

# REAL AND RAW PODCAST with AGENT 0 | EPISODE 7 | ALY CONYERS

Welcome to the Real and Wild podcast This is Agent Zero I'm your host Jordan Anderson Before we get started step into a world of Wellness with Lucia eye blue light glasses from combining eye strain to improvement sleep Lucia eyes Has you covered with lenses design for day and night Lucia eyes brings you the perfect blend of fashion and function reduces eye strain it improve sleep quality and also the prevention of the digital eye fatigue prioritize your eye health by visiting Lucia eyes.com today and use promo code Twin Birds 20 for an exclusive 20% off your next order I wanna give a special Thank you to Danny Hubert and the founder of Lucia Eyes for sponsoring the Real and Raw podcast here at studio place in Los Angeles What's up y'all We back with another episode of Real and Raw podcast with Agent Zero I'm your host Jordan Anderson To the left of me I have Miss Ali Conyers She's a track and field star at UCL A and we are here today How you doing I'm good How are you Good I can't complain Life is great blessed blessed you know can't complain So tell the people um where you're from how did you get into a track Uh how do you got to UCL A things of that nature Yeah So um where I'm from kind of complicated My dad was in the military so I moved a lot I've lived in Canada Korea Cuba a bunch of other states but it's going to sound corny But the only thing that really stayed consistent was track And so that's pretty much how I got into running My dad put me in it my mom kept me in it And so um when it came to coming to UCLA I graduated high school and I was in South Carolina I did not want to stay in the South at all I wanted to get out No it was No I wanted to get out And so first I did my freshman year at Cal Berkeley just one year and then I transferred to UCL a last year You want to in the South I love the South man Where are you from I'm from Detroit Michigan But I got family in the south So um originally my people was from the South like my big mom she's from Alabama Then my dad he was originally born in uh Helena Arkansas but he moved up to Detroit when he was little And then I also have a green that stays in Atlanta So like we used to always go to Atlanta a lot too And down south too So you got deep south roots you know southern hospitality You can't That's why I'm like it's crazy I know it's way different from like the south one out here It is Just talk about talk about how different it is from your perspective Well the first thing I noticed was when I came out here I

couldn't get real sweet tea and I love sweet tea Everybody knows I love sweet tea I get a gallon every two weeks I love sweet tea But went to a restaurant I ordered a sweet tea and they were like we don't have sweet tea So they gave me unsweet tea and some packs of sugar I was like what is this I hate it So that's the first thing that I noticed that was different And then really just the culture itself you know L A is for sure a different vibe in the South It's fast paced you know you got to stay on your toes and then especially with this NIO stuff you know I feel like L A is the place to be for that It's a great marketplace It's actually the number one marketplace in the country So it's definitely perfect for it You said that she was in South Carolina in high school Is that like where you claim you're from Like South Carolina or like what state would you claim you from Um So it says South Carolina on my roster but um I feel like I really enjoyed myself the most out of all my moves when I was in the DMV the DC area So you were in the what part of DMV So I was in Nova Northern Virginia so I was in LO in so I did two years of high school up there from the DMV area They talk crazy out there for sure Yeah For real or like two That's the like all my Baltimore people bro That's the funniest people in my life bro Because they literally slang It's a different language It really is So you said what events are Do you run in track I run the 400 the 200 the four by one the four by four wherever they need me Got you So you're all type of yeah the 400 is for sure That's your main thing How do you how do you like that Do you like that That's your main thing or you wish it was something else Um it hurts like if it was up to me I'd be a high jumper but I'd do anything where I didn't have to die on a daily basis But for right now I like the four it's really competitive right now in the NCAA But no that's the game So you just got to fight for it Was you one of the people that used to run away from the 400 when the coach called your name No So for the longest my mom and dad wanted me to be a distance runner They wanted me to run the 800 And if it was up to them I'd still be running the 800 But I was like I wasn't that good at it And so I just went down just a little bit to the floor and so that's just kind of where it stuck My long distance is crazy I'm not going to lie They'd be feeling like you about to die out there You can't breathe and then once you get around or you do a few laps around the track then your legs start getting tired I'm saying I know I used the same thing with the four like no matter where you get you always gonna die at that 100 No Yeah I used to I used to run away from uh 400 Well not technically run but yeah the four by 4 to 400 are like when my track coach to be like yeah like hey you got to run I'd be like I just turn the

other way like this talking about for real For real And they need another leg for that four But I mean it's cool once you learn how to run it For real for real But I just feel like even if you even when you learn how to run it you're going to be tired regardless just because like that's like a sprint Really Like nobody thinks to sprint a lot for for Right That's the thing about track Like even like no matter how fast you get you're still dying You know you still got to get faster you still got to train harder So it's like there's no win literally It's no win for sure Do you like do you like the outdoor season or the indoor season Better outdoor season for sure And why is that indoors Um well the 400 indoors is two laps So it's something about coming around that curve again and having to run another lap that just it don't feel right Is that is it the same distance Yeah it's all the same distance So indoor we run at a 200 m track versus outdoor Oh yeah No they couldn't get me to do that Ain't no way So I got to run two laps I mean even though it's the same distance it feels it feels different So did you play any other sports growing up or Yeah So I did gymnastics for a while So I was like I was this high at fifth grade so I was tall I had a crazy girl skirt So everyone was like oh you need to stop doing gymnastics like just focus on track and then I stopped growing So you think about hooping No I don't have no type of hand eye coordination's don't give me no type of ball That's crazy I would say Mm No gymnastics is the right thing to do So you said you grew up like moving around a lot How was that for you Like your parents being in the military and things of that nature Um it was fun You know I wouldn't I wouldn't trade it for anything and you know um the only thing that was hard is leaving friends I was about to ask did you feel like you made friends or you had to leave friends I never lived anywhere longer than two years Yeah So I was constantly constantly moving But I had my brother with me you know and he's only two years older than me So it was like we could move But as long as we still had our little bond you know it could be that's for sure I get that though You said you was you was out of the country for a few you said Korea I think was one of them What was the other one Korea Canada and Cuba Oh wow Ok So how was that experience for like being in Korea and Cuba They were all really good So I don't remember much about Korea I was really young but I know that it definitely still has an influence on my family We love Korean food Um Canada was it was different It was the first time I learned about some history that didn't have to do it you know us history I learned a little bit of French Don't ask me I know I know French too A little bit I took French a little bit just like Bonjour Jel Ali Ok So just that's your name You know not to ask

what's your name No I said don't ask me I was like this is good There was this one play that we did it was like it was the three little pigs And for some reason that's like the biggest thing that's engraved in my head from like living in Canada was like having to memorize the three little pigs in French He was in he was in drama club or something like that No it was just like part of our language I got you said you was a he was in a play though Yeah we had to play in the class OK I got you I say yeah I was in a few plays when I was really I was in uh I was and in your Chocolate Factory I was Aladdin in LA And then what's the other one I can't think of it right now I think it was like west side story I think So Is that how you got started with like you know trying to be like engrained in So I went I went I went to a performing arts school So and that was just that was like the school in the neighborhood though So even though it was kind of in the ghetto it was like everybody went there So you had you had drama club you had yeah So you had class you had drama class vocal class dance class all of that But then it was also clubs at the school where you had drama club um vocal club dance club And I think it was like something else It was like some violin was music it was orchestra So like I played football but then like when football season was over what I needed something to do Like after school for real for us people was like all my cousins and my sisters and relatives we all was like in the club So they had like an elementary and they had like a middle school So yeah they had me uh our parents all put us in like the drama club I was in the vocal club So yeah that's how I got into that for real I still know how to play the violin too That was like I know how to play the violin in the cello But that's I just had to ask because I didn't know if you was in that type of Uh no I was not in drama I sometimes do wish that I was because when I come out here I'm like dang there's some stuff that I really really want to try that I really want to do and I have no idea How to get started in it I mean you just got to get out of your comfort zone For real Do it I feel like once you do that or once you get comfortable getting out of your comfort zone then a lot of stuff you get into where like a lot of more opportunities you feel will present itself if you know what I'm saying Speaking of care I had Korean barbecue for the first time when I got out here You like it It was pretty cool though Yeah I love Korea Bar Love like JJ K I don't know what I don't know what that is but no it it tasted good for sure though So you said you came out here What grade are you in Actually I'm a junior Ok Got you So what's your major I'm majoring in com and communications So what do you want to do with that So right now I really want to work behind the scenes of the

