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I Play Squash Like a Girl

Growing up, I often heard people use, “like a girl” to stop boys from doing things that they shouldn’t do. At first, I didn’t really understand why they said this, but as I got older I began to realize what it really meant. People used it as an insult to make boys think that there are certain things only girls could do. For example, showing emotion, playing certain sports, or even doing certain jobs. I’m going to talk about why, “like a girl” doesn’t have to be an insult, and can even be a compliment.

In my opinion, to “run like a girl” doesn’t really mean anything, but to run how you normally run. To “run like a girl” isn’t really an insult, because some girls run faster than boys. For example, there are always some girls that have faster times than boys in marathons. As a personal example, when we run the beep test at Racquet Up Detroit I last longer than most of the boys. If someone asks me to run like a girl, I would just run normal, fast and hard. If you are slow, it doesn’t necessarily mean you run like a girl. On the other side, if you are fast it doesn’t necessarily mean you run like a boy. People should be proud of how they run, and should not get down if someone tells them they run like a girl.

I believe that to “play squash like a girl” simply means to try your hardest at all times. If someone asks me do I play squash like a girl, I would say yes, you can see by the way I hustle. I think that some people prefer to watch boys play squash because some of their matches are more intense than girls’ matches. Boys might attack faster or hit the ball really hard, while girls take their time with the points and try to hit length. This doesn’t mean that playing squash like a girl is a bad thing. Some girls do not understand this, because their confidence is low from people doubting their ability to play squash. They shouldn’t let people bring them down, because some of the top players in the world are females. Yes, I play squash, and I am a girl, so I guess that you can say I play squash like a girl.