

Bears fan who--at that point--had never heard of the Divas nor even knew the National Football League had a women's counterpart.

"When I finally got through to one of the coaches, he said to be ready for tryouts in August. I was like, 'What?' I'd never in my life been on a team," Glasgow said.

Her father, Bob, however, had played football in high school and college.

Pain was Becky's companion for the next two months as her dad set up her training regimen. Borrowing from his military days as an Army sergeant and his football background, he put Becky through rigorous workouts four days a week, with weight training twice weekly. Sprints and stair climbing were the cornerstone to build her endurance and strength.

"I had her do exactly what I did for football. It didn't matter whether she was Becky my daughter or Walter Payton, I knew the type of conditioning she needed," Bob Glasgow said. "She would say nasty things under her breath, and then say, 'Oh no, I love you, Daddy.'"

The hard work was not in vain. Glasgow easily earned a spot on the Divas after attending five of their six tryouts in the fall.

Already a starter, she has yet to be taken down by a teammate or opponent--earning her the nickname "Boulder."

"She's a big rock who's hard to move. She hits hard and kind of pushes me around," said Divas veteran lineman Jamie Nicholas, who at 5-9 and 250 pounds is not easily toppled. "When we were doing a drill, she almost threw me to the wall of the gym."

Nicholas played in a women's flag football league in Washington prior to joining the Divas.

Without the same football opportunity in Stafford County, Glasgow had to learn even more about the game than most rookies. She recalls going into the wrong gap between blockers last Saturday.

D.C. Divas linebacker Amy Juang kindly informed her of the mistake. The constructive criticism helped ease her nerves and prevented a repeat error.

"Everyone makes mistakes when you first start out, even the three-year veterans," Nicholas said. "Boulder doesn't whine, and she's certainly not an excuse-maker. She just gets up and gets it right the next time."

The Divas finished one game short of the playoffs last season. This year, they hope a talented crew of rookies including Glasgow will give them their first postseason appearance.

The Divas play Baltimore tonight at 7 p.m. at Eastern High School on 1700 E. Capitol St. in Northeast Washington, adjacent to RFK Stadium.

Take I-95 north. Immediately after crossing the Woodrow Wilson Bridge, take Exit 2 onto 295 north and take Benning Road exit (on left). Go to the third light on Benning (after crossing Anacostia River) and turn left onto Oklahoma Avenue. You will hit the stadium in four blocks. The school is less than a half-mile from the Stadium-Armory Metro stop off the orange or blue line.

Tickets are \$12 for general admission. Free for age 6-under.

Date published: 4/19/2003



Local News Updates:

- [Fairy tale ends Patriots fall to Gators, 73-58](#)
(Sunday, 00:52, The Free Lance-Star)
- [Despite loss, GMU fans say team inspires loyalty, unity](#)
(Sunday, 00:52, The Free Lance-Star)
- [UMW gets big-dollar donations](#)
(Sunday, 00:52, The Free Lance-Star)
- [Growth changes city ward](#)
(Sunday, 00:51, The Free Lance-Star)
- [MWH neurosurgeon honed his skills in Iraq war zone](#)
(Sunday, 00:51, The Free Lance-Star)

AP News Updates:

- [Carroll Feels 'Alive' After U.S. Arrival](#)
- [Rice in Iraq to Press Squabbling Leaders](#)
- [Poll: Most Open to Letting Immigrants Stay](#)
- [Scientists Focus on Warming Disasters](#)
- [Will Bolten Aim for White Housecleaning?](#)
- [Faithful Recall Legacy of Pope John Paul](#)
- [Iran Calls Test of New Missile Successful](#)
- ['Ice Age' Debut Nets \\$70.5M in Cold Cash](#)
- [Alcatel to Acquire Lucent in \\$13.4B Deal](#)
- [Pistons Earn Home-Court Advantage With Win](#)

Mark Your Calendar!



Monday, April 10, 2006
3:00 - 8:00 p.m.
Riverside Center Conference Facility
Click Here!



Sponsored by:
The Free Lance-Star



Virginia Employment Commission

Fredericksburg.com, 605 William Street, Fredericksburg, VA 22401
To contact other newspaper departments, please call 540-374-5000.
Comments? Send us Feedback, Phone for fredericksburg.com: 540-368-5055
Copyright 2006, The Free Lance-Star Publishing Co. of Fredericksburg, Va.

Fredericksburg.com