

BEAUTY AND THE BALL

By Comfort Obeng

Blood, sweat, tears, and a coat of mascara. Is it a crime to look good and feel confident while playing a sport you're passionate about? Could it really be a crime to your skin? The answer: not so much.

Professional athletes are celebrated, idolized and used to endorse healthy products and lifestyles.

Athletes spend so much of their time in the public eye it's no wonder many want to put their best face forward.

On a cold fall morning Seneca hosted a track meet at the King campus where OCAA male and female cross-country runners took to a trail filled with hills at tough inclines and questionable weather causing muddy sticky conditions which makes it that much more difficult. Running, as simple as it sounds, is no easy task.

St. Lawrence cross-country runner Samantha Prendergast doesn't feel pressured into wearing makeup at these events. She does in fact like to wear two coats of mascara to cover what she calls her "neon blonde lashes."

Prendergast's go-to products are eyeliner and mascara and she wears that all the time. She swears that her waterproof mascara really stays put whatever the weather. Prendergast advises other female athletes who plan on wearing makeup while being active to "keep it simple."

Prendergast's teammate Stephanie Quosdorf feels no pressure as well when it comes to wearing makeup, but she also indulges by in wearing mascara. Quosdorf says, "I wear makeup every day just out of habit."

"I keep it the same every day but when I go out I like to add a bit of eye shadow," says Quosdorf.

Cheerful volleyball setter and a former team captain for the Durham Lords Alysha Johnson feels that women wearing makeup during practice or games is irrational. To her it's all about how you play and not how you look.

But at the same time Johnson knows that she could be biased due to the fact that her mother works in the cosmetology field. Johnson thinks that it could be because she's seen it all so she feels she doesn't need all the makeup. When she's having a night out with her friends she might dab on a little bronzer, eyeliner, eye shadow and mascara but refuses to add foundation onto her skin. On a daily basis she spends no time



By Lucy Hagerup-Labrosse

Debbie & Roshanna of the Humber Hawks Volleyball Team pose in their jerseys.

applying makeup at all.

“The less time the better, it’s more of a mental than a physical thing,” says Johnson.

Johnson recalls a time when she overheard a team getting ready for a game saying that they knew they were going to lose based on how good the other team looked. “Now automatically they’ve already lost the game. There is no way they’re winning after you (they) say that,” says Johnson.

And, she says that wearing makeup may play a larger role. By being mentally prepared for games you have a much bigger chance at achieving your goals. Putting on makeup might make a player feel confident. In the long run if you’re mentally prepared to play the game it doesn’t matter.

“You could be wearing pj’s and you’re just still going to play amazing if you’re mentally prepared,” says Johnson.

She realizes that the younger players are now more into wearing makeup than when she was in high school. She thinks that appearance and confidence mean a lot to teenagers more than ever before. She thinks they need to realize that it’s not just about how they look.

“You can have the best makeup in the world but it’s not going to make you play any better. That comes with training dedication

and putting it all together to come to a game and perform the best you can,” says Johnson.

“Putting on makeup might make you feel better but it won’t make you a better player.”

Captain for the Humber Hawks curling team Gen Bernier has a completely different point of view when it comes to looking and feeling good while playing the sport she loves. Bernier she feels proud of her role and wants to represent Humber College the best she can. To her that means not only dedicating Sundays for two hour practices with teammates, but making sure she does her high performance training once a week at the Humber gym and not to mention making time for games that usually take place Monday nights at a country club.

For Bernier being team captain is like being a mother bear. It’s not just making sure teammates show up and are coming to practices on time, she has to keep the team focused and positive. It’s also about being there for teammates whenever someone is having a hard time.

Bernier and her teammates enjoy wearing makeup but like keeping their looks natural. They play at the Weston Golf and Country club where you do in fact need to look a certain way to get in. Even though no one from Humber usually shows up to the games she

indulges in wearing concealer, eyeliner, and mascara.

“Curling is the same as a career. I show up and I have a job to do, you have to look the part,” says Bernier.

To Bernier looking professional means wearing Humber gear with her hair up in a ponytail. She says she wants to look good under any intense circumstance and that means putting on a good face as team captain.

Curling does indeed have a certain look. The men have to tuck their shirts in and everyone needs to be wearing all black on the ice. The women need to have their hair in a ponytail. Although this seems quite intimidating Bernier describes the sport as being classy, respectable, and professional.

“I feel so much more confident when I wear makeup. If I don’t have it on I look so sleepy and unkempt. I am not ready for the day, let alone a game with out it,” says Bernier.

She says she believes it depends what sport you play. Cross country runners will be sweating so much anything they put on will melt off. In Hockey the players wear helmets the whole time, so no one would be able to see anyway. she used to play softball, and would put on her makeup before a game. But it wouldn’t last very long.

“I wear makeup daily. I won’t leave the house without it. I feel naked and grubby,” says Bernier.

She washes her face every night before bed with Dove soap and then uses a Clean & Clear cleanser followed by a moisturizer.

“Really, it’s more unusual to not see makeup on someone,” says Bernier.

According to Toronto Dermatology Centre Dermatologist and Medical Director Dr Benjamin Barankin athletes should put more effort into protecting and caring for their skin as opposed to wearing makeup.

Makeup is always fun to play with but keeping the skin healthy is sometimes easier said than done. “Treat them don’t mask them,” says Barankin when advising how to care for acne found on the face. He further explains that makeup should be worn on a limited basis only if needed. If there are underlying skin problems like acne or uneven skin tone, it’s better to treat and clear the skin rather than cover it up. ■

For more, visit www.sweatmag.com to see a feature interview with a dermatologist regarding the use of makeup in sports and its effect on athletes’ skin