

# SKILLZ

**Desiree Ellis Makes Her Move -**  
 excerpted from Skillz Magazine, Edition 1

**Q: Who are your role models?**

**Soccer** - When I was growing up girls didn't really play soccer so I didn't know any women soccer players. I looked up to Ryan Giggs. He is still a role model to me. He plays hard every match and I'm sure he lives a very healthy lifestyle. He has to! He's still competing with the best players in the world at age 35.

**Life** - Definitely my parents. I think I get my generosity from my mother and my passion from my father. He always told me to be passionate about whatever I choose to do in life. He taught me that no one is perfect, but if you do things the right way then you'll feel good about yourself even if you make mistakes.

**Q: What is the best advice you've ever received?**

**Soccer** - Leave everything on the field.

**Life** - Always give it your best effort. All you can do is your best. Nothing else. Leave the rest to God.

**Q: What is your biggest accomplishment?**

**Soccer** - When I grew up there weren't soccer teams for girls. I used to hop a fence and sneak on the field to play with boys. When I was 15, I got to play in my first real game for the provincial team, which was a big accomplishment. Then I became captain of Banyana Banyana and because

**MAKE YOUR MOVE**

**PROFILE**

**Name:** Desiree Ellis  
**Position:** Central Midfield (now retired)  
**Favorite local team:** Ajax  
**Favorite international team:** Manchester United  
**Former teams:** Banyana Banyana (Captain), Cape Town Spurs  
**Music:** Gospel, classical

**MICRO MOVES**

Challenge yourself to make your move

- 1 Put the Teko Modise Poster up in the room you stay in or use the poster to cover your favorite textbook.
- 2 Build Your Team on page 6 and register for MYMsta.
- 3 Practice the Street Skillz on page 3 with a friend.
- 4 Girls - Apply for Nike's Gamechangers Competition.
- 5 Go to [www.love4life.org.za](http://www.love4life.org.za) for other ideas on how to Make Your Move

of my success, I met former presidents Nelson Mandela & Thabo Mbeki, and even interviewed Sir Alex Ferguson.

**Life** - My soccer career has been one of my biggest accomplishments. I played for Banyana Banyana when I was in my 30s. Every game I played was an accomplishment because I proved to people I could compete despite my age. Also, I have to say that accepting Jesus in my life has been very important to me.

**Q: As a role model yourself, what advice do you have for young people?**

**Soccer & Life** – Playing sport is a brilliant way to keep young people out of trouble. Many young people go through tough times and often lose hope. No matter how much talent you have, you need support to succeed. In addition, today, it seems like the “in” thing to be unmarried and pregnant at a young age. Children are having children. You miss out on your youthfulness when this happens. I think its important to wait to have sex until the time is right, or wait until your are married.

**Q: Where do you see yourself in 5 years?**

**Soccer & Life** – In 5 years, I would like to have my own soccer academy. I want to start with the youngsters from 7 years old and up. My academy won't just be about soccer. Young people need life skills too. They need to be able to face the world and be confident in both soccer and life. I want the young soccer players from my academy to be able to carry themselves, get a good education, and become good role models.

**Q: How have you made your move to fight HIV and AIDS?**

**Soccer & Life** – Every year I participate in the Sports Heroes Walk Against AIDS. Celebrities do not need to be experts on HIV to get involved fighting this epidemic. Showing up to events shows that you care as a role model to young people.