

Zaira Paredes

Run like a Girl;

Run wild.

Before 1920 when women's rights were enforced, a lot of women were treated as less than any man would ever imagine being treated. They were seen as someone who wasn't as strong or hardworking as men were. Because the men of the house did most of the "hard" work, like going out to get a job, providing for the family, or even things like defending their country, women stayed at home doing the housework. Many didn't see a problem to this until Elizabeth Cady Stanton rose up in 1848 to claim what she believed her equality amongst men. Stanton was a women's right activist and would not stand for this injustice towards women. The women's rights movement truly blossomed in 1848 but wasn't exactly enforced until 1920. To this day, many still see women as the smaller gender but some women still believe that they have the capability to achieve anything they wanted to without any restrictions.

Many people use the phrase "run like a girl" to try to discourage someone or infer that she is less than most, but in my opinion, that phrase is more of a motivation than anything else. Running like a girl means running after your dreams, chasing what you know is yours. Most people believe that running like a girl means that you can't run as fast as a guy can. Maybe guys are stronger or faster, but it's only because they work hard to be what they are. If a woman worked as hard as a man did in terms of motivation and fitness, then there wouldn't be an offense taken to that phrase. But like I said, sometimes you can't let others discourage, you no matter what they say. The only person that it really should matter to is yourself. If you believe that you can't achieve what you want to, then you won't achieve it. No one but yourself can

determine what you can or cannot do, and I believe that that's the reality behind this truth. I use things that are supposed to bring me down to push me to the top instead.

I can't say that I've always had this mentality, but I can say that this is the way I am now. I had never imagined I would be the strong a person I am now—a hardworking, student athlete. Playing squash for me means opening doors to an opportunity that knocks; playing squash means going after my dreams. Since I began to play squash back in 8th grade, squash has given me more than I could've ever asked for. Playing squash is one thing, but playing squash like a girl is a completely different thing. Squash is commonly known to be a unisex sport, but honestly you can see that more guys play squash in comparison to girls. Being a girl who plays a unique sport like squash is an amazing thing that no other sport could offer. Playing Squash like a girl is playing a sport that only I can control and do with it what I want. Playing squash is playing a sport my way, and I'm proud to play it like the girl I am.