entertainment industry like in production So this is right up your alley It's right up your alley It really is But um that's kind of what I wanna do Um Right now I'm looking for internships Internships are so hard to find I've applied to like 60 of them but it's just hard being a student athlete because you like you don't have no experience you know like what can I put on there So I'm just trying to like brew an athletic club brewing this I'm trying to run that student athlete thing down to try and get an internship Got you So you said the athletic do you do stuff like within like athletics as far as like media or entertainment wise or not Really I say that I just try and focus on nil like I'll do like the Reals Just try Oh yeah Yeah Yeah You got a good following though So that should help for sure Like I don't know if you do like tiktok a lot but I know that works a lot for sure Yeah that's what I do Just like the tiktoks day in the life stuff like that But even that I feel like sometimes can become a lot because you're showing this romanticized version of what it's like to be a student athlete and it's like oh I wake up I go to practice but I'm not showing you that I only got six hours of sleep and I don't really be liking that one for I just feel like it won't be it won't be as genuine though for real But that's just me I think that's me because like being from an athlete's standpoint like I know I know that is not what it is I I see somebody like day in the life of a student ale they getting up at 5 a.m. doing push ups I'm like yeah they be capping and like for real for real Honestly like a tiktok is cool Like setting up a tiktok is cool But like me personally I don't think I could sit up and set the phone up and just be like you feel me wake up get me wake up out of bed and do I don't do that I'm like come on and people are really the get ready with me Why are we starting half naked and the get ready with me We should at least be half ready You get ready That's crazy Some people be doing it too I'd be like ah that's not a good look I'm not a good look but for men it's probably cool for real but women is more it's a different type of thing Like why are we start all the way at the bottom Yeah It's crazy But no contact creators That would be the biggest with me is for real Like when they do they be having they'd be just having the phone set up They'd be watching them do their little stuff on the computer Just had them like walking out the door I'd be like bro come on like you know ain't nobody recording You have to set up I think it's wild It's the grocery store one Like you went up in a grocery store set up a you set up the trip pod in the aisle I don't know I couldn't I can't do it So you say you want to be behind the entertainment like you want to do what as far as being like a producer or like a director That's the thing I really haven't honed in on what I want to do yet

But I know that I really want to be behind the scenes And so whether that be I'm also really interested in entertainment law So I don't know if I want to go to law school try and pursue that But I'm just really after being out here in L A for a little bit I just I really want to stay I feel it That's law school or something different You got to be in school for another 10 years I'm cool on that I'm one of my teammates is in a law program and they weren't at practice all week so far because they had their finals and everything They standing up until three o'clock in the morning waking up back at 8 a.m. They can have that I'm cool I'm cool with that back to track Who's your uh favorite track athlete You would say Hm like professional track athlete you can go male and female Male UDO A ari and then female Flo Flo Ok Ok I heard of Flojo She's kind of old but yeah she is You don't like Shaka or like I do love Shari Felix What's her first name Alison Felix I love all of them There's really I mean with track like I love them all they're all super inspirational with their own story you know but I do love loo's her influence on track and the nails the hair You know like when I get into track season I feel like the one thing that calms me down before me is doing my makeup I like you got a routine you do before your meats and stuff Yeah So so I get up I usually room with my teammate Naomi And so it depends on how hard the meat is But if the meat is like really hard and we know we race in some heat we're going to listen to gospel music in the We got to get right with God before we do any type of racing So we put on some gospel music for a little bit Um we sit we do our makeup and we really take our time with our makeup because it's just relaxing It's like you know nothing can really go wrong It's just like a little powder a little this and then we get like 10 minutes before we about to leave That's when we put on our gun When we start getting That's your favorite artist No it's not your favorite artist You a favorite artist J Cole J Cole So you don't listen to him like when you because I know he's not he's not made for that You don't got that type of music for what you about to go into So what's your top artist when like so do you have like a game day playlist Like who's your game day Game day is every game day What about you What's your game day I got a lot for for real So Gun is like Gun is my favorite He's my favorite artist right now for sure Like his flu go crazy But um Gunner little baby uh Boston Richie uh Dirk Cool I got a lot of Detroit artist though because I am from Detroit So like these baby face ray PS I Rivero all of them It's a little crazy but I have a lot for real for real It's like a mix I have a whole game they play so I just hit shuffle and and I just be like for real for real So being from Detroit like how do you feel like well did you

come straight here or did you go to another school before you So I went to Bowling Green State University for my first four years and I graduated and I came out here for my grad transfer for my last year So did you just get out here this year I got out here like the end of June Yeah So it's been like what six months And do you feel like you really ingrained into the lal a culture yet I wouldn't say ingrained It's more so like I know it's I can definitely tell the difference between like Detroit like the Midwest culture and out here for sure But I just meet like the type of person I am like I'm real like outgoing I'm real confident in like how I speak or how I walk how I go about things So I mean from that from that just having that aura about myself originally I feel like that was always with me But as far as like certain stuff to like how to go about certain stuff I feel like yeah it's certain stuff that I picked up or like how people talk or stuff like that So I feel like it's definitely I'm I'm getting along with it I definitely agree with that with like coming to LA I feel like you have to have a certain confidence about yourself or you know you're literally a tiny fish in a big pond So you got to walk like you know what's going on and you got to really be about it I feel like and that's just what I feel like that's not even just going in LA I feel like that's anywhere forever especially in big cities like L A Houston Miami and things of that nature I feel like you gotta have you gotta have that certain mentality about yourself especially in sports too because like in sports like especially like with me being a transfer like people are looking they're looking at they're looking at you as soon as you come in like who is this New guy coming in So if you I don't want to say like that's like an act but that's always how I've been So it really wasn't hard for me to you know fit in or like blend in if that makes sense I get that for sure You said oh I'll also be listen I'll also be listening to R and B a little bit too when in the game But that's like that's like before like that's like when I first wake up type of deal for it really just depends on like when when our game is played for real If we got like an early game like a noon game then I got to wake up on tip You feel me But if it's like a it's like a four o'clock game a night game then yeah I can just be chilling because we'd be in the hotel all day So it's like really just be chilling and then like once we on the bus ride like going there then that's when I get in that zone for real for real And I hate night games too because it's like bro it's I'm the type of person I wanna get up and play right away because like I just feel like that's just like the little kid in me still because like when I was younger like my mom and my dad said like I wake up super early and I have my stuff ready Like like I'm ready to go and be like you gotta wait it's not time yet but I just

