



## **Sheila Sutfin Bowling**

When did you start playing your sport/how did you get introduced to it?

I started bowling 7 years ago at the age of 10. The sport has always been in my family, but I did not have an interest in it until my older cousin Zach started. Him and I have always been very competitive with one another so the second he started bowling I wanted to start just to beat him. I ended up falling in love with the sport and I have stuck with it ever since.

Do you play any other sports?

I don't play any other sports. I have known since 7th grade that I wanted to bowl in college and that meant I had to solely focus on bowling to accomplish that dream.

What has your sport taught you/what lessons have you pulled from it?

Bowling has taught me leadership skills that no other sport would have been able to give me. Everyday I am able to work with my teammates to become a better bowler and I have learned so much about myself in the process. I am able to better handle adversity and can better communicate my opinions with others. I truly believe that being on Neuqua's bowling team was the best choice I made in my high school career mainly because of the leadership opportunities it has given me.

What do you wish you knew when you were just starting?

I wish when I started bowling I knew that my peers would've been supportive of me. I was so nervous to tell my peers that I was a bowler because I thought they would make fun of me. Everyone has been so supportive of me and has done nothing but encourage and congratulate me during my season. Classmates come up to me every day and ask questions about bowling and are genuinely interested about the sport and they are happy for me when the team does well which is something I never expected 7 years ago.

What quote/inspiration do you resort to when things get really hard?

"Everything happens for a reason." This quote is something that I truly believe in whether it applies to bowling or just everyday life. I try and learn something from every experience in my life because I believe it happened for a specific reason.

### **Share something about you that isn't well known.**

Something that a lot of people don't know about me is that I actually used to be a really good gymnast in elementary and middle school and I stretch every day to keep my flexibility. I quit 8 years ago, and I can still do the splits.

Where do you go from here? College plans?

I will be bowling in college, although I do not know where yet. I am still deciding between Arkansas State University and Valparaiso University. I will be majoring in Elementary Education with a minor in Psychology. Both of my colleges not only are amazing schools academically, but both schools have NCAA Division I Bowling.

Do you have a role model?

My role model is my Grandpa. He came to America with nothing and was able to make an amazing life for his family. He was the most hardworking and dedicated person I have ever met and every day I strive to become as much like him as possible.