

MEET SINDRI S. JÓNSSON

SCIS Varsity Boys Basketball coach Dwayne Friesen interviews Sindri S. Jónsson a senior at the Hongqiao campus. Sindri was born in Iceland and came to Shanghai when his father's job brought his family here in 2009. Sindri is involved in sports and acting here at SCIS and is looking to study theatre at university in the United States next year.

Q1: In what sports have you been involved and which is your favorite?

I have played varsity basketball at SCIS for the past four years, and it has always been my favorite sport because of its high intensity and pressure moments. I also play golf competitively in Iceland and played volleyball for the first time last year.

Q2: What is the highlight of your years in high school sports?

Last year we played an early season game against the league champions BISS PX. We were down 19 points going into the fourth quarter. We made a run and in the course of four minutes, with great pressure defense from Matthew Duffy and Jonah Qiao and three point shooting from myself and Akihiro Minami, we tied the game up. Even though we lost that game, it sticks out as a great moment because it represents our resilience as a team. The crowd's reaction was unforgettable.

Q3: How does participation in sports affect your academic life?

Committing to a sport takes a lot of effort, but it teaches me how to manage my time and gives me a sense of urgency and motivation to work in the classroom. Since basketball season and production for the musical started, my grades; to almost everyone's surprise, improved significantly!

Q4: What do sports mean to you?

I use sports as an outlet for my competitive and active nature. I can never seem to stay in one spot for too long and sports allow me to harness that spirit into something positive. Additionally, it gives me something to work for. It all results in positive personal growth.

Q5: What other activities are you involved in at SCIS?

Three years ago, I decided to audition for the school musical. Despite already making a commitment to the basketball team, it one of the best decisions I've ever made. I was able to find a passion for theatre and it lead to me wanting to pursue it as a future career. Taking part in the activities at SCIS made me learn to not be afraid to take chances and try something new. You never know when you might find something you truly enjoy doing.

