



**COURTNEY LONG
NVHS BOOSTER CLUB FEATURED ATHLETE OF THE WEEK
BOWLING PROGRAM**

The NVHS Athletic Booster Club is proud to present the featured athlete of this week, bowler COURTNEY LONG.

Booster Club Reporter: *What sports have you done and when has bowling become part of your life?*

Courtney: I love sports. My hobbies include biking, hiking, and boating. I used to play volleyball in middle school, but I quit to bowl. I choose to bowl freshman year for fun, but I later realized that it is a sport that you can pick up at any age and improve your game very quickly.

Booster Club Reporter: *What has the sport of bowling taught you?*

Courtney: My most important lesson happened when I was a freshman. I would go to all of the tournaments and only bowl 1 out of 6 games. It was hard to be there and give support when I wanted to be the one on the approach, but it taught me how bowling really is a team sport. At my fourth season, I look back and can say that I have learned that hard work and dedication pays off; if you do your best to commit, the work will pay off.

Booster Club Reporter: *Coaches are a very important part of the equation. What have you learned from them?*

Courtney: My coaches have taught me that no matter what, how, or where you are doing something, it is important to have fun. Also Coach Kathy taught me that it is important to ask for help, you are not going to know everything so you asking for assistance is a sign of confidence.

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

Courtney: When I started I wish that I knew one bad frame is just like one bad day, everyone has them and it is okay, just take it one frame at a time just like we take one day at a time.

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

Courtney: "Never give up" may sound simple but it's a lot harder than it sounds. I fully believe that if you do not ever give up you will succeed in whatever you do.

Booster Club Reporter: *What does winning mean to you?*

Courtney: In bowling I don't think of winning or losing. When I feel pressured to win I do my best to tune it out. I tune out the pressure and tell myself to do my best and if I struggle, don't give up just keep going. I always shoot to reach or exceed my personal record. Winning in bowling to me means to win against myself and beat my own goals and my own records.

Booster Club Reporter: *Share something about you that most people don't know.*

Courtney: Most people don't know that my grandparents both bowled, so I like to say that bowling is in my blood. Also I work well under pressure being the anchor gives me the incentive to do better. Some people don't know that I like people. I am a people person I like to be around people and hear others opinions.

Booster Club Reporter: *Where do you go from here?*

Courtney: I am going to the University of Central Missouri, where I will continue to bowl. My major is undecided right now. I want to find out who I am as a person before I go to college, instead of figure it out while I'm there. You learn new things about yourself everyday and that's what I hope to do. I can say I am interested in finances.

Booster Club Reporter: *Do you have a role model?*

Courtney: My role model is my cousin. She always thinks of others before herself. She is always there for me when I need something and she cares about everyone when they need it.