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### **Focus and Dedication**

Throughout time, people have wondered how girls do things and why they can't do the same things as boys. That girls have their own way of doing different tasks and their way is sometimes looked down upon by many people. When you ask boys how a girl does something, their response would be girly or not as aggressive as what they would do. It's a stereotype saying that girls are less fierce when it comes to things such as sports. For me, running like a girl means to run with all your power and do it with dedication. To run like a girl means to put all the activities going on around you aside and focus on just running.

As a teen girl, I know that we go through a lot more bodily changes than guys and this might seem like it will affect our ability to do certain things. But if we look at those things as a way to motivate us to try harder and give your best effort toward everything, we too can do what boys do. These changes make me want to try harder, to not just sit out and make your bodily condition an excuse to not be able to perform a task such as running or in my case playing squash.

To play squash like a girl means a lot to me. As a girl, we go through a lot and to be able to put that aside, focus on squash and then reach a high level of intensity is the greatest feeling. When you can have all these changes happening to you and you're still able to focus on one thing, it proves that a way a girl does things is very unique. Regardless of how I feel, or what's going on, I try to get the most out of all my practices and I know this will someday pay off and the result will be very satisfying. Playing squash like a girl means to put my problems aside and always try one hundred percent. To not make excuses as to why I wasn't able to try for a shot. To hop off the court and know I gave my best effort. To play in such a manner that even boys start thinking about their play and wonder if they "play like a girl!"

To do anything like a girl means to do it in such a way that proves wrong the thinking of those who feel girls are incapable of performing a task with such dedication and aggressiveness.