

## TRINITY UNPLUGGED with TRINITY ROSSUM | EPISODE 3 | JORDAN & MYLES

Hey y'all Welcome to the second episode of Trinity Unplugged Did today I will be sponsored by Lucia Eye Blue Light Glasses from combating eye strain to improving sleep Lucia eyes Has you covered with lenses designed for day and night Lucia eyes brings you the perfect blend of fashion and function reduce eye strain improve sleep quality and prevent digital eye fatigue prioritize your eye health visit [Lucia eyes.com](https://luciaeyes.com) today and use promo code Twin Bridge 20 for an exclusive 20% off your next order Special Thank you to Dan Hoover the founder of Lucia Eyes for sponsoring the Trinity Unplug podcast Hey y'all this is Trinity and welcome back to another episode of Trinity Unplugged today I'm in studio place Shout out Twin Bridge Sports and today I have two special guests I'll let them introduce themselves Hey y'all My name is Jordan I'm Jordan Robinson I'm a sophomore at UCL A on the women's track and field team My name is Miles Miser Daly I'm a grad student on the track and field team I love to be here Yes Yes Thank you Thank you all for coming Um So how do y'all balance training having a regular life and then also school and everything else Ok Well I'll start because I'm an undergrad So I would say the biggest thing for me is like when I came into my academics and athletics like I really prioritized both So to find the balance I'm majoring in molecular cell and developmental biology So it's hard like being a stem major and then coming you got practice from like 1 to 6 hour window But one thing that I think really helps is the fact that like I have really good friends I have good friends in my classes good friends that I met off rip So it's like we motivate each other It's like ok let's get together let's study So it's like that kind of social element that's already taken care of because it's like the people that I'm with they just inspire me to like keep pushing keep being better Like we we're in the same exact classes and then after that I'm like ok I'm going to go to track and they're like ok when you get back we're going to study again we're going to get some food we're going to eat You know what I'm saying I feel like balancing in that sense like I'm just around good people So they just help me keep my stuff on track You know what I mean That's good What about you Like I got my friends are no I find it honestly I find it hard like um grad school It's just a lot of papers on a lot of reading a lot of papers So me I'm like you know I wake up now I'm an early bird I used to never wake up early

now I'm up every day like 8 a.m. reading whatever as time I gotta do then it's to the track weights at that time I'm like exhausted So on the social life has been like kind of to the side just because school and track has been the priority right now I've got a friend with you guys I know you're saying who you surround yourself with keeps you working So my boys working on the track with me and then school is just that's an after thought for you know as the tracks done social life struggling I'll admit But uh you know we grind it Yeah But you know what the thing is I feel like it's interesting because being in grad school it's like it's a lot more real for you because you already graduating you know I'm a second year I just got here Yeah like it's still fun for you for it's still fun for you Hit me in my face like OK you got your degree girl you got to get a job after you got Yeah Yeah that's the thing So now it's like every grade actually counts like you got to also think about after school what you gonna do what connections you're making and you know I'm from another country so trying to build that network here so I can come back if I wanted to It's been busy because you have to be very intentional about your time because you don't have too much of it To be honest What about you How you bouncing over here Honestly Like same thing like my social life is kind of you know struggling a little bit But also it's just because I I'm also kind of became like an early bird in a sense because now I like I like to be home at like 10 o'clock Like even if I do go to a party I got an hour max of social time and then my my battery just drained and then you'll just see me in the corner like I'll be having fun by myself just chilling But it's like I'll look like I'm not having fun but baby I'm having fun like I can I can just chill in this vibe but I don't like to just be up and just going from one place to another Like no but I would say yeah honestly and even like the resources that the school provides for us I feel like we're actually very lucky to have that because even having students I mean having people on the team that come from different schools but the transfers and they're like oh we didn't have this like right And it makes me honestly look so like grateful like for real grateful for like what they offer us at school because I never really noticed until they're like oh I never took this curriculum or I've never had to I've never had someone Actually I care in a way Like it's kind of crazy to me I can think about that and even like the academic support like when you go like we have autumn or it's like sessions like that's actually left clutch I feel like when I was an undergrad it almost made it hard to fail because it hard as class But as long as you got the PLF every week like free tutoring in a sense you know what I mean So yeah you say education they care Yeah they do

And honestly I feel like the biggest thing in all of that like yes you have all these responsibilities and all these obligations but you're around a bunch of people that also are just that driven So really you're disciplined Exactly You have to be disciplined and that's how you balance it Find yourself like getting off balance then you kind of reflect and you'd be like ok I could have went to bed earlier you know or I could have went to the class the past two weeks I could you know what I mean Like I could have went to class Like so do y'all ever feel it's hard to like separate yourself from being just an athlete I'll let you start off with that because you had a long time Yeah Yeah Yeah For sure Especially when you know track practice takes up most of our day Can't have a job or like you can't have a typical job It it basically is our full time job and on top of that we got school got classes and stuff So and you know when you're on campus you're seen always wearing some kind of athletic stuff Always got the blue backpack you know just it signals athlete and I don't know Yeah I feel like it's just tough with that with like that that chunk of time dedicated to sports Hard to have another identity sports or whatever your priority So me like yeah I think I struggle with being labeled just an athlete I have that other part of my life that I can you know fall back on So yeah it's an interesting one even adding on to that Like I don't know if it's just me but it's hard to like find like internships that like fit within my schedule You know what I mean Like even over the summer like even like just apply for a job like I don't know what to put like oh what what um what criteria do you have Like I don't know like you know what I mean All I have is like oh I took a couple of classes like you know what I mean But I don't really have any like background just because I don't have enough time bro But you know what Because I went to the Career Center because I was thinking the same thing I was like how am I supposed to get these shadowing opportunities these things Like I'm trying to go to med school but I don't have any things but they gave us like a whole sheet that's basically like you're disciplined and you're in athletics for like 20 hours a week Like that shows leadership that shows commitment that controls and communicating That's something you should really tap into You have like a bunch of papers but like the stuff that we're doing it's like nobody else has that same time to balance those same things Like for me for example like I don't have an issue me as an individual separating my identity from an athlete because I'm like OK like one I walked onto the team you know what I mean So like school academically um I got Caribbean Student Association and Black Student Athlete Alliance I think it's maybe like oh yeah he has yet to be because I