feel like I just be ready to like wake up and go play football So the fact that I just got to sit in the hotel all day and just be waiting around sitting around I just know that like and then out here it's really different because then it's like you gotta play especially if we away if we away we play night games then we gotta get on the plane and fly back and then get back until like three or four o'clock in the morning So that's another thing I hate about it But yeah every time we go to nationals because it's on TV we always race so late So the four by four might be at like 8:30 p.m. And that's the worst thing ever because you don't know what to eat Like I'm too nervous to eat Like I just got to drink water I got you don't like to eat before you run No I'm way too nervous I feel that I feel that I don't like to be eating big meals when I run Like even when I'm about to play only because I just feel like I just feel so heavy like I wouldn't be able to run fast I used to I feel sluggish if anything what do you feel like your mentality is like during the warm up because when we when me and my track fans watch you guys warm up like we be laughing because it's like y'all don't be doing enough Like y'all go out there and do a couple of strides catch a few balls and then y'all just start playing It's like y'all don't so you probably be out there when we doing the stuff with the team where everybody's in corporate So do you all have your own warm up in private So yeah Yeah Yeah So like so like when first get there when we first get to the stadium um people can either get taped if they want to or anything So really in the locker room we have like our strip coaches they out there it's some in the locker room and some on the field So some you got bands you can roll out in or you can just roll you can use the roller and roll out But then like when people are not in the stadium when it's just us when we first get there majority of the team they just go out there and they do like their own like stretch if they want to They worried about y'all I mean we young so we can get out there and play for real For real Well not me I gotta stretch I gotta stretch I ain't gonna lie I ain't that flexible I ain't as flexible as I used to be So I gotta I I make sure that I take my time and going through stretching and like stretch overboard so that I know I won't pull nothing but no Yeah we we do a lot of stuff like before y'all see that stuff But the mentality though as far my mentality personally hm It really just depends It it'd be dependent on the team For real For real And then honestly I don't know it's just me I don't know if I'd be trying to like psych the other team out a little bit Like I don't know like for for I'd be thinking sometimes I'd be like I don't know if I just warm up with my helmet off If they see me they'll be like all right you know not to mess with him but I don't know Yeah I honestly



just be I I honestly just be focused for real for real and just be I just be smooth like I've been doing this all my life so it really don't be too much It's not more it's not nervous it's more so like anxious to get out there though It's not really not too crazy though What about you I feel like when I was younger my mentality like warming up getting ready for a meet was always like the person you're running against is your enemy you know but I feel like as I've gotten older I really had to come to terms with like track is an individual sport and it's so mental that it's really just about how bad do you want it You know That's why I feel like you know when I warm up I'm like ok how bad do I want this I want this really really bad I want to make it to the next level make it to the next me you know So I really just got to hone in on my own skills you know really focus on what I want mentally to be able to run fast No Yeah definitely And it's the same way in football it's more so like when we get in the game does that mentality like switch for So like for me like I know it might sound crazy but I always think of it like because in football it's really like a man It's like man oh man this won't be one forever especially in my position because it's me receiver going against each other all the time So it's real So like I always think of it like you feel me like who's the better man For real For real Like it's better and then I always think of it as like he trying to take food off my plate to feed my family and I can't let that happen So by any means possible I'm gonna get the job done I ain't gonna be the one on the ground or like I'm not gonna be in the losing effort So I always do that for that for sure Some people some people don't have that mentality too And then like me people don't know this like before the game before the game I cut on the Michael Myers theme song and I'd be having a plan in my head over and over again over and over again until it's time to go out That's right before we go out So now I got like that kid that kid instinct for real Yeah And now I feel like I did it one game I heard somebody do it and I did it one game and I went crazy and I was like yeah I gotta do that every game it's over with But yeah people don't people just think I just be listening to regular music and all But like when it's like five minutes before I turn on a Michael Myers theme song and then that's just like the killer instinct that's like killer mentality It might sound crazy It might sound crazy But no I get it Everybody has their own everybody has their own quirks when it comes to getting ready for a competition For sure I feel it So do you um do you think like the the actions that take place Like right before like at the block do you think that's like a a psych thing or like a mentality thing Because like some people be jumping up crazy Some people just be they be

doing extra No not at all because I feel like I'm like I'm a little scary Like I've researched other athletes like far beyond what's healthy So it's like I'm already knowing at the line like ok you're going to be with me you're not going to be with me I don't need to be anywhere near you Like so if I see somebody to my right doing something crazy and I already know like I already know they're not going to be with me I'm not even thinking but like if it's like somebody that I know is about a rock I'm like ok let me get right you know but that's just when I have to start thinking about ok how bad do I want this I feel like when you worry about too many people especially in track because this is like right next to you I feel like you can't or focus on the main thing because I feel like some people like even me when I was in high school you would be running then you'll look to like the right or left to see if like somebody with you or like how far y'all is together y'all live I feel like that will slow you down for what you do because that's the same thing with football too Like if you if you run it if you like checking the receiver and like you're trying to run with the receiver downfield to see if the ball is thrown If you look you gonna lose for the Y be break y'all's You got you got to though for real for real because it's like if you don't look for the it's a split decision it's a split second of thought you got to think of because like if you don't look for the ball and that split decision or second you can you can miss out on a great opportunity or you can miss the ball then it's like you feel me it's like you missed your chance for real for real But it's different I feel that though too because at the line in high school like I'm like I'm kinda I'm kinda big like when I got like my arm showing and stuff like that So like people already think like oh he fast and then people like people at the line they be like oh bro I already know you fast I'm like yeah I would never say that I know you're scared like I know you're scared of me So I ain't even gonna say that or I'd just be like I hit him like bro I ain't even fast for and then I go out and win So that would be funny though That's cool So you said Flojo you said uh I said who is he What does he run for He runs for Nigeria It's my boyfriend You said it's your boyfriend Oh I didn't know that he just turned pro for Adidas Did he race out here So he raced for Stanford over two years and then he just went pro over the last month Ok That's what's up that's what's up I mean what events do you run So he runs the 102 100 but last year he won the 200 at Ok That's what's up that's lit So is he back in Nigeria or No So right now he's still training at Stanford Ok So how does that work as far as going from like college to pro Because I know like with football we we have like a combine and stuff like that I know it's like way different for

sure So I feel like going pro for track is such like a secret society you know like there's not that many pro track athletes and it's really really hard to go pro and actually like live off your wages Like if I were to go pro as of right now you know I wouldn't really be offered anything but he actually won a really big one he's won the U 20 Worlds and stuff like that So it's a lot not necessarily easier because it's still a really hard feat you know but he's definitely showed me that track is very very hard to go pro in and um honestly like I kind of use it as inspiration like I feel like in track right now he's one of my biggest inspirations because you know his story has come up in track you know and I feel like kind of it's like a cheat code having a boyfriend that's good at it because he'll tell me how to run like a 200 or something like that And I'll go out there and I'll run faster But yeah that's pretty much it Who would you say is like the all time go in track all time Goat Usain bolt Usain bolt for sure I'm trying to see who else could be in that conversation It's a dude that run for the USA I can't think of his name for us C USA Oh He beat him in like the world champion He is like Michael or something I think if I'm not mistaken Justin Gatlin Justin Gatlin No is really good right now I heard him People don't like him though right now I like him I love it And the other the basketball players don't like him right now what he said But I mean it's true You can you can't make a sport and then go tell these other countries to try and get good at it Make a sport become very very good at it Then go tell the other people like everybody runs You know I feel like track is the one sport I don't think it was that I don't think their message was that forever I think his message was like he was saying he was saying how can you be a world champion where you don't play against everybody in the world Things of that nature But I mean they at the what At the Olympics They'd be beating everybody So it's like right you know I like I like it when people like when track athletes show boat or things I would never let me not let me not I don't want to go out there say something crazy and then not live up to it I wouldn't say I wouldn't say say something crazy But like as far as like just you know showboating like that at the end of the race if you want something I feel like that's needed and I be begging my boyfriend to like do something crazy like you know do something showboating and he'd be like no I need to lock in like you know he's so focused I mean if they talk smack I mean ain't nothing wrong with that You just you got to live up to it But that's just pressure though And like if you're scared of pressure then you gotta get out of the kitchen You can't be scared you can't be scared of that heat You gotta you gotta stay what you're saying for real because I feel like me if I talk

