

FEMALE TACKLE FOOTBALL



KINLEY
Wood

Ask Me
Anything

How did you get involved with football?

My brother started playing football at the Peewee level and I spent a lot of time watching his games and practices. I began to understand football more and more and decided I wanted to be on the field and not just in the stands. I first played on a co-ed team and with the support of my coaches, began to improve my skills and fell in love with the sport. When the opportunity to play on a female only team arrived, I did not hesitate!

What would you say to a girl thinking about playing football for the first time?

It's not as scary as it looks! The coaches teach proper techniques and show you the right way to safe tackle. Sometimes you don't even realize that you are playing football, rather you are just out on the field having fun with your friends. The more I've played, the more passionate about this sport I have become. I think it has made me a stronger and more confident person.