have yet to tell him I've yet to tell him bro I'm about to send you the Instagram after this too You gotta I see a you see it on IG um But yeah it's like I feel like it's mainly like a other people thing like whenever I'm talking to people they'll be like oh yeah like you get this this this this XYZ like oh what's so clutchy You have all this year priority enrollment I'm like no guys Like I'm taking 8 a.m. classes Like what are we talking about So I feel like it's difficult for other people to differentiate me as like I'm a student too You know what I mean I go here I'm working just as hard Um But for me personally I'm like ok I can separate athletics but definitely tap in like you have so much going for you simply being an athlete at UCL A and balancing the workload that other people do Highlight that in your resume like highlight your leadership highlight your ability to balance school and athletics like that's critical but to your point that kind of highlights like um how difficult it is to be an athlete like those 56 hours a day that we're training could be those 56 hours that we're studying like so we have to compete for the same grade It's not like that's factored in the grading comes out So all these non ale that are going to get like a BS whatever all these all these 20 hours a week that we don't have to study them what they do Um And honestly to your point with the internship I just started mine Um you got an inter but I had to get one for my for my program It's actually mandatory for graduate So I started one at the wooden athletic funds Um shout out wooden athletic fund But it's tough you know they're they're asking me for next quarter Like when can you come in I'm looking at my schedule Wednesday morning and like maybe Thursday Friday through Sunday We're traveling yeah we're traveling um got practice every day like just tough Like we have to compete way harder for real world opportunities Like we have we have the athlete yeah we can work hard we can manage time whatever at the end of the day Like when all these people have like real internships that can be put on resumes and like have real job experience Our job experience is just running you know what I mean Like it sounds good in a sense but really when it comes to Real World real World applications are looking at I even adding on to that like it just made me think like not everyone is gonna go like you know what I mean Not everyone's gonna be pro not everyone's gonna you know what I mean So even adding on to that like we really and it's crazy you dedicate all all these hours that I didn't even think about that education for it for me I I'm very proud to have my education paid for but that doesn't mean that I'm set up for after I graduate Like that's still on me to set myself up to stuff like that job And with all these hours I've dedicated to track I

don't have that work experience now I don't have those internships Like it's hard to if you're not going broke those like athletes to non athletes that transition I think I think it's also good though that we picked a school like UCL A because we're in L A So we have so many opportunities to meet different types of people Like even even getting this podcast Yeah even even getting this podcast I went to like the little nil thing and like that's how I met them Like that's how I got this So like I guess just putting yourself out there as well and then yeah because a lot of people like athletes they're like oh you're you know what True true But sometimes like so it is very easy to get in your head though because I'm an EMT Yeah I got 50 hours shadowing whatever I'm like alright alright alright wait a minute now I feel like it's really just putting yourself out there Too True true And honestly sometimes like when all like just stepping out of your comfort zone opportunities like fade It's like who you are as a person sometimes can take you a lot farther than you Exactly So and of course you know knowing people exactly knowing people So being in L A like you know it's really one big hub for everybody everyone kind of knows everybody It's kind of weird especially UCL A you know No she knows everybody She knows everybody Like no But that's good though That's good though Majority four different people But that's good though I kind of wish I had like more like I'm like in my moods where I want to talk and then sometimes I just don't want to talk I would just be like ok like I'm just so tired Like that's true I'm so tired I I'm so blind because I don't have my glass on whenever I see somebody I low key like don't actually recognize So you can't see right now like very poor Now I remember I remember one time he told me that and we were like on the track So people say hey he was like in a relay I don't even know if I know you you'd be like oh hey so you you didn't know based on the voice like but your voice is very distinct So a lot of people have said that some people I've been walking like getting food at one of the food trucks They hear loud dorms Yeah They'll be able to hear me loud Yeah me loud But you actually running my up No I was like no bro All jokes aside UCL A especially is a great place to know people because everybody is going to higher places or what your major is I don't care what you're doing Like everybody is going to higher places True Very true You're smart knowing everybody I'll give you it Ok Thanks for um talking more about athletes So is there any like common misconceptions You think that we um get or like hear like how people perceive us Main thing I tell people Yeah like I'm majoring in molecular cell development biology I want to be a doctor orthopedic surgeon They'll be like

I thought you were dumb What are we talking about Ok Yeah I'm talking about I feel like are you for real or like also another thing which is like way more minor Everybody thinks that we get like free scooters I heard that really came from I've been asked a couple of times like oh you don't get that for free right Like what are you talking about Yeah Completely different than people thinking that like you don't have a head on your shoulders I mean there have been some people where I'm just like ok I see you got here through sports but it's very rare though Like it's very rare but also like to make a whole generalization because also like it's UCL A and no matter how athletic you are there are some schools that simply will not accept you if you don't match the academic Exactly like that So it's like yeah I would say probably two things Maybe one would be that we're like very cocky like full of and the other one would be that we don't associate with non A Yes that was gonna be mine like very groupie because of my friends And yeah I mean honestly now that my social life is kind of gone to the front side a little bit I don't associate with as many non A as I used to but simply simply like back in the day back in the day my undergrad like yeah most of my friends were non athletes hang out with them all the time every weekend We're going out wherever But I mean yeah I don't know I feel like it's weird that they think only athletes athletes you know what I mean And that thing because I'm like I'm not even putting myself on some high horse pedestal if you are Yeah And I'm like I'm just chilling like and it sucks sometimes when you meet people and you're really just trying to talk like I'm trying to talk about school I'm trying to talk about your passion there Oh how's practice Oh it must be hard huh Oh it must be like yes practice is a big part of my life but I don't want to just talk about that because that's not the only thing everybody's multidimensional We all have different passions different interests like as much as I love track I love school too I love painting I love drawing You know what I mean I'm like we can talk about other things like you know No no real shit For real I be like no real shit Mine would definitely be the thing with like the friends where it's like we're just very like clicky right Which and see people every day of course you're gonna be close if you see someone from 42 to 6 basically seven every day like you're gonna get close with them whether you even like them or not like you gotta you gotta be able to and to that point honestly it becomes easier to even take classes with your teammates like naturally I guess yeah you guys appear as like two friends or even other athletes because you see them so much like in a costa or something like that like your schedules and and honestly I feel like too like

they kind of understand more like how stressed you are how like your schedule is so like y'all can kind of study with each other because spoken like familiarity y'all know each other's vibe and stuff like oh y'all busy Oh I'm busy too but maybe we can work together No that's so true That's honestly that's so true Like unspoken but it's like yes like ok who's taking yes like even something is simple when I tell people like oh I'm tired your athlete friend gonna be like oh I know like you just did Some people be like yeah I'm sleepy too I had an 8 a.m. and I'll be like time out I had an 8 a.m. as well but I'm also tired because we was just on the track But you know what I yeah like that like yeah So do you think like right now do you think you do you think that you would date like a non athlete or would they have to be athletic for you to date them I worded that kind of weird But like I know what you're saying Um Honestly I don't think it you have to have something going for like you have to be ambitious You can't just be a go to class go back to the crib No I'm sorry You know what I'm saying Like there's so much to do with this school that if you're not doing something else even outside of the school Like yes it's like what's going on Um I feel like the biggest thing is like you just have to be ambitious you have to have job you have to be wanting to go to higher places because like I'm in that same kind of level you know what I mean So like athlete or non athlete doesn't really make a difference but a if you're not an athlete would really like if you like kind of understood my schedule like if I get back and I'm like hey honestly I just want to take a fat nap then we can get back to it Not them getting mad at you because there definitely is people like even some like the friends I have not I'm so blessed for them They're like my brothers and sisters Like they definitely understand like the timing constraints and like what I go through But like if it was a significant other like my partner they would just have to kind of understand where I'm coming But it's like it's not necessarily just like oh you're an athlete or not It's really just like understanding each other I would say probably as long as you go as long as you all have like your own separate lives can't be dependent on each other That's like the main thing I mean personally I would love for my person to be like active They don't have to be a active at least like in the gym whatever But then kind of what you said like they have stuff going on They're not just like I don't know lazy you know what I mean Like the ambitious whatever Um but yeah they don't have to be an athlete though And obviously yeah that that like mutual understanding of each other's time Like if I'm dying I practice tired as hell you know I don't certain things that I'm really tired you know what I mean Like underlining

