

REAL AND RAW PODCAST with AGENT 0 | EPISODE 3 | TRINITY ROSSUM

What's up y'all It's Jordan to send me back with Real and Rock Podcast 8 to 0 To the right of me I have my guest Trinity Rossum She's a track and field athlete at UCL A and we're here How are you today Um I'm doing great How are you Good Can't complain Can't complain Just living life You're the first female guest on the podcast slash show Um Definitely wanted to do like you feel me will be more versatile and not just have all male guests on the show so you can see things from a female's perspective But um tell everybody you know where you from Uh how did you get to UCL A How did you you know get in the track Um So my name is Trinity Ross Um I'm a junior at UCL A Um I'm from originally from Georgia Gwinnett County if you know specifically Buford Um And how I got into track is basically so when I was younger I used to do soccer and I was pretty fast So my mom was like oh you should run track and my dad ran track when he was young And so I kind of just got into it when I was like in seventh grade maybe Yeah And then that's not really good And then you said they offered me and I wanted to like I didn't want to stay in the south or like sec I wanted to try something new which L A is definitely different than Georgia So um but I feel like it it was a benefit in the end track in a college or my dad actually played college ball at Notre Dame That's what's up Uh football basketball that's what's up that's what's up But now what um what events do you run So I run the one I run short sprint so I run the 102 100 So that made you fast Yeah Yeah nothing over I mean even 400 I'm like I used to run track I know Yeah I had a crazy I used to I used to hate running the 400 You in high school Like elementary middle school High school It's good for football though No Yeah definitely Like we used to have to that was our condition in like the off season So like we our high school coach used to make us run track Like we couldn't play football unless we didn't unless we ran track It was crazy That's kind of how it was it like at um my my old high school that's kind of how it was Yeah I used to run 102 100 real fast I'm faster than you for sure I would hope so You have nothing to do with the genetics We you should be faster That's not true That's not true That's not it's the women athletes Spanish a car register and all of them they be faster than some uh dudes OK But like compared to the other guys that actually like train like they train Do you get what I'm saying Like it's not like we doing I'm not

doing track You get me workouts and stuff So you should be fast But that's true But as a football player you should be you know I guess and you're a DB right Yeah so you gotta keep up with the with the receive So you gotta be a little fast I'm a burner for sure for sure But you said you run 100 204 100 No you don't run 400 No would you No it wouldn't be my first choice It's nobody's first choice Some people It is So you you run relays too or No I run the four by one and if they put me in the four by four but like the 400 is more So just like for conditioning you know that's a sprint to some people That's no the 400 is basically a sprint It's a sprint for sure Like it's basically a sprint Yeah I had a I had a teammate in high school we had like the fastest time in the region Like I think it was like 47 or something like that That's decent That's decent for high school That's decent He ran his first one He ran his 1st 100 like 19 6 or something It was crazy Yeah see that's fast But uh so you said you run 102 104 100 How are you like the fastest I like I'm not gonna answer that Why are you not confident in your team You gotta be real and raw Be real with yourself Is you are you the fastest You can say no I know I'm not the fastest on the team I could say that there ain't nothing to be ashamed about I would say that our team is very talented and very gifted Yeah that's I feel like yeah I'm talking about you I feel but I that's what I'm getting to like I feel like everyone has their own strengths you know what I mean And some people are just better at certain stuff than other people That's what I'm gonna end it right there That's not answering the question though Are you the fact it's a yes or no I say yes and no I wanna say no no So who was the fastest Are you what you like You like Top three top five Like what when I'm in tip top shape Yes Top three ta I say top three top three So who's the who's the the other two in front of you I need to know this So like when I come and raise somebody I can raise the fastest person Um Let me see honestly I'm gonna be honest though You really don't know because like the thing with track is that every season like every year it's always new competition and every it's always different every year So someone can have a really bad season last year maybe because of an injury or just illness or something like that But then the next year they can come back and be back 100% And you know what I mean Be maybe even maybe even win the championships NCAA So it's like I can't really say who's the top three or who's the top five Because you know like you really don't know until the season really starts So even based off of training you can't really tell So y'all never just like race for fun No we we run every day So that's what I'm saying Y'all be like if y'all about to go run 100 you like hey I'm about to beat you

