



Hometown: Palm Beach Gardens, Fla.
Residence: Lake Park, Fla.
Age: 22
Height: 5-10
Year on U.S. National Team: 2nd

ON SCHOLARSHIP

Women’s flag football is a scholarship sport at the National Association of Intercollegiate Athletic (NAIA) level of college athletics and Foster, a senior, is a scholarship student-athlete at Keiser University in West Palm Beach, Fla. She is one of four Keiser student-athletes who are part of USA Football’s U.S. National Team, joining Brianna Hernandez-Silva (alternate), Ashlea Klam and Brenna Ramirez (alternate).

Foster is a three-time All-Sun Conference selection and is the school record holder in career receiving yards (1,617), pass receptions (168), receiving touchdowns (28) and all-purpose yards (1,911).

“It feels awesome to see the game growing over the last few years,” said Foster. “I started playing in high school, and I thought after I finished high school that my flag football career would end. It is awesome to now see how much the game has grown, especially the growth of women’s flag football. I am seeing more leagues and coverage and hearing more people talk about women’s flag football.”



“THIS IS SPORTSCENTER”

Foster has no shortage of highlight-reel plays in her flag football career, but on Feb. 16, 2022, her efforts were recognized as the **No. 1 play of the day on ESPN SportCenter’s Top Plays.**

That night, Foster tallied 15 catches for 138 yards and five touchdowns in a pair of victories for the Seahawks, but it was her full-extension one-handed grab reminiscent of one of NFL star Odell Beckham’s catches while with the New York Giants that earned her national recognition.

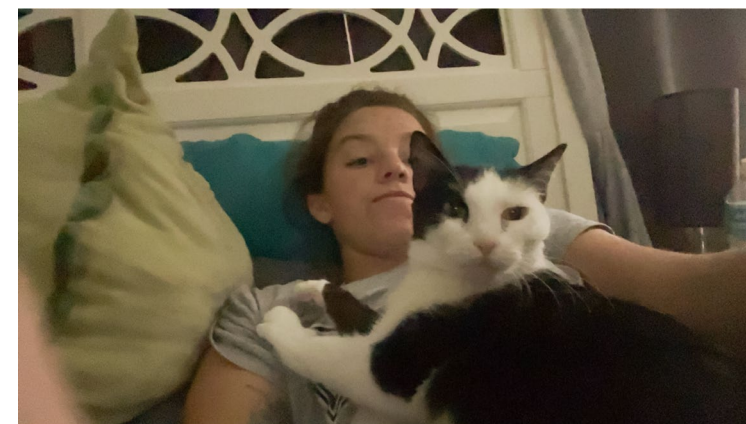
“On that play I was supposed to run a different route and my coach checked me to run a fly up the seam,” Foster said. “My quarterback, Jaz Rhoden, did a great job of placing the ball on my back shoulder where only I could get it. It was a bit high so I jumped up and threw my hand out towards the ball just trying to make contact with it to give myself a chance. Next thing I know, the ball was in my hand and I was on the ground getting up with such excitement.

“When I woke up the next morning, my mom ran into my bedroom shouting and jumping up and down about making Top Plays. I was overjoyed and in shock honestly. It didn’t feel real that my catch had made it on to national television. I was so happy that flag football was being showcased on a stage that big.”

A LOVE FOR ANIMALS

Foster says her prized possession is her cat Honey, and her love for animals doesn’t stop there. Her family has six cats and two dogs.

I have grown up with and been around pets my whole life,” Foster said. “Pets are always there for you and excited too see you. All of the cats that my family has are rescues from the street. Four of the cats we found on the street as newborn kittens and the other two we rescued from an animal shelter.”



HIGH SCHOOL SUCCESS

Foster started playing flag football at 14 years old when she was a freshman in high school, seeing action at quarterback and earning numerous on-field awards. She earned First Team honors at quarterback from the *Sun Sentinel* (South Florida), was a three-time *Palm Beach Post* All-County honoree at quarterback and a two-time All-State selection at defensive back.

Foster made the move to flag football after focusing mostly on soccer from the ages of 4-14.

“I play flag football for the connections and the competition,” she said. “Flag football gives me an atmosphere and feeling that no other sport has been able to give me.”



THE INTERN

Foster has taken her flag football experience off the field as well, serving as an intern with the American Flag Football League (AFFL).

Foster works in the operations department with the AFFL.

“She wants to learn and grow, but she also knows the landscape of flag football,” said Michelle Roque-Paskow, VP of League & Football Operations at the AFFL and a former U.S. National Team athlete. “Kennedy being a player is a bonus because she understands the game and she understands the perspective of the players. We value her insight.”