I don't I'm not the I'm not the player of the person that just go out the way and talk smack unless it's like said to me But like once I'm in that mode I'm like yeah OK He was talking like now you got to prove it for me for I always let my I always let my play do to talk and then I talk Tom So I feel like it's bouncing the guys on our team are really like that Yes So the four by four guys back when we had our US C versus UC A Do me both of the teams they talk a lot but it's really the guys 400 I feel like and so they will go out there talking smack while they're running And so Cam you know I like hands down to Cam He he talks but he owns up to it So he's running the four by four and he's like two's downing as he's running and then passes them I feel like I feel like and that's just because it was the UCL A versus US C thing too That's a big rival So it's like you you got to do that for sure I think it was like maybe like a few years ago Um I want to say I think it was like LSU and like Houston or somebody that had went for like going back and forth with each other and it was like it was a good race too So I feel like more track athletes need to be on that type of time for sure I think so And like when Shaka won back when she was at LSU and she like did the peace sign at the end Like I love it when she does that She was uh I think she she be showing in the Pros a little bit like wiping her forehead or she'd be like where y'all at you know Got you So you said you have a man where did y'all meet at So back when I was at Cal Cal and Stanford are rivals and so we met at our rival football games So I actually I got a topic that I want to talk about It was it was something about where females said they didn't want to go on their first date and I want you to I want you to give me a yes or no and why you gotta be honest you gotta be honest So the first one was was was Cheesecake Factory I love cheesecake factories I do too Cheesecake Cheesecake Factory used to used to be the prom They used to be luxury when it when it first opened So I don't know why people be trying to downplay cheese I love Cheesecake Factory Me and him go all the time Like if we don't know where we want to eat let's hit Cheesecake Factory I get the same thing Same drink Love Cheesecake Factory You Applebee's Hm That that I'm not the biggest fan of Applebee's I'm not going to lie like Applebee's for a first date Would you you wouldn't be you can come you can come of this I feel it though I feel it I wouldn't do it But I I would rather go to a picnic than go to Applebee's Ok That's valid That's valid What if they got the \$1 margaritas they had you can't beat \$1 marga You can't But nah I be it be stink it be you know it be stinking scenario and they don't even wash it under the booths Like all right you got you got chili I like chili Chilli Chili's is fire I'm not

gonna lie I had chili in a minute like in some years when I did they go crazy I won I won't lie They got Chipotle Nah that's a crazy If we like for a first day If it's if it's like a picnic type of deal then I'll go for it If we link it up and we got things that we doing that day like we on the move like oh let's go here and then we going here and then we can stop at Chipotle Yeah but like if we are meeting up at Chipotle sitting down at some girls like the little things though but I still wouldn't let that happen That's crazy Uh Garden I don't know I feel like this is hard because Nah buffet isn't Olive Garden buffet style You got to sit down you got to take your order and everything Ok then I'm going to say yeah to Olive Garden If it was a buffet you going to know Buffet buffet buffet is in 2023 It's crazy I'm not gonna lie That's out and everything Go to Corral used to go crazy like back then But now yeah it's kinda it's kinda bad now Uh the movies Nah because I like to talk the first date No that's crazy I think now that I'm really thinking about it I think me and my man went on our first date at Cheesecake Factory and I think I was like the one who recommended it Like when I tell you I'm Cheesecake Factory down like I feel it I never I had Cheesecake Factory in a long time for but I know they go crazy though But the movies though the movies is like that's like top tier for real like a first date that's like top tier for like for like especially the movies because I love movies So I would definitely be going I love movie too but it's like you link up Oh hey what's up You sit down you don't say anything and then and then that's it I mean you ain't got to go home Y'all can talk about the movie you can talk about the movie See I me I would go to the movies then go out to eat afterwards so then we could talk about the movie et cetera et cetera But that's just me that's a free game for y'all Um your house I I'm saying no to that I wouldn't take it and it's just a it's a respect I say yeah it's a respect thing for for the female too but I definitely wouldn't just I wouldn't agree with that uh any fast food chain I'm saying no to that too Only because I don't even eat fast food like that So it it it's bad anyway And then like if you said for a picnic cool But I wouldn't even want fast food at like a picnic That's what I'm saying You could get like some like higher end fast food Like we can call them Cava Chipotle for a picnic I got you You call that as fast food Chipotle Yeah I say it's like high end fast food Like ain't no such thing as high end fast food It's either it's fast food or fast food If you think high end fast food You trying to say like chick fil A or So that's that's the definition of high end They be taking your order outside in uh Buffalo wild wings No that's too messy Buffalo Wild wings I'll get down on some wings and they're going to be looking at me like oh so you one of them

one of them females going it's going to be like a movie scene Like I look at my fingers Right Go ahead Well I don't want you to be I don't want you to be your not yourself You got to be your gen yourself because then if I see you later down the line and you just do something out of the ordinary I'm gonna be like where did that come from It's going to throw me off and Buffalo Wild wings Good That's the way they are They are good They be showing the game at Buffalo Wild Wings You got the little bar you can sit next to It's probably it's a chill atmosphere You know you said you like to talk You can be interactive in Buffalo Wild Wings It's a lot and it's good You can get the 10 you can get the 10 or you can get buy one get one free if you gotta you catch it on a deal one day I'm pro Buffalo Wild Wing stop Nah nah I wouldn't go wing stop Not on the first date That's too And then do you be having tables like wings Stop It Do be to go They do got tables though but nobody I ain't never seen nobody I've ever seen nobody sit there and eat They'll probably be sitting down to wait for their food but they ain't never be doing that Uh Red Lobster I'm going yes Red Lobster go crazy I ain't had a Red Lobster in a minute either but they biscuits top tier I love Red Lobster for sure Definitely Definitely a buffet and it's crazy We just we were just talking about that I'm not going to I don't think buffet and 22 there is crazy Crazy It's very just outdated for And I'm like I'm going to be embarrassed if I want to get up for a second Hold on let me fill my plate I mean you really can't say nothing because he probably going to do the same thing for you if it's no I didn't been to high end restaurants where they got like buffets for real For real But it's like a high end restaurant like a little salad bar or something Not even salad bar It's like it's like a buffet style where high end but like it got all types of like so it got like filet mignon prime rib was like a Brazilian steak Yeah Yeah Yeah it was like that So I was like I feel like that's like the only exception for real but like a regular buffet like Golden Corral I yeah I wouldn't see That's what I was thinking of when you said Olive Garden I was thinking of Golden Corral Olive Olive Garden Go crazy You yeah they go crazy Uh it says IHOP and Denny's and I'm saying no and I love breakfast but I'm not going to I'm not going to ihop and Denny's but I go to like Roscoe's Chicken and waffles Ok Ok So yes as a first date you'll go there and like the thing about like I feel like these places like me and my man love to eat so like we'll tear up anywhere I feel it I feel it No Yeah I just don't like I don't like IHOP or Denny's for real for real Like I like I like breakfast breakfast spots that have like actual breakfast for real for real They actually like be going crazy and like they be having like Gourmet French