understanding So and you really watch you around because when I first got here like there was people that would make me feel bad about the fact that I was busy or make me feel bad about the fact that I was tired I'm like what are we talking And you get like pressured like honestly but like you just feel bad like you kind of like like just you kind of just go just to go Yeah exactly And it's like I'm not taking care of myself if I go I'm saying because it's like I really do need to go to sleep or like I really do need to just sit down eat my food get my work done sometimes Just just be by myself and just calm Honestly I agree Like I've kind of like gone away from the athletes I'm not gonna lie Yeah Just because it's like I don't know especially like at this school like they're just not really giving for like they're just really not like I don't know how to explain it They're just like not giving like like it's very much just like oh like if I ask like oh let's go on a date like oh I'm I'm tired which I understand but it's like bro like if I want if I want to date you if I wanna be your boyfriend like I expect certain stuff and it's like what do you mean You can't even take me on a date like they're just gonna sit in your room like right And that's my biggest thing about you That's why that's why I'd rather just date like like just a regular athlete Like I mean regular student like engineer business like you get what I'm saying you know chemical you know like something in that realm or even somebody that does like my major like communications like that Like you know what I mean I just like also selecting about non athletes that I realized and obviously does not go for like every athlete but a lot of non athletes like I just feel like they'd be mad down to earth Yeah it's real humble Like yes I have all this going for me But at the end of the day like if I'm I feel like the one that I've met let me clarify the ones that I've met because I feel like if someone's not down the earth I just don't really associate it So I'll bring it down to the people that I know that are athletes they're very down to earth and it's very like ok like if you're my friend if I love you or if I'm trying to pursue you like ok this day this time let's do this You know what I mean I feel like also we're at an age where it's like you kind of need to like fit into my schedule You get what I'm saying Like I have a certain like not even to sound like you get what I'm saying Like like you gotta ask like hey are you free December 14th at two o'clock Like I you can't just ask me like oh are you free tomorrow Because I'll most likely either be out of practice or I'll be doing something else like to get money or just something like you kind of got to fit into my schedule Right And that's why I be like you you just gotta have a plan but that's like whether you're an athlete or not an athlete like you just gotta be kind of like on your stuff and



that goes to meet you like you you're on your stuff I'm talking about two different lives Yeah exactly Like I never ask anything of you that I myself am not doing it Like living up to that same standard Yeah So interesting question I agree Because have y'all ever had like a friend where it's like they're so like reliant on you to like like for their happiness or like not even just like not even just like boyfriend girlfriend But like you've never I would say I have and it was like yeah no I had to cut her off but like like we were like really really good friends and yeah I had to cut her off Like it was actually like it was actually so sad because it's like I I wanna be there for you but it's like if you're treating me like this just because like of what's going on in your life like I don't deserve that You know what I mean Because I feel like everybody has something going on and also to a degree like it sucks sometimes if they're not like that at first and then all of a it's just so random Like that's never happened to you being here that never happened to you because like you know like with the like with the stress of like school like because you know a lot of people are like failing their classes like they just don't talk about it You know what I mean I guess being the male here on the on the on the girls I guess I don't know I feel like I've never really met a friend who I mean to be honest I'm very sex with my friends as it is already Like I'm not I'm not really the type to you know associate with everyone close but I feel like you know to even be in that circle Yeah we're not dependent on each other at all We we like vibe and we we associate well and we have jokes whatever But I've never really had anyone who like eyes on me It depends on me to like to like the emotional level Like I don't know I I got a question to you Oh I was gonna say like that's my thing Like I know mad people But if you ever ask me who I'm hanging out with it's the same Yes Yes it is the same people and it's like we we all act Right You know what I'm saying It's like no like there's a certain standard of decency there's certain boundaries that you have to have like that we just don't cross It's like I'm never gonna sit here and expect you to drop absolutely everything Corrupt your academics your athletics your this because I'm having a bad day a bad day You know what I'm saying Like yeah So no so I have a question because I saw this thing and it was like um guys like their friendships are very like surface level So do you you don't think that's true I would take I would take a bullet for like any of my roommates you have like serious conversations Sure OK That's really good That's good It's not just about girls like mind you like I think it it's so deep that like if you ask me surface level stuff I'm like I have no idea But if you ask me like I don't know something super super deep my

boy might be struggling with No I'm not I'm not gonna tell you that for myself I know that information I know everything going on with them Like you know we we welcome Who do you stay with I'm with Cam Seymour ish But like our group our group is beyond that of course But yeah we're like all super close to be honest I feel like that whole like super I feel like it's only for anybody like you either have good friends or you just have bad friends and you're like talking about crap you know what I'm saying And that can be for like anybody across it I feel like that's the difference though between like a boy and a man You know what I mean Like little boys be having just they don't I feel like little boys and like even like little girls even little girls they be yeah like they be having very much just like surface level like nothing I can't stand a oh my God What did this person say to me one time Oh like you know when you give somebody a problem and a solution So something so simple they'll be like I don't know if I should do red or blue and I'd be like ok you should pick red because it's but the blue is So why are we going back and forth Yeah I'm saying it's like this this is like you know what you wanna do It's like you just want to talk about it but it's so minimal in the grand scheme of things Like obviously that was a very like shallow ex example but it's like you know what I mean Yeah like people it's like you know what you wanna do you just gotta make up your mind and your decisions for yourself Like you can't always be asking people to like guide your life for you Like you can't do that but you got it's also important to have friends for those like yeah to to set you straight to set you straight For real Yes I know Um whenever I go through something I'm like man I don't know what to do Lawyers will be the ones Well we know even my sister imagine you would like to do this because they know me they know like what I what I what I represent what I you know so yall might ask for the surface level stuff and of course that's not something to go back on back and forth whatever But like I think it's good to have the friends that when you really don't know what to do because you have to be able to trust them and they could hold you accountable You surround yourself with good people You know what they're saying to you is actually in your best interest and it's only gonna like push you to be better Like I know that you're not telling me something at the detriment of me because there's also some people like you know like they're secretly hating I secretly envious and so like they'll tell you to give you advice Yeah So it's like you surround yourself with good people That that's the LAL A Hi Hi But going to the next question that kind of goes into it So none of us are from Cali I don't know if y'all ever said where y'all are from

