



## Heart of an Athlete March 2016



**Name:** Turner Scott  
**Hometown:** West Des Moines, IA  
**School:** Valley High School  
**Sport(s):** Basketball and Football



**List your chosen attribute:** Consistency

**What is your personal definition of this word?**

My definition of consistency is acting similarly day to day in actions and attitudes.

**What are some of your favorite quotes from other people about this word?**

“We are what we repeatedly do. Excellence, then is not an act, but a habit” - Aristotle

**What is your favorite Biblical passage that deals with this characteristic?**

2 Timothy 4:7 “I have fought the good fight, I have finished the course, I have kept the faith”

**Why did you choose that particular passage?**

I chose that verse because it's stated in a closing scene of *The Book of Eli*. This verse displays consistency specifically the “I have kept the faith”. This verse describes remaining still in your beliefs everyday. I also appreciate how the verse is in past tense, so it's a reflection of St. Paul's life.

**Please give an application/example of this word in your life.**

Consistency is important in my life because people around me know what their getting from me. They know what type of person I am and how I'm open to talk about anything but will also be real with them.

**How do you apply this word in your sport?**

I try to apply consistency in my game from an effort, focus, and attitude standpoint. I believe games are a reflection of practice so consistency starts everyday in practice. I understand there are going to be highs and lows so I try to behave in the same manner regardless of the outcome.

**How did you first become involved in FCA?**

I first became involved in FCA when I was in elementary during a summer camp at Central College in Pella, Iowa. My parents were counselors for the week and my two older brothers participated in the camp. I was too young to be a formal camper, so I was put in child watch throughout the week. Although, I still participated and attended the most of the activities during the week. I was lucky too because my parents were able to get me into the basketball portion of the camp for a couple hours each day even though I was too young.

**How active within FCA were/are you?**

I'm fairly active in FCA currently. Most years I've attended consistently in the fall and winter but in the spring AAU starts and I'd miss due to practice.

**What is your athletic experience? (Where?)**

I play Varsity football and Basketball for Valley High School and I've committed to play basketball at Truman State University.