toast stuff of that nature You like a little brunch spot Yeah basically I love I love brunch with a passion The next one is the gym No I will I feel like I feel like it really depends on if like they both like gym heads type of type of deal So like if you know so like for instance like you feel me y'all on uh Instagram or tiktok and they post like content like they go to the gym all the time I feel like that would be like something cute for them to do for real for real Like the first day at the gym for real For real I feel like that would be cool I don't know cause like even after like two years I still don't like dying like in front of like I I like go see him and I got to do a workout like I hate him like watching me like like get sweaty and like be on the floor Can't breathe like I don't want nobody to see that when they first meet me I feel it I mean you ain't gotta do nothing crazy Like if you if you trying to you trying to do a little hand clean you do a little squat bench press whatever I feel like you you gotta go you ain't got to go too crazy Nah If All right so say if it was an instance and like you see him like trying to bench press but like he's struggling like what's your thought process between that See I feel like I wouldn't even put myself in that situation because guys like like why are we why are we trying to show off I don't know if you've seen the new Squid games Have you seen that on Netflix I was supposed to watch it I never watch it yet bro So like in there like these guys make like a little group you know to stick together or whatever They just started doing push ups Like what what are y'all doing Like you know when guys just do the most gym bros Yeah I can't do it I wouldn't go for the gym though You know what I mean And I know I'm strong I work out all the time since football but I still wouldn't do that though I feel like that's not like my niche That ain't that ain't my style Uh The next one is church I'm saying no that's I feel like that's like like you could meet somebody at church though You love your life at church I'm not doing it though Right Like you got a church that you go to out here Not out here Um I had one back at home but no not out here Ok So I got a church I go to out here I've been going for like a year and a half Those are my people So it's like I don't know if I'm really trying to is it like is it like the you know how a church how the church you grew up in How it is man Is it like that or is it like more watered down No it's like that It's a Baptist Yeah that's what I've been I've been trying to find that I've been trying to find church like that but I just feel like I wouldn't find it out Don't worry I'm gonna put you on It Took me a second to find them It did There was some trial and error I went to some places where I really got to get up and leave I was like it's like man I can't do that because then if I got to get up and leave

it's like dang am I walking I don't my church when I first got out here before I had my car and I scooter there and I was like oh can I bring this inside And they were like no what you mean I can't bring my scooter inside They said come as you are You ain't let me come That's crazy That's why No I wouldn't I wouldn't bring a first date to church though I couldn't do that No like I said depends on your niche I don't know I don't think nobody is bringing their first day to church but it's crazy people out here So I don't know It's crazy Uh Starbucks Uh um I might I might say it's cool you know a little coffee shop coffee shop in general you know is that it is That's actually the next one It's called coffee shop in general Like I feel like that's not too bad Like I feel like I don't drink I don't drink coffee Like I'm I'm pretty sure like that's more so like a pastry type bakery type of type of deal too I feel like I can I can do that because like my mom's a baker so I know all types of pastries and stuff So I'd be cool with that For real For real And you can say you can interact with each other you can talk and do all of that Starbucks I actually just had Starbucks this morning I know you be eating good at home Your mom's a b I'd be getting spoiled Did you go home for Thanksgiving I couldn't we had a game like that Yeah But I'm going home for Christmas So all the stuff that I missed out I'm demanding that I'm demanding that as soon as I walk through the door I don't want to hear no back talk I just need my plate Don't even talk You just have a plate on the counter for you You got to go home for Thanksgiving No I stayed up here but one of my coaches cooked and I'm not even going to lie He threw that was kind of like we had players that cooked and we had coaches that was cooking if they needed to I'm trusting everybody cooking though So I I'm not going to lie I wasn't too sure I was like ok but one of my cousins lives out here and so I was like I'm going to be at y'all place at 6 p.m. after I'm done with this But my coach did throw down and so did my cousin and his aunt and his mom Yeah Yeah we had one of the players that was cooking I had tasted some of his cooking before but he's from down south So I'm like I like maybe you know what you're doing So I'm like I'm going to try It was actually good though It was cool but it says Starbucks is gonna be ice cream dates Yeah for a first date Yeah I feel like that's on the same like kind of on the same wave as like a coffee date You know y'all got to walk around after the ice cream date because it's gonna be it's gonna be boring if y'all get ice cream and then y'all pull off That's kind of like uh but I mess with ice cream dates and I love milkshakes and stuff like that So I go crazy for real I really throw down uh family functions and I'm saying hard No not at all No can't do it Not at all But like and I'm one I'm



really quick to introduce somebody to my parents really quick But then again my mom and I were super close So as soon as I started dating New Dodi the second she came to visit me in California I'm like oh this is a do and so we'd be talking about everything So it's like she'll know if I'm really serious about someone I'm not So I'm really quick to introduce somebody to my mom my dad not so much full family function like you out of your mind Yeah I can't do it I'm not I'm not that quick to introduce people to my peoples anyway because like I feel like you got that's like serious for real for I really know you down for real for real to like really meet my people And then on top of that it's more so at a family function people family is messy I don't care Nobody say family is messy for real for real So then if you if you show her and then if you show you bring her to the family function and y'all end up done talking then they just look bad on my part and then it's just gonna be like they gonna start asking like where your little friend at or like so and so I'm like listen things ain't work out Don't don't keep asking me about that for real And then like I'd be one of them I'd be wanting to be like special because you know you got that You always want to bring that girl to be like uncle be like OK nephew I see you I'd be like yeah you feel me I need that but on the first date can't let her do it can't do it because then family might embarrass me too I can't let that happen I might embarrass her I can't let that happen Not at all And I wouldn't even want to go to like her family function on the first date I was like respectfully No I don't want to do it Uh movie night like Netflix Hulu et cetera You said mm uh I feel like that's cool And I only and I say I only say that like you can have like a movie night you can play board games or whatever all of that for like the first day just to like interact or like get to know somebody for for real And I feel like people people like I get why people say that like from a female standpoint you'll probably think like just like a movie night Ah that's kind of boring or something like that or like even that like you'll probably think like trying to do something after like I ain't even like that type of person Like you feel me we can watch a movie you can go on about your day you feel me But I feel like a movie night is kind of cool I don't know like I feel like for people that are like just meeting someone and like you go into to their home and yeah I I get that I do understand that That's what I'm saying Like like I said when they said the house I was like no it's it's kind of out of respect for the woman But I was feeling like I was saying like on the type of time where you feel me if you just like watching a movie playing games we getting to know each other like that that would be cool So it's like 5050 on that For real For real