Um and I'm from Jersey Yeah But um so none of us from Cali So what was like the biggest thing coming from the east coast or like the north um coming from the north and the east to like L A Um I'll start with east coast to west coast Specifically northeast People are very to the point like that's how it is in the yeah that's what it is in the south but it's very sweet in the south and up north it's not sweet It's like what are you doing that for Like but people are that's how you know if somebody actually genuinely values you because what they say is exactly what they mean and if they're gonna ride for you and if they're your friend that's how it goes I feel like everybody out here is very concerned with I'm not gonna say everybody but like people out here in general are very concerned with seeming nice rather than actually being kind You with that one You you you you I'm so helpful I'm so this like I'm so kind I'm so considerate They just want anything but they don't actually care They want to seem like a good person on the outside but that's not their character So it always falls back or like oh yeah I'm a shitty ass person There's like it's an example like that somebody gives about like a car Like if you pull over on the side of the road your car like your tires messed up You have to fix it Somebody out here would be like oh my gosh I'm so sorry Like oh my gosh Like I hope that it gets fixed Like I'm wishing the best for you positive energy positive vibes and they're gonna drive off You know what I'm saying Back home they're gonna be like what's wrong with you Why would you hit that curb Of course your tire popped move over Let me do it You don't know what you're doing but they're gonna fix your tire Yeah it's like tough love Yes Yeah No no no One time I went on a date with this guy and um he wanted to get his he went to get his car cleaned and he was so surprised that I wanted to help him like clean his car like just like just help him clean it I was like and he was like well he was like he was like well none of the people out here would ever do that Like that's so I was like what Because like even like even like back home like if my dad my dad would be like you're gonna come help me you know what I mean Come help me clean the car Like and to that point whenever I do something for somebody just out of love you want me to pay you back to y talking about like no I Yes that's like that's like me if I asked y'all for \$3 each for the Uber here Like like it's like hey if you need it but like that's crazy That's crazy It's like you got me I got you Yeah exactly Like that's very different from out here Um and not saying because like I'm from Jersey but my mom's side of the family is from the south My dad's from the Caribbean So like there's a lot of differences in my house But like overall like that's the kind of vibe that I get out here So I'm gonna be honest I don't I

don't know I find it hard to differentiate a lot because I feel like the biggest difference in Canada is the amount of diversity because our our immigrant borders um way more easier to get into Canada is the state So naturally a lot more diverse people and a lot more diverse culture over there Um But and you know that comes with this great community there's like nice Indian families for example But then there's also nice families here Like I don't know I don't I don't really see too much of a difference Honestly I don't find that it's that fake in LA I feel I feel like maybe we have different he has he has met the wrong people he hasn't met the wrong people yet been around for real But like I feel like in L A if you are at least like nice and I try to be like very if I don't even know you then I try to be the nicest guy present myself A nice guy So what I or you know what I experience is people reflect that same vibe or whatever energy you go in with you get back OK But miles also you gotta understand You're not like you're you're you're pretty like you're not you know what I mean And no but that's like a big thing L A people here are so shallow to where it's like I feel like I feel like if you weren't as attractive you know what I mean The vibe would probably be different and I feel like it's also different for a girl even if you are attractive like because I know certain people treat me the way I do because I'm also an athlete Yeah something that you have to offer them I feel like in L A in my opinion I would say yeah the the attractive girls have it easier and like the rich successful men have it easy on either of those categories then Yeah you're like you're you're you're treated differently you're struggling and I feel like it could low key be something even as simple as like making plans Like I feel like back home like low key word is law and if I can't make something like if I make a plan I'm like hey we're gonna meet tomorrow 5 p.m. Communicate Yes And if something doesn't work out I'm I'm so sorry I have this going on but that's like hours in advance Is that with your friend group or that with like professional people This is with your friends like even even something calm and casual Like if I say OK we have this at 5 p.m. de I'm gonna stick to that as best as I can out here People are so quick to be like flake or not even let you know type deal Like they won't even let you know they'll just be like five pm will come ah my fault Yo I got that I'm like ok well why didn't you just say that Like it's I'm very happy on the just say that like it's not rude of you to just be like you know what I actually don't feel like going or actually that's not what I wanna do or I have XYZ for it and I feel like that kind of goes into the people try to be nice thing like they wanna make it They're like oh yeah Yeah Yeah like I'm so down like let's go here

let's go here So now I'm thinking we're now I'm thinking we leaving at five pm tomorrow Hold time You never want to go in the first place So then when the date comes you're like I like you you know I gotta walk my fish You know what I'll be honest when did you get flak multiple times just out here Like just plan That's never happened to me And it's not like they're bad people and it's not like they're trying to be rude or nothing It's just like low key of culture Like people are just very comfortable being like uh actually you know what I'm saying That's why there's not my people like not my friends never But you know what I'm saying Like people I've definitely had to distance myself because I'm like you could have just said that like you're not even answering your phone you're not even texting like you're not even communicating Like it depends on the person though I on the like cause hearing you say that I think admittedly I'm guilty of that in certain scenarios but also only with certain people like if it's my people that I care for I don't then I why would I like you know flake or at least I would be upfront you know I can't do this can you type thing But I think you know looking back on like my years here that there have been times where I flicked just simply because I didn't care enough though you know what I mean The difference and that's my thing because I'm the kind of person to be like oh if you don't wanna go to say or I be like if you I'll literally be like hey if you don't want to do this just say that it's ok but it's still when people press No no no I'm so I'm so down I'm so that's you know what I mean If somebody like they like they do a lot you're doing way too much and you didn't want to do it in the first place And literally that's ok Like it's literally calm That's ok But why are you making it such a big ordeal such a big issue Only to just not show up you know what I'm saying That's the thing that be because you can tell when you're not close to somebody and that's like a whole different scenario you know what I mean Because if there's something I'm not close to I don't wanna go I'm a I'm saying you know what I mean I'm not just gonna be like heck no you know what I'm saying But absolutely not But I'll definitely be like uh I don't know we'll see I think that's what we'll see is crazy I like I may be able to you know but I also just say that to my friends like if I'm not certain I'll be like I might be able to let me check my skin for me I'll literally just be like I'm gonna be honest I don't I don't really want I'm gonna be honest I don't But yeah but that's just how it is Like people here really I feel like they take that a certain way Um yeah No I like I like I'd be like I'll be honest like I really just don't wanna go or like you know what I mean I I feel like I say that but that's just how it is Like it's better than Bush at the end of

