Squashing Expectations: Implementing Reflection and Growth as a Lifestyle for Young Female Athletes of Color

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When thinking of the internship of my dreams, I could only think about the impact that I wanted to make and the change that I wanted to create. I had thought back to the moments of adolescent development and what the biggest influences of my life were. I immediately thought of one name, Squashbusters Inc. An organization that so heavily influenced my education, my upbringing, my friendships, and so many parts of my identity. In what ways was this after school program a place of growth and relationship building and how could I go back to work with the organization to make it a even better experience for the current students. So I thought how being at an all women’s college, I can empower young women of color. My work with the Squashbusters Inc. allowed to work within the girls group program that existed that supported the female students in the program. I took my experience with the girls group, and expanded on something that would change the structure of future teams.

As a part of this internship, I worked closely with the middle school and high schools female students. They ranged from the ages of 11-17. They were all students from the inner city of Boston. The purpose of girls group was to provide a space so that conversations about different topics. It was during these sessions that some of the deepest conversations and strongest bonds were built. Workshop topics included but were not limited to, race, gender, class, social media, politics, sports, healthy relationships, sex, self-care, education, etc. I had researched through feminist blogs, educational websites, personal relationships and interest, classroom experiences, literature, media all the mediums in which i could best gather the tools and resources necessary to foster girls group. I worked closely with the academic coordinators of the students in organizing the day to day structure of the programs and in which ways we would create sustainable community. My symposium serves more as a form of reflection for myself and for the students that I worked with.