Um somewhere that requires a long drive No I'm not opposed to that you know like I feel like you can get to know somebody on a drive You can you can how long can you drive Because I consider 30 minutes a long drive That's not a long drive That's a long drive If we like we talking about like an hour an hour 30 is not a long drive either You can get to know somebody And that's because I used to I say two hour plus I was just going to say I was gonna say two hours max two hour plus that's a long drive Two hour plus No And I'm just saying that just for regular people Me I can I can do two hours I'd be cool Yeah But like if I'm just meeting someone and I'm driving five hours with you Absolutely not I annoy with my family driving for that long Like you said you can get to know you can get to know somebody off a long time especially if the conversation good I feel like that's going to make time speed up and you can be like dang it We almost already here for But I still I still wouldn't do that though And I saw something that was like you really don't get to know someone until you vacation with them That's true You know it's like friends everyone you know that's true for sure People be acting way different than vacation I'd be like bro you didn't even act like this for sure Uh bowling And I'm saying that's a hard yes I love bowling I like bowling That's very interactive And I'm going to beat you in bowling too I was going to say it's competitive I'm a competitive person So I'm not taking it easy on you or anything you got to lose for sure For sure I like bowling I love bowling That's my favorite hobby Uh nightclubs I'm saying no And I just feel like the setting is just it's just too bad I feel like I don't even be out like that You know I feel like nightclubs the music will be too loud You trying to get to know somebody for you can't even you feel me you can you can't even listen for real for real because it's you really pay attention because you got 500 other people in the building literally that too And it is just a lot of temptation in a nightclub Like you would probably see So you probably see it You probably with a girl but then you see another girl like oh you get to looking at her if you not locked in like why go to a nightclub Like true Definitely Uh a hookah bar Uh I feel like that's cool I guess I don't smoke hookah So I wouldn't know I feel like they'd be playing like music So it'd be like kind of cool Like see how it could be a chill vibe Yeah it's like a chill vibe You get to know somebody else you talking or like you let the I let the girl smoke the hookah while she talking would be cool for her So I I wouldn't be opposed to that a bar just for drinks I feel like that's cool That's cool That's I feel like that's very adult you know I feel like I feel like honestly that is like the main like first date let's go out and get a drink Yeah I

feel like that's like the the staple for real Uh Waffle House Hm Mm Mm I kind of like it I don't know I love Waffle House I'm not gonna lie I love waffles That's a hard question You know I'm gonna say yeah but all in all I feel like it really depends on that person You know like if you meet somebody and you know you already vibe with them it's not going to be too much pressure on trying to impress them you know So it's like I love Waffle House and they love Waffle House I'm like shoot let's go to Waffle House You know I love waffles That's what I'm saying I don't think it would be bad I would say yes I would honestly say yes Waffle House go crazy And I'm like sick is not a Waffle House out here I hurt my feelings So Roscoe is shaking Waffle It's good though It's good but it's not Waffle House It's not Waffle Waffle House is I saw this Tweet It was like yo meal don't never be the same price at Waffle House I'm telling you I'll be like one day I'm paying 13 next day I'm paying seven I'm like what I'm telling you it really just depends on who working that day For real Dang I go yeah for Waffle House Waffle House Cool I mess with Waffle House Um the last one is sport events or sporting events I'm saying Yeah because I'm an athlete and then like who wouldn't who would turn down a court side You playing courtside NBA tickets You want to see you watching about to see KD or lebron play Ain't no way you turning that down ain't no way you ain't gonna like that I'd be like unless you don't want to be seen and I get I'd be like ah OK Yeah that that that's something I'm like you don't want to be seen I'm like what you ashamed of me or something I you know what that was like yeah that would be my first choice for that Cheesecake Factory I'm still not over I love Cheesecake Factory That was the that was the number one I don't know why so many people A lot of people I've been yeah I don't see why not either I just honestly think people people just be trying to uh they be trying to date for like or like go on date for like clicks or like clout and that's what I'm saying like Instagram like they'll post if they at Ruth Chris or J Alexander but they ain't gonna post the day at uh uh Cheesecake Factory I feel like that's really what it is for real for real especially when somebody young says that like where else we gonna go That's what I'm saying Like you wanna you wanna go to Dubai or something I was like what I'm like chill out Come on now you gotta learn how to take it So and it's the first day at that for real honest see if it was like dates on down the line and it's like all right cool We can we can step up You feel me not to say and if if somebody wanna go like to like a luxury like expensive like restaurant I'm all for it Like you feel me it's not even that but I feel like you shouldn't be you shouldn't be so quick to

turn down like something so little or like not as big as like the high end restaurants So what is your um what would be your typical first date Um if not the Cheesecake Factory if not Cheesecake Factory Hm I say like like the best first day I've ever had was like obviously like with my man and we went to a museum and then we went to like a like chicken and waffle type place after I can't remember if we did that before or after and then I think we went to like like shake shack like at the end of the day it was that's what I'm saying Like it was like a four a full day of activities And that's what I was saying Like if you like put Chipotle somewhere in that like I wouldn't be I wouldn't be mad about that I got you No museums A good vibe for I like history History is my favorite subject so I can do it I love history too Yeah that's my favorite subject for life If I if I wasn't like an athlete or something I'd probably teach history or something like that I love history and it really it depends on the type of museum too If it's like an art museum now I think I'm starting to like appreciate art like a little bit more But back then I don't think I could do it for for real But if it's like a like a historic museum or something like that like actually you said you're from the DM DMV area Have you been to the museum uh out in DC of African American History Yeah I think yeah that's like the favorite one That's like the best one I've been to That's my favorite I was actually um I didn't have one in high school so I had um I was on a recruiting trip and I was uh visiting like some colleges and then we had went while we was on that trip That was like the best thing I ever seen Like I still got pictures and videos I was going to say and you never really have enough time to fully go through it I think I've been like two or three times and every single time I've seen something different Yeah I got a chance to go through the whole thing But it was real nice though for another one that's really good in DC is the Native American Museum Yeah it is really really nice too I know a lot about Native Americans I probably could go there for Have you seen um you said you know a lot about Native have you seen the new movie Killers of the Flowers Moon with Leonardo Dicaprio I saw the trailer and yeah it was really good I saw it a few weeks ago Yeah you be going to the movie theater right in Westwood the I PC or two of them I don't know So with all this nil stuff I'd be going to some of the premieres and stuff I never been to the premier It's really not Is that something you got to sign up for or So I'm actually in this club It's called UCL A Reach And so they basically get you in the door to events with like Instagram Snapchat Rams like all these premieres and stuff That's what's up So you so you've been to the movies in Westwood isn't it like two of them Um there's two theaters but

I think there's one main one that does the yeah the one main one is that's right by Starbucks or it's connected to Starbucks isn't the one it's right across from each other though It's right across the street I've never been in neither one of them I I haven't gone to see like a normal movie Really I I always thought it was just for show I I don't think it would actually be open for real for real because I wanted to see a few movies But I was like I don't know No my brother and I just went to the I PC yesterday which is Wilshire It's right by campus It's like a fancy one but we went to see the Hunger Games Where is it What is it You know where the Hammer Museum is I don't listen I just want to say this I don't be on campus for since I'm a grad transfer to the facility and I go home but just know it's right by campus So if you don't live on campus then where do you live I live in grad I live in grad house though So you still just be like practice home practice Like so you know where the Dunkin Donuts is that building right next to But I never like as far as like campus wise like I've never really been on campus for real for real except for like like the brewing walk That's about it For real for real I felt that I don't but it's only because I don't have no classes on campus or anything of that nature like summer graduate all my classes online So it's like campus is beautiful But like I said I saw it on my on my visit You feel me It's cool It's nice But other than that I have no reason to You said it's the I PC Yeah it's super close to like the grad housing So if you keep going down to the street where all the tall buildings are it's right down there Hm I'm trying to see Is it you know is it like ok I I think I know what you're talking about I think I know what you're talking about I think I think I enroll past it a couple of times Yeah probably Yeah I think I think I said is it called IIC or something like that Maybe I'm saying it wrong I think you are saying it wrong I could be saying it wrong Yeah You said I PC But I know I remember seeing something like that Dang That's crazy I'm definitely about to go see that Yeah for sure It's like one of the nice ones You recline back you know it's one of the fancy ones So what do you plan to do as far as track wise Do you want to go to the next level as far as track or was it just something So I never really had like true plans to go to the next level in track I just using it as a vehicle to get to college But I feel like as I get faster and you know seeing my boyfriend like really find himself in track and like really get exposure and things like that It really makes me want to keep going you know But I'm I mean like if I in senior year and like I give it my all you know I'll be happy Got you What made you uh what was the what was the determining factor that made you like your uh boyfriend that made me like him Yeah like where

