



# UNION SPORTS WOMEN ASSOCIATION

## An Interview with Fatima Tarbhaj, from Team Ballin' Chosen as the Female MVP of the Orlando 10<sup>th</sup> Anniversary Games in December 2007

1) What is your educational background?

I'm in my final semester before completing my Bachelor of Science degree, Honors in Human Kinetics/Kinesiology at the University of Ottawa.

2) How does it feel to be the Female MVP of the Orlando 10th Anniversary Games? It feels nice to be the female MVP, I am very honored. But as special as that is, there is no going without giving credit to every player especially my teammates. Basketball is a team sport, and the only reason we played the way we did is because each of us brought a piece of the game to the court. Every single baller from the tournament deserves a piece of the award for being valuable on the court!

3) Which varsity sports did you play in High School? Do you currently play any professional sports in college?

In high school I played everything I could! The beginning of each year was welcomed with basketball season, which was followed with volleyball during the first semester. During the second semester I played badminton, and then soccer or baseball. Having early morning or after school practices, and then other extra curricular clubs that I participated in kept me on track with my school and helped me learn to manage my time well. Plus, it was so much fun! Definitely great memories during high school! In university things got different, I don't play on the competitive scale anymore because I'm involved with other activities and with school it can get hectic. I also work in order to pay my way through school so the lack of time is to blame as well. I still make sure to get in as much physical activity time I can, with random bike trip around the city, or going to the gym. I've also been playing on an intramural volleyball team, and right now I'm about to start the intramural hockey season!



4) What other sports do you play?

Anything I get the opportunity to try! So far I've played basketball, volleyball, soccer, hockey, tennis, badminton, rock climbing, baseball, softball, football, biking, track & field, skating, blading, swimming, martial arts, skiing, snowboarding... and sometimes I have to chase after my little brothers and wrestle my Orlando sisters, does that count too? :)

5) What is the most exciting part of a b-ball game?

The tip off, the squeaking of the our shoes on the court, the whistle blows, the swish sound on a perfect short, people cheering, the buzzer-beater attempt, shaking hands after the game, every part makes the game what it is; amazing!

6) Do you have any rituals that you do before a game?

Well as strange as this is, before my sprints or relay race when I used to do track, I would always eat a banana! I am convinced that is helps my throat stay moist while I concentrate on the finish line. Otherwise, there aren't any abnormal rituals. Warm up and stretch, of course. Oh and how can I forget, smile right before getting into the game and smile when it's over!!

7) Which was the most interesting team that you played against in this tournament?

Every team always has something interesting to bring to the court! Orlando A brought great intensity while Orlando B played with amazing high spirits and great character. New York brought its well anticipated fierce competition but loving personality, and the newbies, Minnesota, proved to be a charismatic and challenging team as well! I love and miss everyone so much, and can't wait to ball with everyone again inshallah!

8) When you play a game, do you get intimidated by the opposite player?

No way! Intimidation means that you've already let yourself lose. The only difference between the opposite player and me is the color of our jerseys. After that it's up to each of us to put out our best game; technically then we both win.

9) What is your best memory of the tournament?

Being a temporary coach for Orlando youth girls basketball team. Also, being able to motivate them and cheer for them and make them feel proud of themselves. Coming up with a cheer and having them scream it at the top of their lungs so proudly. That was awesome and rewarding.

10) Any special advice for all the female players out there?

Yeah, it's not enough to simply talk about what you want or what you wish for, if you want it really badly then you have to work hard for it. I'm truly honored when people compliment my balling skills, because that means all the hard work and practice I put into it is reflected on the court. It also encourages me to keep working hard. That doesn't only go for sports; I work hard in everything I do; at school, at my internship, at work, with my friends and family. All day, everyday, "Carpe Diem - Seize the day"

---

### **USWA UPDATE:**

Union Sports Women Association was proud to have our Ar-Raad Basketball team of 13 players, as well as 6 Double Badminton Teams, and 3 Badminton Single Players to represent New York in the 10<sup>th</sup> Anniversary Games held in Orlando, Florida, this past December! Our Basketball team managed to reach the semi-finals against Minnesota, where we conceded 8-15. In Badminton Singles, Azmina Kermalli managed to reach the semi-finals as well, again to lose against the unprecedented Minnesota. Finally, in Badminton Doubles, our favorite Team Sana Jaffer and Naima Somji reached semi-finals to concede to Orlando. We all played with a lot of heart, had a lot of fun and team spirit, and there were no regrets on our heartfelt performance. We know we have to continue to practice and focus on the next upcoming tournament which was announced during closing ceremony to be in Toronto this August in 2008.

If you would like to stay warm on Friday nights, become a member, and have a great workout! The new season is beginning Friday March 14<sup>th</sup>, 2008, which will include both indoor and outdoor sessions. Due to an increased demand by our youth girls for additional sports, we are truly excited about introducing **volleyball** and **soccer** along with our usual **basketball** and **badminton**! Please visit our website regularly at [www.unionsportsny.com/women](http://www.unionsportsny.com/women) for more information, and to download the Spring Registration Form. If you would like to join our mailing list for updated announcements including information on the new upcoming season, please send me an email at [Shaaina\\_115@hotmail.com](mailto:Shaaina_115@hotmail.com).

**Shaaina Remtulla**

*Assistant Coordinator* - Union Sports Women Association