



Celebrating 50 Years of Title IX

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Brittany Dietz (Carvalhido) – Osborne High School

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By Jim Misunas

Richard and Marsha Dietz taught their daughter Brittany Dietz (Carvalhido) to dream big at Osborne High School.

More than 20 years after Carvalhido completed a 149-0 tennis career, she is the epitome of Title IX equality. She works as a men's basketball administrative assistant for coach Will Wade at Louisiana State University, one of the nation's premier athletic programs.

Carvalhido's parents taught their children a solid work ethic.

"My parents taught my sisters, Heather and Sommer, and me about the work it takes to achieve our goals and dreams," she said. "They made sure homework and studies came first. You can't play sports unless you get good grades. The biggest factor was putting in extra work, both on-and-off the court. My dad and I spent extra hours in the gym and on the court."

Some of her earliest memories are sports related.

“I had a tennis racket in my hand around the age of 5, maybe earlier,” she said. “I’m sure I had a basketball in my hand as well.”

She treasures the memories of her high school years.

“I wouldn’t change a thing. Athletics was what I loved,” she said. “I truly enjoyed my time in high school. I spent a lot of time on the court, in the gym, at the track or running on the country roads. I had great teammates and friendships. It helps when you have great coaches. My success wouldn’t have happened without them.”

Her biggest personal adjustment was learning to handle moments when things didn’t go her way.

“I’m a very competitive person,” she said. “I always hated losing, and that started at a young age. There would be times I would get upset, and if I lost, I would cry. But I learned to be tough and not show that side of me.”

Osborne tennis coach Philip Hardman stressed the mental side coaching Carvalhido.

“We spent time talking about the mental game of tennis,” Hardman said. “You never let an opponent see you angry, frustrated or stressed. It was important to look forward, because a point played is ancient history. I was proud of the way Brittany played the game and how she conducted herself. She was focused and unflappable. She loved to compete. It was gratifying to see her win every regional and state match against the best 3-2-1A tennis competition.”

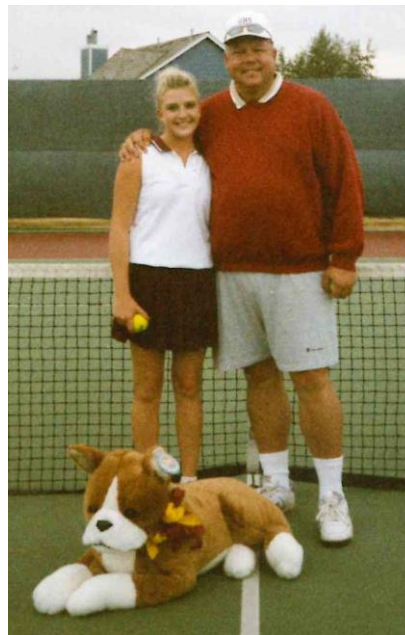
Carvalhido’s career record of 149-0 and single-season record of 43-0 are all-time KSHSAA tennis records. She defeated Wichita Collegiate’s two-time state champion Malloy Schwan, Collegiate’s state champion Lisa Sutherland twice and Hesston’s Katrina Brodhagen, a Bethel College Hall of Famer, in state championship matches from 1997-2000.

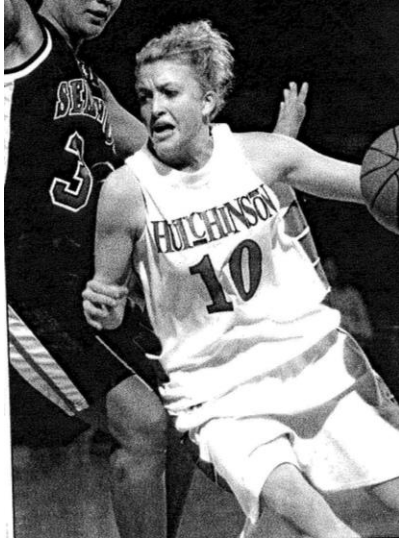
Carvalhido said she appreciated that her father wrote her a personal note before every sports event she competed in.

“My father wrote me a note before every tournament I played in,” she said. “He did that for all my sports – tennis, basketball games and track meets. I looked forward to reading them. They calmed me down and gave me confidence.”

She also learned to stay calm during matches.

“I was very intense,” she said. “Once I hit the court, I blocked everything out, stayed focused and locked in, one point at a time, one game at a time, one set at a time. I respected every opponent. I always told myself I had to get to work and get better.”





Osborne's girls won their first state basketball championship in Carvalhido's junior season. The Bulldogs downed Moundridge 61-54 to capture the 2000 state title. Garden Plain defeated the Bulldogs 57-45 in the 2001 state finals. She scored 1,434 career points with a school record 306 3-pointers. Osborne's girls played in four consecutive state championship games under coach Darrell Wolters.

"The state basketball championship was one of my favorite memories," she said. "It was one of the best times. It was fun having teammates to celebrate with. All that hard work paid off."

After careful consideration, Carvalhido chose to play college basketball at Hutchinson Community College and Oklahoma State over playing college tennis.

"Honestly, I wanted to play college basketball more than tennis," she said. "I loved the atmosphere of a basketball game, being part of a team out with the fans cheering. In tennis, there's not much cheering, unless you win a point."

Hutchinson coach Rod Edmisson helped change her career path.

"Coach Edmisson is the best," she said. "Coach Edmisson said I had a great opportunity that would help me move onto Division I, and that's the way it worked out for me."

She played a leadership role for two years playing point guard at HCC.

"Being point guard was a role I had to step into immediately because the starting point guard injured her knee. I served as team co-captain at Oklahoma State my senior year. I came to practice every day with a positive attitude, led by example in practice, and pushed myself as hard as I could. I've learned to continue to show that hard work now and lead in different areas of my life."

Carvalhido said playing sports helped her learn how to handle the bad breaks and adversity of life.

"Everything won't go your way," she said. "Mistakes happen, and you must move on to the next point. Getting upset doesn't help. You put it behind you, and move forward. My confidence, competitiveness and toughness have helped me in the real world. I've faced a lot of adversity through the years, but I've learned that I can't control everything. I try to control the controllable."

Carvalhido worked at the University of Tulsa and Rice University before she started as LSU's director of operations for women's basketball.

She's living her dream every day.

"Thanks to athletics, I met my husband, Joe Carvalhido," she said. "We were married in 2009 and have two sons, 7 and 9. My competitiveness rubbed off on them. They love all sports, just like their mom!"



We are grateful to partner with WIN for KC, an organization with the mission to empower the lives of girls and women by advocating and promoting the lifetime value of sports through opportunities for participation and leadership development. WIN for KC and the KSHSAA believe involvement in activities and sports lay the ground work for supporting well-rounded citizens in our communities and beyond. For more on WIN for KC visit: <https://www.sportkc.org/win-for-kc>