did he did he pull you Did he rears you up He hit you up in the d let me think I don't know I think it was I like I can't tell when I really really like someone yet until we hang out a few times So like we hung out um it was cool we hung out again and then we we had a conversation about movies and he was telling me he hadn't seen Boyz n the Hood or something like that And I was like what is going on I was like what is going on And then but as we started talking more I was like wait I kind of I kind of like you And so I just like having a boyfriend who understands like you know he understands track he understands the struggles that I'm going through and you know he really listens to me I feel like we listen to each other and like the biggest thing with like being long distance and like the you know going pro a lot of things that we didn't do distances I can't do it It's really just communication and trust And the only thing that we'll fall short on sometimes is communications But if you have that trust then if we don't talk all day but we hit each other up at night It's like oh it didn't really matter that much you know That's the killer part for me Yeah If we have a busy week like that whole week we might not even talk until the night of you know each day No I get that the communication part I'm cool with that I'm a busy person So as long as I communicate I'd be cool for it But it's really the trust factor for real For real I know I got my heart broke too many times Kind of scarred You don't like did he did he hit you up in ad M So we were at the like it was like you know how we have our US cucl a game So Cal and Stanford have that too and it's really big And so we were at that game and he hit me with a what's the pickup line or it was just I was like I don't know And so we hung out with like a group of friends and everything And then the second time we linked up we again hung out with like a group of friends and then we finally went on a date and everything So we had already gotten to know each other a little bit before we really went on an official date That was weird on you He saw you at the game He was like what's the move I I pick what he did Would you like you would you prefer would you prefer somebody seeing you at the event and speaking to you then or like seeing you at the event Then they hit you up in the D MS after um speaking to me then you know like it would be different I feel like if he would have hit me like was that you at the game Like you thought that was you know in high school and people just like yo I met you at the party you know that was me So it's like he hit me with like I know you're here I saw you like what's the move And I like that OK Got you Yeah some people would be doing That's they way that they really be shy They'd be scared for real for real Now if they if they admit that they were scared

then would you feel like some type of sympathy for What would you say No you grown like you No you grown like I feel like you remember in high school when somebody would come up Hey yo my friend thinks you're cute Yeah your friend is right there I feel it I feel it I got you Are you a sucker for pickup lines or No They Courtney Dang I got you I feel some girls be going for it I don't use pickup lines Not at all I'd be like I like to troll a lot so I kind of put it in that type of term but it's not really like a pickup line I feel like that reminds me of my brother He'll like he won't do a pickup line but I feel like he'll troll He'll be like I carly victorious You know I feel like that's cool but like it's just a straight up I like to make people laugh when females laugh So I feel like that's a good way for me to you feel me But I also just be like hey I think you look good We should talk just plain simple for real for real But that's cool though I'm glad it's so nice That's a love story People take that black people take note of that man People take note of that but no communication wise and trustworthy wise is a big is a big big stable long distance relationship Do you think if uh no that wouldn't matter then that would be the same I was like if you think he was in Nigeria or something like that Do you think that it caused like a big difference or So during the summer like when we first started dating we didn't see each other all summer And so that was really hard He had to go to Nigeria to compete and then he ran out of worlds and um it's hard not seeing each other but it really just has to do with like commitment to like you know if you know that this is your person like that distance isn't going to matter You know like those three months aren't going to matter because when you see them again like it's like a reset you know do you base do you pay attention to like uh like a significant other friends Like who you hang around with Um Not really I feel like let me think like I like his friends you know his friends know me same with I don't want I don't want to say him specifically just in general though I don't want to make it seem like she don't like your friends I say no no no no I love his friends But like I feel like one of the things that we don't argue about that's really good is like we don't never be on that type of time Why are you talking to him or why are you talking to her And like you know that's the thing about trust Like we're never like like if you're doing that with somebody you don't need to be with them you know like we are just like really chill we trust each other and it's like that's how we can go like hours of not talking to each other maybe send each other like a meme or something throughout the day But like you know you come back at the end of the day and you know that your person you know held you down you know got you

So what's the what's the best thing about UCL A to you The best thing about UCL A My teammates Oh you trying to say that to to be is it really your teammates Is it really your teammates Yeah What about your teammates I love my team because we don't have drama you know everybody gets along everybody supports one another So you know I feel like you can run fast and you can do good when you're in a healthy environment you know and being in a healthy environment like coming to practice we be joking we be laughing when we warm up practice is fun I enjoy going to practice I know that sounds crazy I don't enjoy dying I don't enjoy the 400 workout for sure Yeah for sure I enjoy seeing my teammates No I get it though too because that's the same thing with football Like honestly it's really the running part like the conditional part that really just be killing people for for real and like the meetings for real and then like practice is actually cool for real Like I'd be I'd be cool and I'd be having fun and practice but like yeah having like just going to like run and like lifting race is not nothing that's easy too but like having to run or like just being in meetings all day I think that's like the killer part For real For real But do you say that you guys are like a fun group Like y'all be getting lit like yeah for sure That's good Definitely for sure I know some teams so some teams they be having like beef or like they'd be having like clicks with each other like certain clicks But I feel like honestly I feel like that's what every team for real for real Like it's certain clicks it's certain groups that's gonna hang out But that's just like that's how they click together Like that's what you feel me that's who they attract the most Like that's who like they get along with the most Like you can't interfere with that I feel like so like it's it's always like gonna be that main group of four over here that main group of four over here that they hang out with or they be at each other house like every single day I feel like you can't do that Like some people be like yeah it's not good to have like a team that's like clicked up or something like that And I feel like that's true for like a certain part of time where like even like in practice like you don't you don't interact with your other teammates or something like that but like outside like it's cool like interact with your other teammates But then like you feel me you don't know like it's outside like you feel me this is like the main selection of people who I hang with I think clicks are fine As long as like it depends on how those cliques treat each other You know like if there's like small cliques but like as a whole like you guys are still like a group and you guys still get along like that's fine You know I got you do you think you got a favorite teammate a favorite teammate You could be biased You could be you already said you love your