the day when that day comes I don't even beat around the bush now Like it hard to do though with with certain people like you don't wanna you know them Yeah You wanna you wanna upset them So you're kinda like oh yeah maybe maybe But but I just feel like back home everybody's very like what they say is what they because when I tell people like hm I might be able to let me check That's what I mean You know what I mean If I actually don't want to go I'm just like yeah I'm not interested Like I'm I'm gonna be honest that's the biggest difference out here People out here in general are gonna try to be like oh I don't want to seem like I can't go I don't want to seem like I'm dogging you I don't wanna see like I'm busy you or like I'm not interested you know what I mean I think that's where it kinda comes into play The kind of difference from the west coast to at least where I'm from northeast because everybody back home is very blunt but there's nothing behind it like whatever I say there's no tone or emotion It's just no I just don't wanna go Oh ok Cool You know that's how it is I feel like honestly it just depends like the person that you're talking to like if they're sensitive or like how they take certain stuff You know what I mean Because also I met mad people from out here like them people from like Carson Long Beach Englewood Like I don't know something about those people that I've met I just they just San Diego they just they just be chilling Just be cool Just cool Just real honest There's more places in there but like those L A is different Yeah I think L A is different You don't think so I don't know I well like I think personally I don't think I've been around as many cities to be able to tell honestly but you can't tell like I can just always tell when someone's like oh I'm from San Diego I'm like ok I could tell you were I could tell you weren't from L A for real Yeah because like my roommate is from San Diego So like I I agree I think when I meet someone like from Stockton for example Stockton that's I can meet people But like those people I don't know for some reason they're like always like very fiery and very like whatever I no I mean like that's just just Stockton as an example but like LA I don't know I feel like it's very mixed very dependent on very depending on who it is You can be from Inglewood You can be super super honest with and some people like very sensitive they want to start a fight or like like start some kind of drama or something I'm like and I and I hate like drama situation all that So like you know has anyone ever tried to fight you No not in L A 00 not in L A Not in L A Has anyone tried to fight you here No because I just people don't try to bite me here None of that No no no no no no It's about boys That's what I'm saying Like that's what I'm saying Like it's like it's like it's like stuff like that Like

it's about like boys like boys I don't care about what kind of what kind of person tried to press you I'm curious like wait it was a non ale but like are they are they they cool They look how are they like are they like very like fiery Are they very like dramatic or you actually did something No I didn't do anything No no no no I actually didn't do anything No no no no I actually didn't do anything She just she literally just assumed like she just like she just assumed and then she kind of just went with it So and then I and then so you know me I'm kind of just like looking dumb because I'm like like what's going on like what's going on I'm big on it It's not beef Like we just don't necessarily have to associate that But I have heard people be like oh Jordan she said she don't like you da da da I just said hi to her yesterday What are we talking about She said hi to me That's what I'm saying Talking about like yeah that's something I don't know maybe real ditch behind Right I just don't like drama and I'm just like if it really came down to that and we really had a problem I feel like you could have just said like hey you know when you did XYZ that run me the wrong way ta da da But if you never said that then it's like because you know you're in the wrong like you know I actually did not do anything at all and that's because sometimes you just don't gel with people like no beef stuff Like sometimes people just aren't your people that's ok You know what I mean I feel like people just gotta know how to walk away and know that it's not no beef It's not no it's not disrespect It's not nothing You're a great person You're just not my friend I'm not your like but do you all think that that scenario comes around more in women or in men like in terms of um communicating like if you have a problem with someone like honestly like like for me personally I've learned just like first scenarios like that If I know it's about a guy I don't even I don't even step to her Like I don't even care enough Like I don't even care enough I really only ask like what's the problem if I actually care about you Like if me and if me and George Jordan was being weird towards me I will come up to her and ask her like a girl like what's going on But if it's but if it's about if she said something like oh I think you want blah blah blabby crazy stuff that you know I'd be like these like I probably laugh at her face for real I'll probably make her more mad because you're not being serious Yes serious You know what you're mad about that You get what I'm saying But if it's about something that like if I know that I actually did something most of the time I'll usually come up to the person anyways before even because I would just feel so bad Like that conscience that conscience gets me So I'll be like ok you know what I mean I'm just gonna come up to you straight and I'm just

gonna tell you like hey I don't want it to come out and make it seem weird Like if I was acting weird like whatever And I'll just I'm like that type and I feel like because I have I have a lot of guy friends I have a lot of I have a lot of guy friends I feel like I feel like it just comes into play with people that just aren't your people Like I feel like people that you're close to that'll never happen People that they love you they respect you because if I ever do anything to rub you the wrong way you rub me the wrong way we can talk about it and we can I feel like we can discuss maybe the people that just you meet and it's like they don't know truly who you are because that's when they start making assumptions about your Yeah And they think that you're doing some weird thing They think you're going down then they start being oh I don't like her because of XYZ But then it's like they keep not liking you because they never actually come to you and address you because I think I think that's another thing because I was I'm so used to having like long friendships Like my best friend I've known her since kindergarten since we were like five You know what I mean Like majority of my friends I've known since middle school kindergarten elementary school Like so I'm there like a foundation like you know what I mean Like I like to build friendships like I don't like to just cut you off after a year or two years Like that's just not me So coming out here and then having a friend and then her just randomly like turning on me that was so different to me Like that was like a whole like turning point like girl like I just talk so highly of you and now you're trying to fight me over a man because I thought we were I thought we did get what I'm saying like it's like that but I feel like I feel like it's different for guys because you know even for guys I feel like like there I I personally I don't think I'd ever fight a guy over a girl per se unless it was my actual if it's a close friend I'm like what are you doing Rather than Yeah but other than that like free you're free to do whatever I can I can't say anything I don't have to say anything Um And yeah I don't think I mean especially with my group here I don't think we've ever fought once Like anyone in the whole group never fought once especially over anything serious Like yeah I know I feel like it's definitely like very person dependent very very dependent on the individual Um But I mean if you keep your circle close yeah you having problems unless like you said it's with that person who doesn't really know you then it's like I can if you rub me the wrong way then it's like I don't like Yeah Yeah Like I think honestly my kind of bad habit is like if I get rubbed the wrong way like I don't really you I don't really forget it Like I just don't no no no I'm the same I'm the same way Like like if I see you do like if I if



