To Whom it May Concern,

For those of you who don’t know me my name is Jordan Morris. I am a professional soccer player for the Seattle Sounders and the United States Men’s National Team, and I am also a type 1 diabetic, diagnosed at age nine. But even at this young age, I made the decision that I wasn’t going to let this disease hold me back. As a kid I loved sports. I knew my dream was to one day play professional soccer. The doctor, fortunately, told me that the more sports I played, the better. Being active will only help to regulate your blood sugar, he told me. I took those words and ran with them. I looked to athletes like Jay Cutler and Adam Morrison who were living their dreams even with this disease, wanting to be like them someday. And now I am living my dream everyday, not letting this disease hold me back.

I have recently started a foundation and one of my main goals is to change the stigma and perspectives surrounding T1D. My dad just recently told me that when I was in high school, he didn’t think I was even going to be able to play soccer in college, let alone play professionally. I would be lying if I said that the thought never crossed my mind that this would hold me back, but, whenever it did, I reverted back to telling myself that diabetes *wasn’t* going to define me. I went on to win a National Championship with Stanford University and be named the Hermann Trophy winner, won the MLS Cup with Sounders FC and was named Rookie of the Year, and scored the game winning goal for the USMNT in the 2017 Gold Cup Final. Another example is Gary Hall Jr. who was diagnosed with Type 1 and was very nervous that his swimming future would be very difficult. He went on to win five gold medals at the Olympics. Below are a list of a few more famous athletes who played with T1D:

List of Famous T1D Athletes:

* Jay Cutler, NFL
* Adam Morrison, NBA
* Brandon Morrow, MLB
* Gary Hall Jr, Swimming
* Gary Mabbutt, Tottenham Hotspurs
* Nacho, Real Madrid

This is just a list of a few athletes but there are plenty more people living with this disease everyday and not letting it hold them back from achieving their dreams.

I understand that there is some doubt when dealing with kids with diabetes because you may not know much about the disease. But these kids are no different than their peers. They may have to work a little harder to manage their diabetes because it is one more thing to add to their pregame routine, but it cannot hold them back from accomplishing their goals and only makes their mentality stronger.

I implore you to not pass any extra judgment on these kids because of their diabetes. It is not their fault and with hard work it is something that will only make them stronger. Focus on their abilities rather than their T1D, treat them like any other kid, and let them work towards achieving their goals.

For more information, check out my website: [www.jordanmorrisfoundation.com](http://www.jordanmorrisfoundation.com)

Your friend,



Jordan

