



# Meet the Arrows Questionnaire



**Be a Great Teammate \* Stand Up and Own It \* Embrace the Grind**

**Name:** Isabelle Russell(Izzy)

**Grade:** Junior

**Sports Participate In:** Bowling

**Why do you play sports:** It allows me to express myself and bond with like minded people

**Most Inspirational Coach:** Coach Vaughan

**Words You Live By/Favorite Quote:** Even when you fall, you can always find a way to pick yourself back up. I know it sounds cheesy but this quote has helped me a lot over the years.

**Most Influential Person in Your Life:** My mother. She's been by my side through everything.

**Favorite Movie:** Mamma Mia

**Favorite TV Show:** The Office

**Favorite Musical Artist/Group:** Billy Joel

**What are you currently reading or what is your favorite Book:** The Outsiders

**Most Inspirational Teacher:** Mr. Vaughan

**Favorite School Subject:** Math

**Favorite Sports Team (college or pro):** I don't watch sports

**Athlete you most look up to:** I don't watch sports, but I would have to say, Jaci Rife. She never quits and she's dedicated. I admire that about her.

**What one talent/skill would you most like to have:** The ability to not care what other people think.

**What is something about you that no one else knows:** I'm an advocate for bullying. I know what it feels like and I try my hardest to speak for those who are afraid to themselves.

**Seniors Only - Future Plans (college/career/athletics):**

**What have you been doing while we have been off:** I have been working on myself. Making sure I maintain my mental and physical health. I have also been babysitting for parents that aren't able to put their child in daycare.

**What words of encouragement would you offer a young Student/Athlete:** Don't give up. No matter how hard it may get, it's always worth it. The pain, the sweat; it all leads somewhere positive, so keep trying.