You don't ever say that No why not That that is no fun Y'all not competitive We are competitive but not when it like not when it turns like toxic Like it not to I mean but like to me like I respect my teammates I'm not gonna be like oh I'm fasting her I I'm gonna eat her and shit like that But like you know like to make it more competitive more fun I feel like let's say for like a relay or something it's like hey I'm gonna beat you OK OK OK I get what you're saying I thought you meant like oh I'm fashion than that person Like I like fashion Like who's the fascist Yeah No I get what you're saying like that would be like saying like if you have somebody like like you saying both fast like you would obviously like yeah he's like that fast but I feel like you be talking trash like when you be running No you do it Is it is it a reason Why are you just that's not true Yeah that's just not me That's just not me because also I believe in karma I feel like if I start talking mess it's gonna come back like it's gonna come back into the next rep I'm gonna be like g like I feel it you know what I'm saying O track is one of them sports It's kind of like like football when y'all be doing the one B ones like you know when I'll be talking mess and then y'all get like it's like I don't think that's karma though I just think that's the game though That's just like competitive spirit Like I I didn't see like when I used to run I see people like talk crazy Like if you go to like the UFC versus UCL A like it's really competitive but it's always like healthy competition Yeah No Yeah It's never like no like oh I wanna I want her life to break or something crazy like that Like that's crazy That's crazy But no yeah Like me personally I don't talk I don't just go out of my way to talk talk smack unless I'm like provoke Then I I'm the same way I play when I make I'm I'm gonna celebrate regardless That's just that's just me though But like if I was in y'all shoes I'd definitely be talking I just feel like with track like being at the at the at the start line I feel like if you talk me to them that's like a psych a side game in my in my mind I feel like that would help more than hurt you I feel like it's different for girls and guys too though I feel it You know what I mean Like you ever like me I think like the person that be like jumping like super high like before they get on the blocks I feel like that's like a that's a thing or like when they like you know how they have to come back in the blocks but they got like they go all the way up You're doing a lot I feel like they be doing it on purpose which is kind of smart It's smart it's smart It's smart I feel it You should do that No I mean I do take a long time to get the block So I will say that What's your so what's your what's your routine in the block What's my routine in the blocks Well I don't jump I don't jump because in my head I think like ok if I jump I'm a energy So then

I just shake my legs out and then I like hit my legs hit my legs real hard Yeah Yeah I hit my butt hit my legs real hard and then I kind of just like kick them out kick my legs out and then I was going to blocks I don't say too long but I get it I mean like but it's a process you know what I mean Because then you also got like work on your breathing like yeah No I'll be down there like yeah when I have to run like forties or something like that or that time of my time I definitely trying to like all this time I breathe I take like two deep breaths so I can be like all right I'm on track now No I feel it No for real That's crazy No What is your daily game routine or like me routine If you had to go through it daily meet routine I would say the night before me I definitely do not sleep like a pregame ritual or something like that or Like are you like superstitious when it comes to like stuff like that No I'm actually not I feel it but like do you have like a pregame ritual or something like that Honestly I don't like I really just the thing is too is like I just don't talk to nobody the whole day Like I'm very much just like focusing in my not in my head but like focusing on like what I need to do how I need to um What's the word like Yeah exactly how I need to perform all that stuff So I don't really like socializing like that I feel it I got you Yeah because it just makes me more nervous Like I know a lot of people they have like pregame rituals like pregame routine Do you have a pregame ritual Uh Let's see I think it varies though Like in high school in high school I had to eat and I had to go to the bathroom before every game or I wasn't gonna play good That's just me And I aren't you supposed to eat though before you Some people don't eat though Like so I can't eat like now I can't eat a big me before I play or I feel I feel too heavy But like I just I feel like like I don't wanna say bloated because it's like a woman's term A woman's term I think you say bloated But I don't know how that feels but like I just feel like heavier Yeah Yeah Yeah I feel like heavier sluggish So like I wouldn't know like if it's a if it's a if it's a breakfast I need to eat a big breakfast But other than that no I can't eat like now back then I could but I say I can't eat a big meal Um now the night before every game I gotta watch I gotta watch my favorite player highlights Oh that's cute Cute Don't say it like that Don't say it like that Who's your favorite player It's different So like I'd be watching like the college highlights Like so I go Jamal Adam highlights D and James um Mica Fitzpatrick So like people like them and I watch their college highlights because like I'm still in college but I don't know how how it's gonna like go on to the future Like so if I'm in the NFL I don't know if I'll watch NFL People I don't know the people you play with That's weird But you can look at like old highlights

