



**JULIA RAINER
NVHS BOOSTER CLUB FEATURED FALL SEASON ATHLETE
GIRLS' GOLF PROGRAM**

Booster Club Reporter: When did you start playing your sport/how did you get introduced to it?

Julia Rainer: With parents who love golf, I was introduced to the sport at a very young age. I played golf leisurely throughout my youth with family and friends. Prior to my sophomore year I was contacted by one of the coaches because he knew I had an interest in it, and I am so grateful he did. I played varsity golf for the next three years and ended up with such a passion for it. The support from Coach Keller and Coach Treptow was wonderful and necessary in order to compete at the varsity level.

Booster Club Reporter: Do you play any other sports?

Julia Rainer: I have always enjoyed athletics and love all sports. I started out with softball, basketball, soccer, and volleyball at a very young age followed by golf. As of today I only focus on competitive softball and golf. Even when I'm not competing personally in sports, I enjoy being a fan.

Booster Club Reporter: What has your sport taught you/what lessons have you pulled from it?

Julia Rainer: Golf has been the most frustrating yet most rewarding sport I have ever played. It has taught me patience, teamwork, and most of all how to work under pressure. I have been

fortunate in playing with many different golfers on different Naperville golf courses - mainly old guys! They not only gave me some great advice, but encouraged me to keep working and get better. Thanks to all of them.

Booster Club Reporter: What do you wish you knew when you were just starting?

Julia Rainer: I wish I would have golfed more competitively at a younger age. I did not take golf as seriously as my other sports which I regret. Like all other sports, I have learned golf is a game of skill and patience, which means it takes a lot of practice. I know golf will be a lifelong passion and my competitive nature will keep it interesting.

Booster Club Reporter: What quote/inspiration do you resort to when things get really hard?

Julia Rainer: My inspiration whether it be pitching on the mound for softball, or making a difficult putt has always been "mental toughness". My dad would always yell "MT" during my most trying moments on the pitching mound or I would hear him in my head as I was making a tough putt. Whatever sport you play you will always need to be mentally tough above all else.

Booster Club Reporter: Share something about you that isn't well known.

I am a diehard Cubs fan! I have watched every game during the season, with the exception of the days I was on the golf course. I know the lineup and the stats of every player and was so excited when they won the World Series! I would love if they have a repeat year.

Booster Club Reporter: Where do you go from here? College plans?

Julia Rainer: After high school I plan to attend the University of Nebraska where I will be majoring in accounting. Although I will not be playing sports in college I hope to get involved in intramural sports and business clubs. I also believe many of the skills needed to succeed in sports, like hard work, discipline, practice, and teamwork, will be necessary to succeed in getting a degree. I look forward to the challenge.

Booster Club Reporter: Do you have a role model?

Julia Rainer: My dad has inspired me and taken such a big role in my life. He encouraged me throughout my life to compete in athletics and told me I could achieve whatever I want with hard work and discipline. Even if he was tired or busy with work, he always found time to work with me on my athletic and life skills. My dad has always been my number one fan as he has attended every sporting, school, and church event throughout the years. One great life lesson he taught me has been to have humility in victory and dignity in defeat.