



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.