though It be like oh highlights for real For real But I gotta watch I gotta watch them if I don't watch highlights If I just go to sleep I just be like I feel weird in the morning That's just me Wow I don't know I be playing my gospel music Yeah Oh yeah of course You you play gospel music the whole time No I I switch it up but like when I like wake up for the day I start my day off with my gospel Like you know what I mean I wake up I pray I pray for sure Well before the game I pray every day But like yeah before the game I pray And then like yeah I got like a R and B I got R and B playlist I play and then like as soon as we get on the bus to go to the game then that's when I start I I go to my playlist You got a game playlist No I don't Ok because the thing is too is like so I don't have Apple Music and I don't have Spotify It's because I used to not have no storage on my phone And so I was like I was like bro I can listen to music on youtube No But honestly it's smart though because it's like that's saving storage Like I have no storage I have storage now but I'm so used to youtube now 20,000 photos No I don't I don't I have I have like 5000 photos you got back in 2020 I don't I got like 5000 photos Five maybe 6000 0 yeah See you going up No like 6000 So what you got You got a song No my phone was just tweaking and my phone was just tweaking I got storage now now I got hell of apps But like you you still listen to youtube though Yeah I'm so used to it They got ads and stuff They throw my whole mood off Imagine you playing your favorite song And the ad come on I'll be mad Like that'll throw your whole mood off to me Mm mm I'm so used to it now to where it's like ok it's just the normal you know you gotta get you a playlist You got you have you a playlist ready So you can get your hand mode for real For real So you gotta have me I got a gospel playlist I got a I got a R and B playlist I got a game day playlist I also got a old school playlist but you know you probably don't know nothing about that You're from the south but I'm just saying come on now listening to old school don't do that What show who your favorite old school artist But give me top three Wait what what's your version of version of old school though We can go nineties down nineties back I can go further than that but you probably can't go Hm My favorite old school I'm gonna have to go Wait is Lauryn Hill old school Ok Definitely Lauryn Hill Um who else do I listen to Definitely Lauryn Hill Your favorite Lauryn Hill Song Oh probably either X Factor X Factor on one X factor or gotta have gotta have peace of mind Ok That's a good one Yeah I said I know I know I know I know I know See that's how I know you ain't Have you really you really ain't listen to no old school boy and man a song group Ok I grew up listening to like song groups like

that like TLC and you know what I saying You can name groups That's cool
OK I prefer artists Yeah you gotta do artists because groups is too easy
Groups Too easy OK You do your 33 you want a female or male version It
don't matter It's a I'm I'm gonna I'm gonna name both if you do OK What
you want from the nineties to eighties What Nineties the nineties R and B the
nineties is too easy Too easy How did you got like Tupac You got big like I
was talking about R and B I wasn't even talking about rappers That's a whole
different that's a whole different But I mean like Tupac is a rapper but like
he's like a he was no singer and he use not one auto tune He ain't sing he ain't
sing no chorus none of that He's a rapper He is a rapper strictly OK I mean
but I see him more as like a like a poet though He is definitely a rapper You
talking about a poet not trying to hear that He's a rapper Granted it's his
lyrics Good Yeah Cool But poets no I I'm gonna say a poet I'm not gonna he
got good lyrics though here for sure But a poet No it's actual poets out here
for sure But um uh OK Luther Vandross Charlie Wilson I don't know who
that is I knew Luther Vandross He's in the he's a part of a group but he also
got solos too Um Have you ever heard hey girl how you doing My name is
Charlie Last name Wilson You ever heard that I'm gonna need to hear a beat
I ain't gonna sing for you I might why not You need to stick something real
quick I ain't gonna sing for it Might you might do Yeah for real I gotta say
football But no we got little vans Charlie Wilson Teddy Pendergrass That
OK Yeah Uh female artist I ain't gonna go to female if you do groups though
right If you do groups I like art Win a fire OK I like I like the gap band for
sure You like Salt and Pepper Yeah that's a rap group though You feel me
Like that's a that's a that's not a R and B group or like a singing group And I
like I like MT too M I've heard of them Wait what song do they sing
Breaking my heart No no no no that's pretty bad ass Yeah pretty you know
That's yeah it's me Yeah I know I don't know why I said man but make
Condition Yeah probably them it be called Pretty Ricky too They have some
bangers you know Pretty Ricky is I've heard of him You heard of Pretty
That's crazy I just like OK my thing is too is like I be knowing the songs but
I don't be knowing the artist Like sometimes I know the artist but only if it's
like a bigger name But like I don't know the song was part of back in the two
thousands That's what I'm saying I feel like I've I've heard that name before
but like what song does he sing It's five in the morning You know I know But
what was about to say Yeah you can name your groups though TLC is cool I
met TLC No they fire they fire Let me change my word and they fire I'm
sorry I like SWV I mess with them OK And I grew up listening to Destiny's

