

Featured Alumnus: Nicole Lowrance

“Go grab some wall!”

Nicole Lowrance found the NFL like many of you did...by accident. She got her start at West Lake HS in Austin, Texas. She was coached by Ron Dodson and will never forget her high school experiences or with him.

Nicole was active in the theatre at her high school and decided she wanted to attend tournaments. So, her freshman year she took a class. From that point on, Dodson had her enter every speech event. He actually had to negotiate placement because she was in so many events. He taught his students from the beginning that if for some reason you had some free time, you better keep busy...so go grab some wall and keep practicing!

Nicole said she was so scared her first tournament, but it was so great because of the networking and friendships that were formed at each tournament. Beyond friendships Nicole said she really learned how to be professional and poised. “We worked just as hard as any other group on campus...as far as I’m concerned we were an athletic event!”

Nicole was very successful with the NFL in high school, which catapulted her into the Julliard School for Drama. She said, “I never would have gotten into it without the NFL...it was great going to classes and actually recognizing other students who I competed against in the NFL.” She went on to say, “you can always tell who the NFL’ers were...they have an iron clad mind...they just got it!” The ambition and drive that she gained at such a young age were what made her feel prepared for Julliard.

After Julliard, Nicole went to New York and has been successful in finding jobs ever since. She said the great thing about auditioning is that she’s had so much practice with it already. “First you have the audition which would be considered prelims, then your first call back– semi’s and your second call back which is– finals. If you get first place, fantastic you landed the job!” The NFL taught Nicole that you can shrug off rejection because there will be another “tournament” in your future!

Nicole did have some advice for up and coming successes like herself, “follow your passions, the only way you get where you are going is to be well prepared when the opportunity happens...so work hard and be ready.” Also, “you’re not going to win every time but keep doing it...it’s worth it!”

My conversation with Nicole was upbeat and very insightful. She was grateful for all Rob Dodson had done for her and the lessons he had instilled in her! Nicole is another testament on how coaches can affect the lives of NFL students in so many ways. I’m sure this won’t be the last we hear of Nicole. Her sights set on TV and film next. I am sure with her determination and passion we can look forward to seeing her on the big screen!

