

Marina Paul is the founder of SPRHRA, a women's sportswear brand built on real female athlete data, and the author of *Becoming a Superhero: Awaken Your Superpowers and Elevate the Lives of Others*. A former Division 1 soccer player and All-American at Georgetown University, Marina overcame significant challenges—depression, eating disorders, and ACL injuries—to become the program's first-ever three-time captain, leading her team to the first-ever College Cup Final Four. Through SPRHRA and her advocacy, she is dedicated to empowering female athletes with the **Freedom to Perform**.