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What it Means to be a “Girl”

What does it mean to “run like a girl”? A common insult found on the playgrounds at schools, on the playing fields or on the squash courts. If I were answering that question from a bias point of view, it would be to prance around thinking about my appearance rather than running. If I were to put no effort into my running, some people would call it girly running. However, as a girl who loves sports the term to “run like a girl” means to be confident when running and to be proud. Similarly to play squash like a girl doesn't mean anything to me. Squash is about the player not your gender. The sport allows you to play against other genders and have the potential to win. Growing up at MetroSquash has put me in a position where I play against boys nearly every day. I play sports to win, not be the girl who wants to beat boys, and to give my all every time I compete. It is sad to classify athletes based on gender, and I feel as though your gender should not be a deterrent to being the best at something such as running or squash.