

GammaGirl

by Charles Peeples

Brianna Reinford

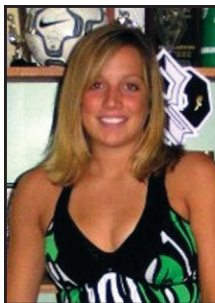
Senior, Philadelphia University

2006 Lady Rams leading scorer

2006 Central Atlantic Collegiate Conference (CACC) second-team All-Conference honors

2006 CACC Tournament MVP

2007 3rd year School of Architecture Design Award



What people are saying about her:

“Our most dedicated player... exceptional... 100% committed to the team on and off the field... balances highly demanding academic work with her role as a top player on our team... stays after practice until she can't see the ball anymore... amazing shooter... **can out-manuever and score against any fellow player – even male players...** makes things happen on the field... the one we all look up to... excels at everything she sets out to do... top student in her Architecture Design class... **bubbly personality...** worked three jobs this summer and could be seen riding her bicycle on the hottest days to and from work... always the first to offer to help... the most entertaining,

funniest... keeps things upbeat when everyone is ready to give up... **a friend to everyone – truly kind...** the fittest on the team... at the gym for hours... helped me in my first game, directing me and never getting angry with me like most of the other girls... very family-oriented... infectious smile... well-known throughout the campus as a leader... a great ambassador for Philadelphia University... the most determined person that I have ever met... knee problems have plagued her for the last three years but she has played through her pain... **a tough cookie...** no one else in the world like her...”

“One of those incredible women that everyone knows exists, but never has the opportunity to meet.”

Know a potential GAMMA GIRL? **Tell us about her!** For more info about submitting a candidate, go to www.phillyfit.com.



Charles Peeples, NSCA-PT, NCTMB, whose articles have appeared in numerous fitness and bodybuilding magazines, is a regular columnist for PHILLYFIT and a well-known activist for female strength training and physical advancement (www.teamvalkyries.org). A graduate of the Pennsylvania School of Muscle Therapy, Charles is nationally-certified both as massage therapist and a personal trainer (www.yourlocalpersonaltrainer.net).