child Destiny's child Yeah Like to the porn like me and my siblings you know the song like Survivor we like remade the video because we had like a forest in our backyard Yes And like we recorded it and everything Did y'all put it on youtube or something like that I gotta find it We were like I was like no that's crazy No I like I like D child I like Beyonce though Beyonce I used to have a crush on Beyonce Beyonce Ariana I gotta go Beyonce Really People be going crazy about Rihanna and I'm not gonna say she's she's definitely talented She's all of that for sure I just think Beyonce catalog is better or deeper if that makes sense Like Rihanna ain't never sung or act in a movie or something like that You feel me Beyonce did that in like multiple movies or like Austin Power She she did in like Cadillac records and like some other stuff She did her thing Cadillac I'm telling you Like that's one of the songs she sung is like one of the favorite songs like that Yeah that's that's like one of my favorite songs I ain't gonna lie But no yeah I definitely have to pick pick Beyonce Rihanna definitely got some bangers too Not gonna lie Yeah I'm up to Rihanna I grew up listening to Rihanna You know what I mean So like you grew up listening to Beyonce too She was the little singer in Destiny Child OK But like I knew it as Destiny's Child I as they up you listen to Beyonce like that I did But I liked Rihanna's songs more So what what's your top three Disturbia Like come on now she she got some bangers She got some bangers I gave you that It's it's club bangers though Is it really when I was young I wasn't listening to No like so no no music I feel it I mean you could say the same about Beyonce though What uh to left Um Yeah but when I was younger I didn't know what that meant That's what that's a banger Single ladies annoy me Uh uh oh and party parties of anger that was like that was like later down the year So yeah I feel Beyonce was more for like the older adults Like now that I'm really listening to her I kind of understand like what she sang in her music when I was younger I didn't know what she was talking about He was too young listening to that I feel it I probably shouldn't have been listening to her Oh well it is what it is when you say Rihanna over Beyonce I'm not gonna lie Rihanna She probably got Hmm Let me see her best song Yeah What do you think is a do you think it's work We love one and brand But that's probably my favorite song though Really Work Go crazy I work is good It's just like it's another song with DJ Khaled Um That's work Oh it's the one with DJ K and Bryson J Yeah Wow Yeah that's probably yeah it's it's between that work You didn't like her old music bro I'm not that's what I'm saying I really didn't listen to Rihanna like that For real Like king bed That I gotta put you on You do you do you see

that type of song Like I'll probably know the song if you sing or if I hear it
But I wouldn't know like can you hear me But I feel it I feel it I feel it and
then like yeah like my sisters and like my uh my cousins and stuff it was all
going crazy to Beyonce and stuff So that's probably why That's true So you
you grew up listening to her I wouldn't say I grew up listening to a lot of
music in general If that makes sense Like like my mom is very my mom and
my pops they're very old school So like I know like a lot of old school artists
and stuff I'm just like my aunts and stuff So like I grew up listening to music
like that and then I grew up singing in a choir I can sing but that's for me Oh
you a choir boy I was to a certain extent That's cute And then you had solos
and stuff Yeah I actually I was I I had I went to perform my art school in
elementary Yeah So like I know how to play the violin and I was an actor
That's a DJ So that makes sense I I learned how to DJ like down the line But
I used to be an actor though Well not an actor but like in school like play like
you were a theater kid No I wouldn't say that I was the it was like it's a
performing arts school So like you got you got like your regular classes Yeah
it's like but you gotta learn you gotta have music class you gotta have dance
class you gotta have uh acting class And then like how old were you This is
elementary So I had to be like what did you do Like ballet and stuff We had
to we had to tap dance and the girls had to do ballet OK You ever you ever
heard of tap dancing I did I did ballet for like a little bit but then I stopped I
didn't like that But no I was I was Charlie and when it was Willy Wonka I
was Charlie and you got the I got the lead Oh so you were that you were that
guy See I to my own horn Was it a musical Yeah I was singing everything
and I was in Latin in the Latin Yeah it was crazy Stop Yeah Wait how old
were you This is like third through fifth So how old are you When you go to
school Like 76 you're like six kindergarten kindergarten you're like 56 Uh So
yeah I had to be like probably like 8 to 10 or something like that Maybe that
is funny You still got videos I don't know You gotta ask you That is no I
definitely I definitely was that And then yeah I was in the choir too So yeah
And then but like my sisters and my brother they were actually like they
actually went to school for like singing and stuff like that So oh so it's just in
the family Yeah You know just us though Like my mom and them they I
don't they can't sing unfortunately But I love you mom But you feel me they
yeah they be going to school for singing So like yeah I grew up in like a
musical not a musical but like you grew up listening to music and singing So
it's like you listen to a lot of stuff Let me see who else I mean you was on the
topic of rappers so you might as well can name like your favorite rap group

