

DB/WR ASHLEY EDWARDS #2



Hometown: San Antonio, Texas
Residence: San Antonio, Texas
Age: 34
Height: 5-6
Year on U.S. National Team: 2nd

“IRON SHARPENS IRON”

Edwards regularly trains with fellow U.S. National Team athlete Madison Fulford in San Antonio. Edwards says Fulford is the best player she’s ever lined up against and training together has made her a better player.

“Madison and I train together at least five times a week between lifting sessions and field sessions,” Edwards said. “It’s a very common saying for us that ‘iron sharpens iron.’”

The pair often competes in one-on-one drills and has to be dialed back by their trainer.

“Our coach always has to reiterate that they are professional reps. No one needs to get hurt, but we still somehow always find ourselves battling to the ground or ending the session with scratches,” Edwards said. “Honestly, we push each other physically but also mentally and strategically. We’ve both benefited immensely from training together.”



HIT THE LINKS

Outside of flag football, Edwards has several hobbies, including golfing. She picked up the sport during the COVID-19 pandemic to stay active.

“My close friends and I were looking for some way to stay active, and walking the course outside allowed us to be together and to still compete in something,” Edwards said. “It took some time, but I’m a decent player now. I can shoot mid to high 80s.”

FROM BASKETBALL TO FLAG

Edwards played basketball at Central High School in San Angelo, Texas before playing in recreational flag football leagues in college and ultimately trying out for the U.S. National Team.

Edwards’ experience in high school basketball helped motivate her to be the best version of herself in flag football.

“I wasn’t a starter and didn’t get very much playing time. What I’ve taken from that experience is how to be better now than I was then,” Edwards said. “High school sports taught me that 50 percent effort results in average play, so I’ve tried to learn from that. I want to train harder so I can be the strongest and fastest version of myself while also perfecting my craft in the game with continuous reps. Even that is not enough. I need to know the strategy behind the game to combine with the physical work so I can play smart.”



FOR THE LOVE OF DOG

Edwards prized possessions are her two dogs — German shorthaired pointers named Reese and Rory.

“My family always had dogs when I was growing up, so it’s such a needed piece for me,” Edwards said. “We got Reese seven years ago, and she has been so amazing that we got her a little brother this past year. What we didn’t realize when we got Rory, was that the dogs shared the same birthday — Sept. 19.”