I'm meeting you for the first time and then I see you do something I'm like mm like like I'm gonna still be like and then I'm gonna start still like peeping stuff or like hearing stuff then I'm gonna be like yeah OK So I was right I was right because you are kind of off a little bit I feel like that be your intuition though Yes Protecting you from people that just are not meant for you They're not meant to be in your life for real at all I'm spiritual That is not meant for it to be in your life You don't believe that I can't say I do But I I mean I guess I do in a sense like clearly if I don't get that vibe do you believe in like soulmates and like soul ties and stuff I wanna say I do I wanna say I do but I don't know I'm not old enough to to speak you know definitely still life to live But um I would like to say yeah there's that like yeah we are so young So do y'all do y'all ever get scared Like what's gonna happen after college Have you ever you've hit that already I know Yeah Yeah You know you actually are tripping because I'm thinking about it now too and I'm only a junior like I still got a whole year I'm in it now Yes That's what I'm saying It is stressful and like honestly seeing people in my program like scramble because people even graduate this quarter and seeing them scramble what they're gonna do next where they're gonna scary will for example is a perfect example because he graduated this quarter and he's like no I don't know where I'm gonna live I can't live in LA I like that that realization is gonna hit me pretty hard I feel like me being from another country I I'm deported back You know what I mean Like so so that is like so you know it's like do I even want to have I want to continue my life here Do I want to continue my life in Canada that off rip I'm like so I'm already if I go back home what do I do back home If I if I stay here what am I gonna do here You know what I mean Like so yeah that's do you think you want to grow like have your family in L A or do you think you want to go back to Canada personally I mean just out of fear I'd rather live in Canada Canada Honestly Canada doesn't sound that bad at all You know I I have a cat Maybe I never I never lived in the east coast Yes girl Go to the south Honestly I think I'm gonna move back to the south Really My uncles live in Charlotte What's that for No I mean like if there was if I got a job here then yeah but I don't think I would want to raise my kids here just because also I heard that the the education is not good here Yeah Like like like Bailey and like Zoe and all them were telling me how the education system is just not good here I did not know that in Georgia they don't play they don't play test scores they do and what to do a standardized test NJ Oh I don't know what that is You guys speak English No I don't know what you're saying But uh I don't know I don't know if I could raise my kids

in the States just off of like honestly um stereotypes of being in America get shot when I drop them off like that I'm sure I'm thinking the extreme obviously but coming from But that's so it's sad though You have to think like that But it's so like in Canada we don't have all these gun laws you have That's what I have that sense of safety when I drop off my kids Um so yeah but like the flip side is that I feel like in L A at least there's so much opportunity to do whatever you can meet Whoever you can find niche jobs You didn't even know existed and a living you can you can find a job here and then just and then just move when you know when you want to start a family That's what I'm saying Like you know I don't want kids until I'm about 30 So you know Oh ok Like when do you want kids I could see you being a young dad though like having a kid like next to you that yes that 27 and 28 I feel like it's reasonable like approaching my thirties But I want to be I want to be in my thirties having having my first kid a little young but you know what I'm saying I think my dad was like 33 That's too old for me is like yeah it's time Give me that little that little you gotta find a wife first too So of course you know we got some time You do you do you do you do you do But the kids not coming for the Yeah look at this guy Get along this guy Ok At least at least not maybe And then we just never get nothing in the ma like yall got you can do like some singing Y'all are just doing the little singing right before the show Give him a little live no relax a little live show We'll see What am I getting invited to y'all wedding or what Yeah Honestly Yeah If I get married yeah I mean if you get married you get married because I have to find someone that I would want to raise my kids to I gotta find yes spend the rest of my life with like I feel like people don't really think about it but like you gotta you're gonna spend the rest of your life with the number one and they're also gonna raise your kids So you gotta find someone that really has the same kind of morals and the same kind of values as you as well because they're gonna be raising your kids and that clicks with you in different elements because me being here at school versus me being back home versus me being with my family versus me being with my friends You know what I mean Like I'm the same person but there's so many different levels to me and it's like you gotta be compatible with it all at Thanksgiving We sing a carry You just want to sit at the table and eat your No Come on get up you're singing with I'm gonna be honest it's gonna be hard for you to find a guy with as much energy as you got no no no no not the one But like I've seen people but you know what I've learned too like I know they exist fair enough You know what I I don't know if it's just me but I like I like talking to

people that are like the complete opposite of me Like I wouldn't say I'm as energetic as Jordan But you know I like to I like to like you know I like to go skydiving I like to go spontaneous Yeah I like to do like spontaneous stuff And so finding someone that's kind of like like the opposite of that but still wants to do it I think that's what I need because then they can also just calm me down and like you know what I mean We can stay in and watch Polar Express and drink hot Like because I've definitely like encountered very like calm dudes and I love being spontaneous because when they when they when they're too spontaneous and too just too much I'm like ok like dang am I just annoying Like I know myself I'm very like nonchalant just chilling out You want to do this Let's go Yeah that's what I'm saying Like that Yeah I mean I look at someone like Jordan with a lot of energy I don't know if I could if I could if I could raise myself to that level I like I'm not singing karaoke I'm be straight up And you know what I mean It it's just not my thing but that's what I'm saying Like even just messing with my thing like I don't expect somebody to have the same exact energy as I do because also so I got a DH D too you know what I'm saying A lot of energy but like people that just match the vibe you know what I mean Yeah Yeah That's what I'm saying That's what I'm saying There's literally no issue but like if it starts being like a yo you're not having a good time that's the kind of thing you know it's like you're still present I think that's very different than being like closed off like isolated in the space You know what I'm saying But that's like a compatibility thing also because again people can be good people but not like good for who you are as a person And that's like literally perfectly OK I was I was pretty deep but you know what the problem with compatibility is that like that's only I feel like that's like the first service level thing but after that it's like finances then it's religion It's like where do you want to live Where do you where do you see us living in X amount of years Like how do you want to raise your kids How do you raise your kids What is your I think about there's so many questions like my boy back home going through right now He is He's in his first relationship in a few years He like loves this girl whatever But at the end of the day he's Muslim and she's Christian It's all like like parents they all they're all cool They're compatible whatever They like have a great time But the are like what are you gonna do later He's like we'll find out later And to me that's like that's a good enough answer We'll find out later because that's like that's like that's like that's gonna come up at some point Yeah How long have they been dating for that long Probably like around a year But still like he's very like very like very good like honeymoon

last at that For real I mean you're not old that 22 ain't that bad But um relax relax people getting married at like 23 people Yeah people do people do people do but you never know I mean a year is enough time to know for real You think I feel like you need like you don't think people will be getting married in like six months That's crazy because I feel like you really have to know because as you're saying all those other levels it's gonna come out it's gonna come out and like sometimes people do get married that fast and it works out because you just so happen to be compatible as you're going through those stages But I really feel like somebody has to get to know you they have to get to know your family you have to get to know their family You have to travel together You know what I mean Like there's so many things you have to do to see like hey oh my God travel together Yes they're gonna travel together Hey hold on Why is that a big thing Because I feel like when people because then you see how they live and like also you see I like you're into new things because for me personally like I'm very big on a I want to explore you know what I mean Like I've been a lot of places I've been to like South Korea I've been to France I've been to Lux I've been all over the Caribbean Like I've been mad places Yeah I like somebody who's like hey you know ok let's taste this new food Like one thing about me I can't really hang around like really picky eat Like yeah you can be my friend but having like a strong relationship with somebody that doesn't want to try new things That's something that for me I'm like no because if I wanna go to France and I'm like oh let's try this instead of that I'm so excited and you're like no no everything I no no someone that's just very like like uptight I can't do uptight That's what that's what that is But that's like something I wouldn't know until I you know really start going out with You really start going and obviously it's not gonna be three like three years in you not want to try a duck is not gonna make me you know duck is good Duck is not good But like you know what I'm saying Like have you ever have you ever tried Our legs are so good fishy chicken Yes Oh my God No But you can also see how they live because it's like um you can see if they're dirty You never had like a roommate like even having a roommate like you can see how that person really is I I get you know what I mean Like like going like I don't know how it is for guys when guys do y'all be doing like guy trips Ok So like so like so like when girls be doing girl trips like you can really see how your friend really is Like is she nice Is she polite to to like the custodian not custodian waiters Yes But other people like you can see you can see do they do they do they leave just everything everywhere in the room Like people switch up