or rappers to say that right now My favorite rappers right now right now I've been listening to a lot of Baby Face Ray OK What you know about Ray Man Yeah 00 yeah So you know yeah I've definitely been listening to them What you love DJ music Yeah honestly Yeah we we the vibe it's cool Y'all recently have been for real Usually it's Atlanta No I yeah I always one of my old one of my old room we always had this debate about who got better music between Detroit and Atlanta So but they be they be teaming up on they do they do they do We said Baby Face Ray V Who else Of course Drake I didn't really like his new album though His album was fired It was cool But like yeah they got some songs they got some songs I don't think they go Banger for Banger though I liked it better The one before Yeah Yeah I know what you talking about That's probably those like right now probably those rappers I feel it for sure No I definitely say Baby Face Ray V Um That's another Detroit rapper named Peazy OK I've heard of Pea Yeah All of Detroit really going crazy right now I'll be listening to all of them like some of my friends so I'm cool with so but um as far as them besides them I gotta go gonna OK Gun is Cool Gunner was like really one of my favorite rappers at a point in time Uh Thug I still listen to Thug even though he locked up man it's crazy Sick right Future So basically you like Atlanta rappers No that's not what I said That's not what I said I like future though My favorite my favorite artist not Atlanta or Detroit artist though Is it me me me is my favorite artist Yeah I've never heard someone say that Yeah you gotta listen to his lyrics He really be spitting for real For real For real But no yeah they I would say Drake of course But I put him him and future I'd be putting them in their own category though For real For real That's true because they've been in the game for so long So honest No I feel it But besides music let's get back to sports I was about to say what do you think it takes to be like a college NFL Not NFL but a college track and field athlete I feel like you have to be really focused I would say focus is definitely a good word Um Especially being in L A it's very hard to get distracted That's what I meant to ask you what I would say Would you be from the South How was it like coming from like the south to L A Like it being like different cultures Oh it's definitely different I mean we talked about this earlier but it's definitely different Um just like it it was like kind of like a culture shock for me honestly because like the mannerisms out here are so different the morals out here are so different just even like the environment is just so different Um But even like just like the way well I already said like the mentalities just everything Like you kind of have to move a little different out here versus

like back home everyone to me is kind of like very just genuine and straightforward Everyone is very genuine and straightforward versus out here everyone not everyone but like the majority of people they kind of do stuff or like they kind of just want know like what you got going on or like what you're doing to try to get a step ahead or try to like hurt you in a way not physically hurt you but like hurt what you got going on basically And I kind of learned that being here for two years So I kind of know the game now But the first two years here was kind of like it wasn't like a struggle but it was like you know it was like a damn I kinda got it I can't really trust people out here It is kind of crazy to me Would you say it was like adversity type of type of deal Um I would like um for track definitely because when I first got here I had a scooter and I broke my wrist So that was definitely different Yes And then last year I had a scooter again and I got hit by a car but it was like ok ok Ok But it was like it's like it's like it's like I was in the bike lane You can laugh No it's ok you can laugh I was in the bike lane and someone opened to the left of me it was like cars like waiting at the red light and then to the right it was like park cars and the one of the park cars opened the door on me And so yeah like right when I was going past and so then I got submerged between the bus and the car Yeah So I got a really and then definitely definitely adversity Definitely That's a wild this year I don't have a scooter So it's like you know I play the same I mean I'm sorry I don't mean to keep laughing I'm sorry No you're good I mean traumatized No because that's what it's your spot So I'm not really traumatized It's just like I don't wanna I don't wanna put myself in that position if it happened for two years in a row It's what's next I feel like no it'd be like that Like when I got out here definitely Like scooters was a big thing I didn't even know like my last place I had a car so like I was driving like everywhere but like people be scootering everywhere but no like scooters is like actually dangerous for real They actually are like as far as you not be paying attention bro I'm telling you like I almost got hit by a scooter Like what's crazy is the scooter I got now is like it's missing like part of the handle bar Like I was riding everything like this this the car was backing out and like ok like you use a car backing out to look both ways did not see me at all bro Kept going and everything Like so I had put the I was going full speed and I hit the brakes and then like I felt like I was about to tip over So like I let my scooter go so like I could save myself and then like when the scooter hit the ground so hard like it snapped the handle in half it was crazy See that's kind of what happened like my first year except I landed on my hand So that's how I broke