teammates You already said that you can say a favorite teammate I don't know But I know that me and my training partner we get along really well training partner You got a training partner And so just because I run the 400 there's there's not too many of us Like I say we have a group of like four for the women and then the guys are like there's like six of them or seven but each group kind of trains to themselves But me and Naomi we do everything together So that's like your right hand man OK so that's your favorite It's who I'm closest to I got you That's cool I'm going to ask this question again When I ask it the first time asked the first time she tried to give me a run around who is the fastest on the team Um She already said she love her teammates There really is no like fastest on the team Like everybody runs different events everybody has a specialty You know I feel like there definitely is no fastest on the team So you don't think that the people that run sprints is faster than the people that run distance Well that's the thing they're faster in their sprint event but the distance runners are faster in their distance event I wouldn't say they're faster because I just feel like they got more stamina right But I'm saying like if you line me up with a distance runner to run a 400 like obviously I'm going to do them But if you put me in a 450 they might do me So uh I guess you that makes sense I'm trying to see uh if if somebody was to just uh I would say what's the most common race is the 100 the 100 So if everybody runs 100 who would come out at first or you feel like that's just you feel like that's kind of biased towards or that's kind of like it's kind of biased towards the sprinter It is because the person that wins 100 might not be the person that wins the 200 That makes sense And then the thing about running and practice you can never really tell who's faster than who because we're not actually racing You know we'll do a 100 but it's like we're doing that eight times So it's like you might win this rep but somebody else might win this rep So it's not like we're racing or like we'll be going at a certain pace So we're trying to hit a certain time I got you Yeah we used to race in high school Really Y'all used to race and practice until that 1200 came around It was like y'all can have this Literally we used to be my track coach was crazy Like my high school track coach was crazy too We used to do like 350 all types of stuff like multiple times I'd be like bro there's no way we're doing this right now I'm like I'm not trying to run track I'm trying to play football No my track coach he used to he'll say some crazy things crazy things You can't say some things we can't say on his phone especially I feel like in the weight room oh my gosh like they used to be going in and I was like I was one of the only girls I think it was like two of

us I was the only girl and then I wasn't training with my school So I would drive like 20 minutes to go train with him in his school And so one day he was like y'all going to let these private school kids come up and beat y'all And I'm sitting there like what He'll be like you think you all that but you can't even lift this weight All you think you are all that but you can't do this I'd be like oh my gosh and he'll chew you out in front of everybody But like that's not tough love that I feel like I needed it back then No I definitely look I had a coach I had a coach at uh 11th grade year I hated him Not that's my dog but I hated him Everybody did So I'm not gonna lie Everybody hated him But he'd been to the league before So like he knew what it takes for for but he was just he was just an asshole bro Like for no reason Like he used to just be on me for no reason I didn't even do nothing for real for real Like like this is crazy and I already had mind you I was like already one of the top players in the state I already had like like 10 plus offers and everything he had take me out put he would take me out put a scrub in just to prove his play I was like bro like what is your like what are you gaining from this But it's cool though He really made me he really made me better though So like I definitely appreciate it for sure But like I used to be like bro it's no way he acting like this right now and I feel like he was just trying to see if I was gonna break For real For real which I never did but I was like all right it is what it is I used to tell him like all right but and that really used to fire me up for real for real But other than that I would I don't I don't really you would you prefer you prefer tough coaching over just like soft coaching It kind of depends like I had tough coaching at that time but I needed it to get me ready for college And so definitely I feel like in college at both of the schools that I've been at like they definitely take a back step approach and it's more like you know how bad you want it Are you going to put the work in I'm not going to beg you to come out here like you're either going to do this or you're not going to travel you're either going to do this or you're not going to be on the relay So they're not going to push you as much as that high school coach will push you you know but I needed that for sure Yeah that makes sense for sure For sure I feel like that's why I was just saying I always just saying saying you should be uh you shouldn't be worried when your coach talking to but you should be you should be worried when you not talking to for sure you know Yeah like if if like I had a coach and like he was never yelling at me he was never getting mad at me I'd be like dang like so you don't care what I do you know No I feel like and I feel like it's really more so of as being a coach you got to know your players and you gotta know how to deal

and like how your players deal with certain coaching too reaction because it's some players I know it's some players like myself they can take hard coaching they they'll move on with it except to move on with it would be cool for real for real But some players if they take that hard coach and then like they all in their head about it then they mess it up on the next play For real For real And then it's like you can you can see like their whole or their whole mantra about themselves is just all for real for real So I feel like it really just depends on like who the player is and like who the coach is honestly And the thing that's different for sure about high school versus college is like you're not going to get that reassurance that you're going to have to run this rep and know that you did it right You're going to have to run this meet and know that you did it right Because a coach can't go up to everybody and give you that reassurance You're not going to always get that high five that you need I feel like that's where a lot of people break is because they feel like oh did I do that right Did I do that right You need to be confident in yourself and know that I'm doing this right This is like for purpose you know oh yeah no I'm big on confidence too because I always say um people always be trying to like get the the um the two words or like the two meanings mixed up between like arrogance and uh and like cocky and confidence and humble And I was like I'm like it's not that I'm a cocky arrogance Like I just like I know like that I'm doing is good Like I already know like I put the work in you feel me and like confidence breeds success you feel me So like I feel like you gotta have confidence in like whatever you do for real for real Because like if you don't have confidence as even and that's not even just as a I feel like that's confidence as a coach a teacher a parent Like if you don't have confidence as a teacher or like a coach how your players don't have confidence in You feel me That's the same thing as a parent Like you feel me or even as like a as like a spouse or anything Like if you feel me if you don't got confidence how your wife going you feel me have confidence in you where like your family you feel me So I feel like that carries in like a long way for and I feel like that's just something you can't really teach Yeah Honestly you can't teach that I mm uh I wouldn't say you can you can't teach you can teach it but it's after a certain at a certain point you can't teach at a certain point because like I feel like when you when you like little or like yeah when you're younger like you try to you try to not be like it's some people that just confident out the gate for real and then it's it's something that's just like they're confident a little bit but they like humble a little bit for real for real Like that was me as a kid Like I always I always was

like humble but I was always confident a little bit I was more humble than anything for real and I think um and I really think I got that cause like my favorite player who was Barry Sanders like he never showboated he never like celebrated or anything Like he just always hand the ball to the R and go on about this day for real for real So I feel like that was cool But then I feel like I feel like as I got older like you needed that confidence and like in that in that edge about yourself especially as like the stakes got higher for real for real or like higher competition And like with me like getting older and like going into like high school and stuff like that like I was gonna be playing better people So I feel I feel like that confidence is gonna help me go like more for real for real Definitely And like all the people that I talked to like all the uh football players that was like before me that they went to like college or NFL that I know that that was like one thing they always said was confidence for sure So it was like it's something you had to like just gain for real for real for sure And I feel like the humble word is kind of like use like to like loosely for real for real in that in that type of aspect I feel like so when you look at the definition of humble for real for real it says like to think kinda it kinda says to like think less of yourself which you shouldn't you feel me Cause I feel like you should always think you should always think highly of yourself That's how I put it for real for real But I get what people be saying like you feel me you should be humble at all times and things of that nature So I get what they're saying but I feel like people just say like the word humble all the time for real for real and not know like the real meaning of it for real So I don't know but I'm definitely big on confidence in your actions but like more so confident in your head Definitely And I know some people some people honestly some people still be they don't have confidence in this day It was one dude at my last school Like he never he never was confident in himself and we had to tell him it was like hey bro like you making plays you got to be confident about yourself because then like when he don't make plays then he just he just go down and take it and I'd be like like the whole games off Yeah So it really just depends on the person for real for real for sure But I think that's it for the day I thank you for coming on You had a good time Hopefully we can bring you and your teammates on the next time for sure But um that's another episode of Real and Raw Podcast This is Jordan Anderson Thank y'all for coming in tuning in That's it Thank you so much