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The Future of Women's Sports From an Athlete's Point-of-View

There are many reasons why letting transgender females play in women's sports is a step in the wrong direction. Letting biological males into women's sports is unfair. It will eliminate the team chemistry. This not only changes the competition, but it also holds back the potential of many female athletes.

As a female athlete, I have a strong opinion on why allowing transgender females to play in women's sports is wrong. First, it is unfair. This makes me feel as if everything I have worked for is of no use. From putting in the extra time after practice, to the many extra hours of lifting, it crushes my motivation to know that I may be competing against biological males. No matter how much time I put in, or how much pain I put my body through training, I will always be at a physical disadvantage. Males are naturally stronger than females, as it is an obvious difference between the two genders. The testosterone that males possess affects their bone and muscle mass and increases their muscular strength. This leaves females at an unfair disadvantage because they do not have the same hormones as males. In my opinion, allowing biological males to play in women's sports is almost like we are allowing the use of steroids. Because of the physical disadvantages women have, female sports should stay biological female sports.

Because allowing transgender females to play in women's sports is ultimately unfair, the potential of female athletes will be held back. Playing a sport is not only physical, but mental. When transgender females are allowed to play in women's sports, the mentality and mindset of a female athlete will not be the same. Knowing that you are playing your sport with a disadvantage is discouraging and it changes your mindset before you even step on the court or field. I ask myself why I should try when I know I am at a drawback, because like I said, males are naturally stronger than females. Women's sports are already difficult to be noticed when compared to male sports. It completely changes the competition if you add males into female sports.

Lastly, it will eliminate the team chemistry. From my experiences on many different teams over the years, team chemistry is one of the biggest aspects of a sport. If two teams are about equal in skill level, the one with the foremost team chemistry will perform the best because they know each other, and they know how to play together. Letting transgender females into female locker rooms will change the team chemistry and the way the team performs. There simply aren't enough bathrooms for all of the females that will be afraid of changing in front of a male. If a female gets dress-coded for showing a bra strap because it is distracting, how is she supposed to be expected to change clothes or shower in front of a male?

Because allowing transgender females to play in women's sports is unfair, holds back the potential of a female athlete, and eliminates team chemistry, these are the many reasons why the future of women's sports is in danger. Adding biological males into female sports changes the game on and off the court or field.