my wrist Dang That's crazy That's wild I know And you know me being like a little freshman I was like I don't know what to do and you light skin too So I'm saying if you would have scratch you if you if it would have scratched up it would have show it would have but I didn't get scratched up like my wrist was just like this really it was it was that's that's nasty Like it was like the bones weren't popping out like it was like like you feel me like you landed on it and then you like like so you landed on it like this I know I landed on it like this but it just yeah that's that's crazy That's don't don't try to envision it like this I got it It's crazy That's crazy Like I know some people some people like landed on their face for real That's what I was trying to do That's why I put my hands down No I want my face So what you think about to get a car or something So my roommate has a car and I also UCL A offers buses So I'll get on the bus I caught the bus Which honestly I like though You should try it I don't think I can they have a bus like where you stay at though Yeah I know I won't do it I won't do I'd rather walk before I catch the bus Really Yeah I used to like it No like my freshman year freshman in college we got bikes thinking it was cool It was cool though It was good for like the first two weeks Then somebody like kept stealing our bikes like day by day by day Yeah you didn't have locks on it No we didn't like in bowling Green like it Oh yeah It's a college town Like it's not like a city It's a city but it's mostly college Like you went there It was in the summer and like nobody was it it'd be the students dealing the bike I'm saying we was in the summer It was we was there in the summer like it was fresh in the summer So like it was no students there That's why I'm like who gonna stole our bikes But little do you know they kept selling our bikes I did and I was hurt That really hurt cause I paid like my first check the first check I got we went to go go buy bi and we walked to Walmart and that's like a that's already like a five minute drive So we walked we all walked there 25 minute walk That's what I'm saying And then when they did that I'm like all right it's cool We gotta walk everywhere So I walked everywhere like pretty much fresh from here So it was cool For real For real I'm used to walking It's cool though But now I probably won't walk nowhere anyway though Now that I think about it I'll probably Uber or or really Yeah I just feel like I'm not gonna say I'm good enough I'm not I'm not gonna say like I'm too good to walk but like I feel like I already did enough walking You feel me Yeah No I feel like people be walking like to learn lessons like to humble yourself I feel like I already went through that Why do I have to go through that I was gonna say I like I really like walking like when I just need to like you know peace of mind See

that's when I but you can do that during jobs too Like that's me Especially if I have my music I'd be cool for the night But I feel like it's different when you got your headphones on and you just now that I ride my scooter I'd be cool enough for I just get there a lot faster though That's why I'm gonna be tripping But no you fell off a scooter though That's why Yeah Yeah No I'm good now I have like a really bad concussion though For how long Like two months two months Which is long for for concussions Actually Ridiculous You have I had a concussion I probably have I never told him but I had to tell them I got hit by a car like it's been times I didn't got hit in football when I was little like so hard and like I get up but I keep playing because like you don't want to get out of the game and like I already know like once you get a concussion they gonna take you out of the game and then it's gonna go into other type then you gotta do all them tests and stuff Yeah And my mom be overprotective so she was gonna have a fit and she was just gonna spaz out if I had a concussion So I was not doing that at all But if I had to get your head hurt Yeah I'm cool I know I'm good as you say I made it this far So I'm cool Hey I probably if I had to think though I probably had like two or three Ok I've had like two or three too like when I was little though Oh ok Mine is recent So like now though I don't think I would have some though for sure for sure Well that's good That's cool though What do you think is your goal or like what do you have aspirations to do after college Um so of course I wanna go pro but I'm actually in school for communications so I wanna go into sports broadcasting That's what's up Yeah Well you know like specific like um um like sport I wanna do Um so of course I want to do track because I know the most most about track But I can go into like football probably either football or basketball but I gotta learn a little bit more about basketball But so you know about football Yeah Well my dad played in the NFL So like I grew up watching football and stuff but you know you know the rules about football I know majority of the rules like you know I kinda got like refresh myself but I can put you through So if I put you through a series of tests right now Ok Ok Ok Right now right now we are we on spot right now Ok Ok But you want to wait you want me to wait later just go right now All right Um start off Easy Explain what a first down is when you make it past a certain line And it's like how long is that I mean it's 10 it's 10 all I know is it's 10 things It's 10 little things Yards 10 yards That's the same thing It's not meters and yards I know it's not but like you know I got the 10 right So ok how many uh chances do you get for 33 Are you sure it's three They're down three So it's anything else First down second down third you get three tries

