



Assignment 7

Describe your career goals (5 years after graduation) and your plans to achieve those goals.

Even though I'm yet not 100% sure in which area I want to dedicate too, I know I want to focus on development. Since I started working as a full stack trainee, I've gotten huge interest for web development or mobile applications, but I have not gotten the opportunity to fully work on those areas and experiment what it's all about. Definitely, five years from graduating, I see my self working and trying to learn as much as possible from what I can gather on the working field. I currently work for Dexcom, but my goal is not to stay for a long time there, I want to work possibly in USA or another country.

I want to keep learning from my colleagues, taking courses and leverage all the opportunities presented to learn as much as possible in the technical area. To decide in which area I want to focus on, I want to reach out to specialists in the area and learn about what their day to day looks like in their work. Also I've definitely learnt that experimenting really helps notice if you can see your self doing it each day or maybe you like it, but not love it. So doing little project/exercise in my free time to develop skill and also experiment and see if its the area I want.

Another goal I have, is to do a master's degree regarding my specialization. I want to take maybe in Spain or some part of Europe. I've recently been investigating what are the possibilities of what I can study and where. While studying it, I wan't to already have started a family project, as the side hustle.

Describe in (super mega extra) great detail a topic you are passionate about.

The start of it all

I want to start this by explaining a scenario that became a key for a huge part of my life. A few years ago, I went out with my family to get some breakfast to my aunts restaurant

and her daughter was there, Silvia. At the time, I was about 10-11 years old. She started talking about a game she had the day before and invited us to her next game. This wasn't the first time she expressed how cool the sport was and how much fun she had playing it, but when she described it to us, I didn't quite understand or dimension how it was played. So I never went to one of her games, except this last time she invited my family. We went to her game and it was totally different from what I had imagine. Since she always said the goal of the game was to take away the other teams flag and get to their side, I imagined it like the game we always played in PE in high school. But it was Flag Football.

How I started playing

Few days later, my mom reached out to her explaining that I was interested in playing, so my cousin told her about some try outs that were taking place at Cetys Universidad. Next day I went to see what it was about, the environment, coaches, etc. First day I got there, obviously I was nervous because it was a new field to me. For my luck, it was the worst training day in terms of exercise burden, I had to ran 10 laps to the entire football field and my body was not use to it. Immediately, as the day ended and got home, I told my mom that I wanted to play. I felt in love with the sport and what it brought to my life. Try outs day arrived, was almost throwing up of nerves, but I was determined that I wanted to enter the team. Also, because of the prestige of the university and what opportunities it could've bring to my future.

What is Flag Football?

Is a similar sport to american football, but without any contact (supposedly haha). The game consists of trying to score the most points while also avoiding the other team to score. Every teammate has two flags attached to their waist by a belt, one each side.

The team is divided into two:

- **Offense:** teammates who are in charge of advancing as much as possible to the other teams side to be able to score points. There are two key positions, the *center* and the *quarterback*. Later on I will explain each position.
- **Defense:** teammates who are in charge of avoiding the other team to advance. They do this by "tackling" them. Meaning, taking one or both of their flags. There is

a key position, the *rusher*.

As well as in American football, there are what is called *downs*, which are the opportunities the offense has to attack the other a team and try to make first down again (which is half field) to be able to reach touchdown. When an offensive player makes a catch, defense has the job to still one or both of the players flag. Time is stoped and another play begins. Goal is the same, there are 4 opportunities as well to reach half field and another 4 opportunities begin to make a touchdown.

Game modes/Modalities

There are multiple game modes across the world, it depends on the country and also the league/tournament you are playing for. In Europe the most popular modality is 5v5 and the use of the flags. In USA some tournaments play 5v5 with 3 flags. Some other modalities are:

- **7v7**: in comparison with 5v5, here the ball is kicked as done in American football, but only to see where the next offensive team will start. An it is done in 4th down and there is also the option to do a normal play if there is security in making first down again. It also depends on the strategy the coach has.
- **9v9**: same as in 7v7, but here a little contact is allowed. Uniform includes shoulder pads for protection.
- **11v11**: really rare and much more similar to american football.

Positions in 5v5

Offense team

- Quarterback: is the one responsible of throwing the ball to either the center or one of the wide receivers. Also responsible of reading the other teams defense and making the best choice on who to throw the ball too.
- Center: is the one responsible for snapping the ball to the quarterback. Starting position is different than from wide receivers, they are not standing up, instead they are half standing half down.

- Wide receivers: the ones responsible of catching the ball thrown by the quarterback. They can either be close to the center or open, towards the sidelines of the field. There are 3 wide receivers, they can either be in a position where there are 2 receivers in the left side and one in the right, vice versa or 3 in on side. It all depends on the play.
 - Tight end: wide receiver who is positioned closer to the center. Between the center and an open receiver.
 - Open receiver: wide receiver who is positioned in one of the sidelines of the field.

Defense team

- Rusher: is the one responsible of putting pressure to the other teams quarterback, so that Qb takes a hasty decision and gives the possibility to the defense to intercept. They can also still the quarterbacks flag and stop the play.
 - If the rusher takes a flag from the Qb, while the Qb is still inside the touchdown zone, it is what is called as *safety*. It has a value of 2 points to the team that makes the safety.
- Backer: is the one who is responsible of defending the other teams center, to put pressure into them for an incomplete pass or to be as close as possible to make the tackle (take the flag). Is also called *backer* to the one defending the tight end.
- Corner: is the one who is responsible of defending the other teams wide receiver, to put pressure into them for an incomplete pass or to be as close as possible to make the tackle (take the flag).
- Safety: is the one responsible for reading the other team offensive play, since he is positioned at the back of the field. Mostly responsible of defending long routes, such as: *poste, largo, molina, silla, etc.*
 - It also depends on which formation the defense is playing. There is not always a safety.

Leagues/Tournaments in BC

There are not much leagues for flag football in the state in comparison with other sports, but it has definitely grown. The city where there are more leagues is in Tijuana:

- TjFlag: biggest and highest level in the city. Has categories from early ages as 5-6 years old to master category, which is 45+. And has female modality, man modality and joint. For master only for man and for some minor categories only joint. They have a “Libre category” in which age does not matter, you can enter.
- FlagBC: second biggest in the city. Has categories from 15 years old to master 45+. And has female modality, man modality and joint. For master only for man and for 15 female and joint. They have a “Libre category” in which age does not matter, you can enter. They do not have categories for early ages. Is the federated league.
- Flag4All: has only a few years. Has same categories as FlagBC but is played at different times in the year.
- FlagForFlags: has the least years. Has same categories as FlagBC but is not always played.

In Mexicali and Ensenada there was also a TjFlag league proper of the city, but since flag was grown over the years and most of teams are in Tijuana, almost all 4 leagues allow teams from other cities to register to the league. This year FlagBC implemented a new dynamic, where teams can either play in Tijuana, Mexicali or Ensenada, depending on the game and the team you are against too.

What the future holds

Definitely is a sport that each year has a huge evolution, in terms of the recognition in Mexico, since in other countries it is a well supported sport. In the last years, Mexico has gone to two worldwide tournaments gotten pretty close to the final or in the final. Mexico selection has gone to many International tournaments and won a few, such as: The World Wide Games 2022. There is now support from the NFL to make it an Olympic sport. There is definitely so much more work, but the sport has definitely great things to come and also, talent is incredible.

For the next World Wide Championship there are 4 players from Baja California in the pre-selection list to represent Mexico. In the least there are amazing players from different ages. Which just shows that to do what you love, there is not a number.