when they feel entitled to something like when they get in a hotel and they're like oh they're supposed to Yeah Yeah Yeah Yes But that's a matter of how you're raised though being raised by Jamaican dad He would not tolerate any of that He would box me the second I you know try to try to do anything rebellious or whatever like that So that so now me being an adult I want that same um like philosophy other people who don't who weren't raised like that they don't really care You know what I mean That's crazy to me though But that's also why I feel like you have to wait before you really are like ok I want to marry this person because I feel like you don't really get into the depths of like this is how you were raised when I hear six months like 90 day fiance Yeah Oh my God That show was so good They just marry for a green card Yeah Like so like miles could do it for like three months and we have to get married is like the whole point of the show But like some of these relationships are so off It's just like no way You know you can tell that some of the most majority of the people on there are literally just doing it just to get a green card Wow that's insane That's insane Or they're just like cheating on their partner the entire time they're in the United States and it'd be so sick to me because also sometimes like and this is low key off topic But like I feel like people when they're in certain relationships like in the back of your mind sometimes you know when people are not good for you whether you want to detach from them or not like maybe you feel a certain sense of attachment maybe you feel like ok but I really wanna be around this person I really wanna like you know what I mean I really wanna be cut up to them whatever whatever But it's like in the back of your mind sometimes you know like this person is not good for me and long term this is not something I should pursue But I really think that just comes down to like are you willing to lead I mean are you willing to put in the work to just be like ok you just gotta focus on yourself type deal or like you gotta really just find your right because sometimes you meet people that are at your level So the people that you're attracting the people that keep coming around you aren't that great Sometimes you gotta look inside and be like OK what am I doing You know what I mean What am I doing What's going wrong You know No I have an equal side piece You keep dealing with people doing this They keep cheating on me They keep it's like all right bro like you had to have been peeping the signs at some point That's why I feel like I haven't gotten into a relationship in like two years because it's like when I when I peep something I don't like or something that I've seen I'm just like we can be friends but I just know I'm not gonna date you So I'm not about to waste your time You get what I'm

saying And so like and I just know it's gonna I just know it's gonna irk me later on So I'm just like why would I get the ick or anything or do you just say something That's like I don't know I can hear it Yeah like but that's my thing though I feel more people should be very just like honest with themselves You know what Yeah because y'all might be y'all might be great friends because not everyone that you meet you're gonna date You know what I mean True true You can be very clear with you can be very like hey let's have fun while this lasts and one week you know what I'm saying Like because some people are like you know what I only some people can't do that I'm saying But like if if somebody says that off rib and somebody's like no like I want a long term stable relationship Like maybe you should find someone that temporary you go find something temporary I'll go find something long term You know what I mean If you say that it just eliminates a whole lot of problems later That's the level of maturity though to understand And I think admittedly in my past like throughout the years I think there's been times where I should have like been up front I should have had that self aware should have been more upfront and more like you know understanding with myself and what I needed and wanted whether and then not like damage the other person you know what I mean And that's what you guys now that I'm older I can obviously reflect and look back and be like well like that that scenario was bad or I shouldn't have done that whatever But have you ever apologized Oh yeah But like how far can the apology go Like you can apologize you can say sorry you know as many times as you want to but a day sometimes damage like hurt that you hurt that person that a part of growing up too Yeah like you're not gonna you're not gonna be good with everyone you know so you can't beat yourself up about that That's true because we're all human We're all gonna make mistakes Yes we're all gonna accidentally hurt somebody at some point in time Like of course there's certain stuff you know you can't really go back on but like you know Right That's another thing Yeah understanding consequences of actions and something that I've learned over these past years in L A is like sometimes what you say or what you do really will like like I feel like me personally in high school I was kind of felt you know like oh well we're still always close Like it will always be all right But now that I've come to a whole other country with all these people I don't know I have to rebuild or start all these new friendships relationships whatever like consequences of how I act What I say uh what I do really do like either rub people the wrong way forever Like I so true And you don't even realize either Like so I know like I've

closed some doors that will never be opened again and and I can look back and like feel sorry for myself in the sense that like I feel bad you know But um that's been like a big thing is like understanding is having an understanding of what the other person is either going through how they're feeling Um and just like you know also having your own self awareness to be honest with that other person You know what I'm saying Like yeah I don't know what you like You can only get the person you see like one time and then once you mess it up you're never gonna get that exact same person Like there's gonna be some sort of level some sort of ah I don't know if I trust you Like I don't know if I believe in you the same type of way because me hey I wanna cut somebody off like the second you start doing something weird or like I'm like wow you really don't care about me care about my feelings I like I'm keeping stuff that I'm like wow that was actually completely inconsiderate I'll never see the same you know like there's some people I'm really like I'll never see the same Like even if it's oh hey we're good We're chatting with da da da It's like I may never be as close to you So I feel like yeah like consequences It's good to reflect because also as you do and as you make those mistakes you can be better to future people You know what I mean For sure for sure Because sometimes those people do let you back into their life you know them as a different person you use a different like you never know but that's real that's real Sometimes the stuff you do you cannot take back I take it back So you gotta be mindful You really do It comes with age though Like I'm I'm a way different person than I was four years ago I was freshman year and just like you know having that compassion for other people not even just a relationship with friendships So like people you work with having to always you know keep their emotions in mind as well Something I've had to learn the hard way the hard way the hard way But it's like that with us just being away from our parents and not being underneath like underneath them Like we don't realize you kind of how protected we really are And so we're like out in L A and you're basically by yourself you know what I mean So everything that you do it's because you that's what you wanted to do Whereas back home you're thinking like dang like my mom I see this or like yeah like you know that's real and also I feel like it goes to show like because you can always tell the kids here too where it's like their parents didn't really you know get on them or they got on them too much I feel like I can always where they let you too free and that's not much of a problem is a problem wilding out I'm like yeah on your actions gonna catch up to you They really are But that's why I feel like that maturity comes in too