You making me nervous I'm trying to say yes it's 404 Ok Just go to the next question Come on Come on come on What is a fumble when they fumbled a ball when they dropped the ball Ok If if they get it back is it they bar is it the other team who gets it back The person that book the person that does the team fumble then it's then it will be y'all's ball whoever if someone whoever dropped the ball and then they get the ball back they didn't drop the ball if they get the ball back is it their ball or the other team's ball It's their ball But if the other team gets it then it'd be their ball Come on out Don't say it like that You you you just get one wrong don't do that Um How much is a field goal worth three Are you sure is a three or one Wait after you get it touched down or is it just kicking it like just kicking it Ok Three you sure Yes Ok Why you keep double guessing No no it's no it's because you're saying are you sure It's making me think Like that's my tactic That's my tactic Ok How much is the extra point two Wait extra point What do you mean like like if they wanna run it like let's say if they get a touchdown and then they wanna run how much is the extra point Is it two or one An extra point Like are you kicking it in or are you running it Why does it matter Because if you're kicking it in then it's one point but if you're running it then it's two Is he called an extra point or a two punk aversion at one point You confused How am I confused You just told me two different things Yeah but you know what I'm talking about that I do know what you're talking about but I'm not gonna give you the answer You said extra points points So is it worth one or two One point Ok you're right You were talking about a two pointer version for the for like the people that run it That's cool You was confused I I got you for a minute I got you for a minor It's the last question I got to think of a good one Who knows That's too deep That's too deep I say that's too deep Uh What is a sack when one of the old linemen um sacked the sacked the quarterback You said the o lineman one of the one of the people in the front sacked the quarterback who was the people in the front Is they offense or defense defense line Yes you said did I did I go to quarterback Yes that's a sack It's kinda right kinda wrong It's cool I got you though That's a that's cool You gotta know something You got like a I'm like like I know it but like you know so you have like right now 80% 80% 80% 80% But we gonna continue we gonna continue All right So what OK I asked this question on my last uh podcast but um could you do long distance relationships right now No I cannot why not Um Well I actually have done a long distance relationship It wasn't even really a relationship though It was kind of just like situation not even really situation Yeah But basically like we were chilling or

whatever and then we were he was asleep on the bed but he was sleeping like he was like in a casket like like this So I was like um something is up right That's how bro sleep No stop stop My intuition is never wrong too So I don't recommend this But if you feel this way then do it this is so toxic Basically I basically I went through his phone and I went through Snapchat because I don't trust guys that have Snapchat at this grown age either Because why do you have Snapchat Basically I went through his phone and he was asking a girl to come He was asking a girl to come to his spot a day before I came Right So I decided to screenshot the screenshot the messages and I made it his wallpaper And then I changed this is at like three or four o'clock in the morning too And then I changed his wallpaper to the screenshot and then I left in the middle of the night and got on a plane back home So no I don't really do that Oh my God First of all you're wasting my time I get what you're saying But like to leave in the middle of the night on a plane at least my thing My thing my thing is I can't sleep I can't sleep next to someone like that Like I can't now I'm disgusted but also too like I just feel like I'm too young to be doing long distance You know what I mean Like if I don't have to So I'm not going to No I feel it You know what about you though You got any stories stories long distance is is I'm not gonna put them on here No I'm not gonna put them on here But me like I said I don't think I could do long distance right now Only just because like I know like I'm busy first off as it goes you feel me and then on top of that it's just like me if I got if I gotta show you if I got a girl like I want her to be with me like all the time for real not all the time but like you're gonna wanna see her That's the whole thing Like then like for them to just come and leave I feel like that's just a tease to me You feel me Like I don't like I don't like really doing that and then it's just like I don't wanna I don't wanna like commit or like say I uh you feel me I can do all of these things when I can't commit like one time that's just it's a waste of time But I feel like that's just like bad on my part I be that type of person No I feel that that's toxic to go through the phone though Very very much in the middle of the night in the middle of the night It was at four in the morning So that mean you had to be tired You was too because like you know like you know when something doesn't feel right So you just can't go to sleep like something's like off so you can't go to sleep He was real peace He was sleeping He's honestly I learned a lesson too Just don't go through the phone Just honestly just ask don't go you know what I mean Telling you don't the phone that's a heartbreak waiting to happen I rather I rather somebody tell me shut up then we have to go through the phone cause if I go

