

15 Questions with Jasmine Moore of Mansfield Lake Ridge

1. Congratulations on now owning both the freshmen and sophomore-class triple jump marks. This past weekend at New Balance, you set the new sophomore-class record at 42-06. Can you tell us about your experience at New Balance?

New Balance was a great experience. I had an opportunity to go against some of the best in the country early in the season. I was proud of my performance in both the long jump and triple jump; also, it's always fun meeting new people.

2. You've competed at most of the nation's premier events for high school athletes: Great Southwest, New Balance, USATF JOs, Texas Relays, etc. What's it like as a high school athlete to gain exposure at so many events across the country?

It's a blessing to have the opportunity to participate in high-profile meets. I know I have to "Bring It", and it's fun going against the best in the country.

3. The all-time high school triple jump mark is 44-11.75 set in 2004 by Brittany Daniels. Is owning this mark on your radar?

Of course, the national record is on my radar! Sometimes it scares me to look at it because it's such a big jump, but I think as I continue to grow and get stronger, I can reach it.

4. You're also a proficient long jumper. Which do you prefer: long or triple and why?

Although I like both the long jump and triple jump, I prefer the long jump because it's not as much pounding on my body.

5. Were you not an outstanding athlete, but still filled with ambition and desire, what activity do you see yourself pursuing?

I would love to try to play Lacrosse. I think it would be so much fun!

6. You've also competed against many of the nation's top jumpers. What's that like at an elite meet to compete against the likes of Tara Davis?

I know when I compete against Tara Davis; I am going to do my best. She is

such a great jumper. I look up to her. I know she's always going to jump far, so I always have to "Bring It".

7. Away from track and field - how do you enjoy your spare time?
I love hanging out with my friends!
8. During the school season, take us through a typical training week.
I have school track everyday after school. On Tuesdays, Thursdays, and Sundays, I have jump practice. On Mondays and Wednesdays, I have strength and conditioning.
9. What athletes - at any level (high school thru retired) - do you admire, and why?
I admire all distance runners. They are brave for pushing their bodies physically. I wish I could do what they do.
10. You have been appointed the Commissioner of Track & Field in the US. What changes are you making to the sport?
When they show track and field on TV, I wish they'd give more love to the field events lol.
11. While it's too early to tell us what colleges you're considering, can you give us some insight into what you might want to study or pursue as a career?
In college, I want to major in engineering or sports marketing.
12. Do you have any superstitions or rituals the night before or the day of a meet to put you in the right mindset?
I always drink a smoothie or eat oatmeal and watch some of my best jumps or Carl Lewis before I jump.
13. Tell us something about Jasmine that very few people outside of your family know, perhaps an amazing talent you possess or simply something fun that you do.
I did competitive cheer for 8 years, and I am an ESPN World Champion in cheer.
14. Favorite meal?

I love Chipotle!! I normally get a bowl. I could eat there everyday,

15. What movie or television character do you identify with, and why?

I would be Meredith Grey (played by Ellen Pompeo) from Grey's Anatomy, because although bad things happen to her, she's so strong!!