

Lisa Rizzo Gives Hope to Young Female Athletes

By: Cayla Nista

Lisa Rizzo proudly told me the story of her come up in the male-dominated industry of sports instruction. She took me through her journey from Highschool ball to an accomplished and certified softball instructor for young girls everywhere.

Rizzo, whose facility (Challenge U) is located in Wyckoff, New Jersey is the spitting image of her hard work. She went into detail about how she took the facility and made it into a place where females of all ages could thrive.

“When I saw the facility, I saw what it was capable of and what it could be,” Rizzo passionately explained to me.

Rizzo, who coaches from ages 6 and up, walked me through the immense thought process of every lesson, camp, and clinic she has.

“It's challenging because you definitely need a lot of patience and you need a lot of creativity for these younger girls,” she explained to me.

Her coaching style is what helps these young athletes thrive. She's positive and patient. Being a softball player once herself makes it easy for her to relate to these young athletes as she has been in their shoes before.

Rizzo went into detail about the gratification she gets from the progress and success of her players. Seeing their hard work and determination pay off, to her, makes it all worth it.

One of the many things that have shaped her coaching style is the idea of believing in yourself and not letting what others say about you affect your game as a player.

When starting her own hitting organization and certification she already had it hard as she was a female in a male-dominated industry.

“She's a girl, what does she know about baseball, she's a girl, what does she know about softball? Even though it's my sport,” were just a few of the comments she would have to continuously ignore.

But she took these negative comments and used them to motivate her to become the best coach and instructor she could be.

A passionate and dedicated Rizzo told me what makes her stronger as a coach and the mentality she wants for her athletes of all ages.

“The positive is I feed off of that. It inspires me to completely destroy my competition by being great,” Rizzo exclaimed.

This outlook she has is what she strives to plant in the minds of young and open-minded female athletes. It is what she built her facility and certification on and can be seen everywhere in her facility. The name itself “Challenge U” is just one of those examples.

When asked what is next for “Challenge U” Rizzo went into great detail about the high expectations she has for herself, her facility, and her athletes.

“I want to have more camps everywhere. For example, we are training 232 young athletes in April, we revamp their program, we make softball exciting,” she told me.

Rizzo is excited for the future of “Challenge U”, she wants to reach and change as many young and inspiring athletes as she can.

Her journey as a whole has shaped her immensely and can be seen through all the time and effort she has put in. It truly is both refreshing and exciting to see someone so passionate about their work and how much it can influence young female athletes everywhere.