through the phone and I see something I probably won't say nothing I'm not gonna lie I won't say nothing I'm just like I'm gonna let it I'm not gonna say let it slide but like I'm gonna like make them address the situation if that makes sense See he wasn't going to because he's also and like narcissistic because he's still like hitting me up to this day and like apologizing even though he tried to get my trying to get you back he trying to get you back He tried to get with my friend Is that your real friend though Is that like your she's on my team Like he's just a UCL A Yeah Oh I mean thing is the night before he was saying how he wants to make it work and then the next day he was hitting up my friend right You just a confused young man It's cool It's cool What do you look for in a in in your in your man Um Honestly right now I just want I just want someone that has like that drive that passion to like somebody you mess with you say that um I find it really attractive when a guy has like a driver passion to do something or just has some type of plan you know what I mean Or just help me like like when I'm talking to them I can like actually talk to them and like feel like I'm actually learning something from them That's honestly what I look for because I feel like nowadays a lot of people they're kind of just like it's just like the same person over and over again you know I got you So that's like a must You must have Yeah definitely Someone that has some type of drive some type of passion like something like you're doing something like you're going out and doing something Like there's so there's so many ways you can go out make money just you know what I mean Get a hobby something just to just sit around Like I feel like that's just a waste Like I find that so attractive Yeah Especially because I'm I'm like I usually be so busy so I would want my partner to also be you know kind of busy Of course they can have like their days where they just want to relax and stuff of course But like I don't want you to be playing video games all day No offense You don't like you don't like dudes that play video games No I don't mind it it's just like all day though Yeah All day That's a relaxed day then They can do that Ok Yeah exactly But like now what if they getting paid to do that though then That's different That's different That's different I had to make sure that that's like that's like someone getting paid to do like social media You know what I mean Like that's different Being paid to do it I feel it I feel you on that What what was the question I was gonna oh yeah I think we were talking about this earlier You said you would trash you tr your dude to go on a trip to Miami with his friends I would he would no questions asked Um No because I feel like if I'm dating you then I trust you know what if his friends wild

though If his friends are wild I feel like I feel like if he knows his friends like be ho and like they're wild and stuff I feel like I don't know I feel like you won't really be around them as much That's a that's a whole other reason why they gotta go on a God trip though They don't think they ain't seen each other in so long It's like yeah like we gotta go on a on a trip Oh So it just so like he couldn't invite me if it's a God No you can't come Like what I had a guy who on a guide trip though and he wanted me to come to Miami with them See he's a let me not say that anyway If it's a God that mean it's strictly just a God if they bring me like significant others and yeah you can come That's nothing Yeah I don't I but I feel like if I'm like dating you then I trust you But you was just he was just hesitant when I said his friends is wild though But like at the same time I'm like thinking and I'm like I'll be hesitant like I would never tell him who he can and can't be friends with But of course I would like have my opinion about it but I wouldn't I wouldn't talk ill on his friends but he would be ok with him going Yeah because I trust him I feel like you should go out and have fun Like I feel like he shouldn't be around me 24 7 I like guys that are like clingy but like I don't like guys that are clingy Like I don't want to see you every day I'm so sorry That's kind of that probably hurt somebody feelings if you tell them that I don't want to see you every day that will hurt somebody No because it's like I I can see you I can see you five times out of the seven days of the week type You know what I mean Because I still want stuff to talk about like if I'm seeing you every day it's gonna get real boring You don't think Have you ever had a long relationship Like I had one for like 2.5 years and you all saw each other every day is kind of like long distance So was it during football in college or in high school Like the first two years of college Oh So you still keep in contact Yeah a little bit Oh not really like not on that level But yeah a little bit Wait ok I got a question for you Would you talk to someone that was still friends with their ex Uh it depends it depends on how the relationship is with the ex Like if it's strictly platonic then yeah I'm I'm cool with it but like I know how I know how men are I know how I know how man is I know how women is too So it's just a tricky situation like you said you wouldn't like It really depends I say this I know if if they had like if they was like real cool like before before they was um like dating and stuff I probably would be cool with it Like because you feel like you knew him before me So it's like you can't really tell the person who they can they can't talk to you Like I feel like that's kind of controlling but like if they just like that was just like your boyfriend or your girlfriend I'd be like no I really can't do it Only because I

know I know how people is bro And that's the only reason like I know like they try something behind my back or something like that So it is it's different for real for real But on top of that I wouldn't do it You said you wouldn't though No I wouldn't because I know how me and my ex are and I just wouldn't as in toxic No Like so you still be talking you used to be conversing with yours Not really So why would you But like I just know how me and my ex were like the first couple of years of college Like we weren't even together but like we would still talk you know what I mean Like you still like flirt a little bit like I got you I got you You know what I mean Especially when it's like a fresh breakup Y'all gonna still communicate a little bit Yeah we just we just gonna name that toxic You just gonna be toxic It's cool That's the that's the end of the podcast Thank you for coming on I hope you had a great time Um This is the Really RO podcast with Agent Zero Thank you