

Summer Rivers



What activity are you involved in?

I play American football, having come from playing for the London Warriors I now play for Manchester Tyrants.

What was the motivation for you getting involved?

Initially I only watched American football being played on TV. I would watch the NFL and NCAA as well as player highlights on youtube like Marshawn Lynch, William 'The Refrigerator' Perry and Walter Payton. Literally one day I just did a google search for American football teams in London, as I was interested in actually playing the sport, and the rest was history.

What do you like about it?

When I first started playing at 16 I was the only girl on an otherwise all male team. I was welcomed and treated the same as any other player. The whole team were like family which, aside from the hitting and contact element, is probably one of my favourite things about playing American football.

What advice would you give other women who are unsure as to getting involved/active?

Your comfort zone will only take you so far in life. The monumental and life changing moments occur beyond that self- enforced boundary. My advice to other women who are unsure about getting involved in sport would be to try and not let fear manipulate your ability to reason. More times only good things can come from getting active. Not only that but real life long friendships can often be formed when your on a team grafting towards one common goal; that is becoming the best possible versions of ourselves.