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Howe Cup 2015

The Athletic Girl

Running like a girl means to keep your knees up, pump your arms, and energetically move as fast as you can. Running like a girl is freeing, playful, and takes you away from everyday life. Running is a huge part of squash, so if you are going to run like a girl, you better play squash like a girl.

When I grab a squash racquet, I feel alive. I feel free from all of the stress and drama that goes on around me. I am me when I am on the court. I let all my anger and frustration out on the ball when I am playing, which keeps me level headed off of the court. Squash has taught me to be energetic, competitive, and positive. This is what playing squash like a girl means to me.

The first time I stepped onto a squash court I was very nervous and scared that I would get hit with the ball or I would hit someone with the racquet. However, as a confident girl, I listened and learned from my coach and became a better squash player. From my coach, I learned that playing squash like a girl means you practice as hard and as often as you can with your coach or teammates. If someone were to watch a girl play squash, they would see someone moving quickly on their feet, hustling to the ball, watching the opponent's every move, and staying focused.

Being a part of a squash team that is mostly boys, it is important to play squash like a girl. I hold my own against the boys, challenging them in matches or tournaments. I have shown my teammates that playing like a girl means to be on top of your game, to show up to practice on time, and to help other teammates when they are struggling.

Whether a girl is running, playing squash, or playing any other type of sport, it is important that all girls are confident, true to themselves, and empowered by what they are doing in life. Girls have the power to accomplish anything they set their mind to. I am proud to run and play squash like a girl.