



## **Amanda McMurray Gymnastics**

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

I started gymnastics when I was nine years old and only did it for a couple years. I had a few friends that did it and I really wanted to try it too. I took a break in middle school and then started competing again in high school for Neuqua when I was a sophomore.

### **Do you play any other sports?**

I used to play ice hockey in middle school for All Seasons Hockey Club along with club softball for the Naperville Diamonds. I decided to quit both when I went back to gymnastics my sophomore year. I also love running!

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

This sport has taught me the true meaning of hard work. How you compete at meets and the new skills you get directly correlate to the amount of effort and dedication you are willing to put in.

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

I wish someone had told me you have to be mentally strong for this sport. A lot of people think that gymnastics is solely based on your physical abilities, but it is very mental. Mental blocks and being scared is just in your head and when you push past it, you can achieve anything you set your mind too.

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

Quote 1: "Strength doesn't come from what you can do. It comes from overcoming the things that you once thought you couldn't" ~Unknown

Quote 2: "Don't limit yourself. Many people limit themselves to what they think they can do. You can go as far as your mind lets you. What you believe, remember, you can achieve." ~Mary Kay Ash

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

I am the oldest of eight kids which has taught me responsibility and leadership. I have also been playing the clarinet since I was eleven, and I've been in Neuqua's top honor band since I was a sophomore.

**Where do you go from here? College plans?**

I plan to become a registered dietitian because I love nutrition. I have committed to Northern Illinois University where I will be studying Nutrition and Dietetics. I am also planning to do club gymnastics at NIU.

**Do you have a role model?**

I definitely look up to my coaches and my dad.