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As a former Maine high school athlete, I know firsthand that the true value of sports goes far beyond the scoreboard. High school sports are about community, teamwork, growth, and learning to show up for one another. They teach us discipline, resilience, and how to be part of something bigger than ourselves. Above all, they are supposed to foster inclusion and belonging.

That's why I support trans students being able to participate fully in high school sports. Excluding or targeting certain students undermines the very spirit of sportsmanship. Singling out trans youth not only denies them the chance to grow through athletics — it sends the harmful message that they don't belong. That is the antithesis of everything high school sports are meant to represent.

Every student deserves the chance to play, to be part of a team, and to feel accepted. Let's make sure our state's policies reflect those values.