because also I can recognize when I'm I like that that's when I apologize I'm like yeah Yeah But some people like to be in denial Like some people like they like to be the victim Yes And they like to be like I can't believe that y'all did this to me Why is everybody ganging up on me What are you talking about Like we're trying to come to you out of love We're trying to be like a friend Like I really think you just need to change They be throwing the rocks to hide in the head man What was that Throwing the rock behind in the hands Like yeah like I never heard that Have you heard that I heard that Yeah like you're doing the damage but you don't want to take accountability because for me most of the time it's literally just a sorry And you know what I mean Because I'm a very forgiving person It's just like a hey I'm sorry And I'll be like we can really talk and that's my biggest thing if you can't apologize Like if I bring up something to you yes me is trying to do that trying to dismiss it and not even like just address what's happening bro Just no accountability no accountability at all Just recently I was dealing with somebody like that and I was like oh we cannot be cool Yeah this is the same because how can you not see that Like the the wrong in your like I'm not even tripping I just want to talk about it sometimes Just a conversation a conversation like I just wanna see what's going on I feel like it's because they know that they did something like wrong You know what I mean I don't know I say you got it heartless heartless man Same here Ok Eat some dogs Don't what I don't know What does that mean I don't know Some dogs eat some dogs don't some dogs don't Ok That's crazy So what do you what do y'all think has been the most memorable like trash talk Um Like me trash talk me Yeah like me I think that or like a time when you were like dang like are we about to fight for real That's crazy Yeah I don't think I've ever seen anything happen where people about to fight like within the team but I think like my first us cucla I ain't know the beef was that Which one was Which one of your first was Last year I was all of a sudden we have the end of that four by four That's cam come around the bed He it's the year later cam was on the same shit Oh sorry On the same a year later cam was on the same stuff He was he was in the stands like cussing out all the parents and I was like but like because it's actual serious beef that y'all know like at UCL A you're going right back at us C they was out here Yeah So when he came around and so last year when he came out with the twos down I was like they was mad not gonna end very well But I think they would have fought though No no reason why I don't think us C boys don't give me like I mean even us we don't we don't really give like I feel like at the end of the day it's not



worth losing your trackers for you Yeah of course I would love to like so whoever if I'm not going to be punished for it but knowing damn well that after this fight is over I'm like kicked off the team I'm like deported from the country It's just not worth it that it's just not worth it to me Yeah So I guess it's all fun and games really Like no one I don't think anyone cares to get physical for real Right Do you think about the major long term consequences Because honestly bro the people that I'll be seeing fighting I'm like why do you think that you have nothing to lose right now You know what I'm saying Like why do you think that you have nothing to do You see I know you got something to lose I'm saying at this age like to actual physical fight another guy it has to be about something that actually see like it's gotta be a truly box offense Yeah I'm not boxing somebody over attract me I really don't care that much but like it's gotta be really box with me I'm like it should never get that serious in the first Like I'm a big I'm gonna just walk away because there's no way escalating like this We do not need to be talking right now But that CV that's coming here The beef might come back You never know I'll be damn it What about you What's your what's your worst trash talking to me I don't know I don't really trash talk I I keep it real cute I keep it real classy for real I keep it high jump One thing about me laughing I high jump is different though That's because they don't be out of breath We be out of breath I mean y'all be getting out of breath I'll be getting out of breath but like still before like I'll be revving myself up I'll be like yeah yeah Like what was it in New Mexico They had that music open before my jump I'm over here digging in on my because they had good music I went to jump I was like yeah girl that jump was good I'm saying they were like you're the most uncompetitive competitor I've ever met in my entire life I'm like no I'm competitive like I want to win You just keep it fun because like you did a great job If you jump hard on me I'm gonna be mad I need to do that And that's good You got the mindset though Sometimes the pressure would be kinda crazy Especially a different though Why you say that Because in high school when I would it's like that person is directly right next to me It's literally me or you you know what I'm saying And like also when you have those expectations of other people being like OK you're supposed to be first you're supposed to win this you're supposed to win You know what I mean Like there's a lot of more pressure I feel that comes with sprinting specifically as opposed to like field events because like at the end of the day when I'm going to jump I'm by myself I never thought about that and somebody can jump higher than you but they can have a bad day or I could be having a great day Like there's so

many factors but it's more individualistic in a sprinting race You know all of a sudden that person is coming around you then all of a sudden oh I got like three more years of speed left in me to finish at 200 I don't sprint in college but like in high school when I did I just think it was kind of different And I mean and also to that point like you have multiple times at a job we have one race Exactly Ask me saying that all the time Yeah you only got one shot and I feel it's a lot easier to feel sick Like I'll be like did they really just pass me in these last 10 minutes Like I feel like it's easier for somebody to feel like that versus like for to get to your head For real Yes because you literally passed me present time with 10 m left or I thought you and I'm gonna come out Great job man What man Yeah Yeah I remember in college or not college in high school we at Drew University racing I passed I can't run that Be on the 300 I turned around tried to it was a girl I she went for like Madison or something I don't know I turned around started like great walk off I was like all right Like it's fair enough I don't know I feel like last year in the sprints there was a lot of trash talking going on like with um everyone who was dissing Shan Mazza Gandhi I don't know if y'all know who that is Who Sean Mazza Gandhi Is that Houston 100 people were dissing him Yeah like come across the line eye contact like staring him down through the two hundreds Like it was it was personally personally I think it made it interesting to watch by like in that Like if that was me I'd be very heated I wouldn't like it You know what I mean Do you low key feel like because I know some people would be like oh that's what the sport needs that because you don't like football or maybe having like beef and competitive like that Do you think that track would get like more views if there was more stuff like that You know I think it should be like that to be as bad as it sounds And I'm not I I hate trash soccer I'm not really like that but like I think it admittedly makes it way more I'm into it myself Like example like the rival like the rivalry like more people go out to that meeting just because they they like you know and I think there's a to a degree where it should be acceptable Like if I'm I'm yeah Yeah You know what I mean If somebody's a little mad that's one obviously nobody's gonna be boxing in the middle of a race Like that's insane because I remember back home we were like at Clifton or something This boy dropped the baton middle race What's up Whoa That's insane That's that's insane But I think a healthy level of competition a healthy level of trash talk like low key like the sport could you know what I mean They could get a lot more recognition for that I don't know I've been thinking about that sometimes I be like hm I wonder but do the women of of of track really talk

that much trash though I mean I I look competitive but I guess and the Jamaicans other than that that's about it I think that's ok Most of us keep it like cute Like but you know what that's why she got so much hype around it because she was like I know what I'm gonna bring like watch this you know what I'm saying That's what you need More people being like Hey watch this People be like oh I'm watching that everyone hyped up like Noah allows last year and he was talking all that garbage He actually went out there and win He can't say anything after that So yeah No bring more trash talk to track though Y'all need to start some beast other things Hashtags Alright That'll be the end of episode three Thank you all so much for joining in and thank y'all so much for coming I hope you had fun I hope it was too Oh hey y'all for us Thank you all so much for tuning in to episode three I hope y'all I hope y'all enjoyed the episode and got to know my teammates a little bit more Thank you You too