

The Super Bowl LIV: Making History

For the last 100 years, the National Football League (NFL) has been a huge part of American sports culture. For the past 50+ years, the annual Super Bowl has been the culmination of each year's season, where the two best teams from the country square off in one final, winner takes all game! The LIV Super Bowl was no exception, as the Kansas City Chiefs and San Francisco 49ers squared off in Miami, FL.

History was made this year in the LIV Super Bowl, but it is not the achievement of anyone who wore a uniform. Rather, it is the story of Katie Sowers, who is not only the first female coach, but also the first openly gay coach to be in the Super Bowl. Born in Hesston, Kansas, in 1986, she began playing football at the age of eight. When Katie was a kid, she wrote in her journal, "I hope some day I will be a good football player. I am good at football. When we play football at home, I can make a touchdown in one catch. I am the leader of our football club."

That was a huge dream coming from a little girl in Kansas, but like many other dreamers Katie worked hard and despite the lack of female role models in the NFL, she went after her dream with a vengeance.

Katie's professional career led her to play the positions of quarterback and defensive back in the Women's Football Alliance (WFA), which is a full-contact women's league. In 2013, she led the U.S. National team to a gold medal at the Women's World Championships. She is one of only four female coaches to coach full-time in the NFL. Katie's long-term mission is to create a culture that is more

inclusive and diverse within the NFL. She says that "no matter what you do in life, one of the most important things is to be true to who you are. The more we can create an environment that welcomes all types of people, no matter their race, gender, sexual orientation, religion, the more we can help ease the pain and burden that many carry each day."



The NFL historically has been a sport dominated by men; now with these female coaches visible on the sidelines, little girls all over the world will have tangible role models of what is possible for them. Sowers knew the road to coaching in the NFL was not going to be easy for her; she knew she had a lot to prove. Being female meant that she had not had the

opportunity to play football in college, and with that the chance to review game footage with her teammates and deepen her knowledge of the game, or to grow a professional network that often generates the opportunity for young men to coach at the next level.

However, she did have heart and a belief that she could accomplish whatever she put her mind to doing.

On Sunday, February 2, 2020, Kate Sowers stood on the sidelines as the first female and openly gay person to coach in a Super Bowl, and we wanted to say "*Congratulations*" to her! Thank you for living your dreams, never giving up, and giving young girls everywhere the hope that they too can accomplish their dreams, all the while being true to exactly who they are.



We know what Katie's legacy will be, but what about you? Are you living your life in such a way that your true self inspires others to greatness? Are you opening the door for others, young women, people of color, or other marginalized groups? Are you living your life as the best version of yourself, working to



promote a culture of diversity and inclusion? Let's all just take a moment and reflect on our own legacy and determine what type of role model we want to be.

Congrats to the Kansas City Chiefs on their win and congrats to Katie Sowers for making history.

Articles Referenced

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