And how have those things influenced how you see yourself?

 **Joseph** 29:21
Umm, the basketball specifically showed me I can.
I can definitely like do things that I thought I'd I couldn't do.
Like I was saying that this started like I'm usually a quiet person and I don't like like being out there and and NASA ref.
You can't be quiet.
You can't be shy because people are gonna eat you up if you like.
Are like, hunched over and they're like, scared and like, I don't know what to do.
So Roofing has definitely given me little more self confidence.
Uh, just when I refer specifically, just knowing that, you know, I'm bereft, they they gotta listen to me and stuff.
But that's, I guess that was also helped me like overall uh.
Ohh.
Ohh yeah, I guess that's that's it.

 **Researcher** 30:17
OK.
So then last question, do you have any advice for those that are about to graduate high school and make that transition out of high school?

 **Joseph** 30:33
Hmm.
Good question. Uh.
Definitely would tell them to just manage your time carefully, cause you may think that because you're not as many classes like you're just gonna be able to watch Netflix all day and it'll be fine.
But if you don't manage your time carefully like it's it's gonna catch up on on you.
Like I remember the first week that happened to me, I was like ohh it's or the first like month.
I was like, it's fine.
I have like 5 classes like I can do whatever I want and then the first round of tests came up and I bombed two of them completely and I was like, OK, I gotta actually study now.
So just being careful of knowing that you do have a lot of a lot more time, but it's not completely free time.
You actually have to do stuff, uh.
Also, just like just like trying out new things like all the clubs and stuff. Uh.
Going that's like all those events that they do for, like freshman and stuff helps just meeting people and, you know, going around campus and stuff.
Uh, yeah, I guess those would be my two things.

 **Researcher** 31:50
OK.
So just kind of wrap up, is there anything else that you would want to add to this interview?
Discuss a little bit more or revisit just the questions that were asked.

 **Joseph** 32:05
Uh, no, I think, I think we, we covered it all.

 **Researcher** 32:09
OK.
Well then I will end the recording.

 **Researcher** stopped transcription