



# Girls in Sports

*An Investment in the Future*

27th Annual National Girls & Women in Sports Day

**February 6, 2013**



# Description of the Day

More than 40 years ago, Title IX, the federal law requiring schools to provide equal educational opportunities (including sports) for girls and boys, became law. Since then, the number of girls participating in sports has increased dramatically.

This year, the theme of National Girls & Women in Sports Day is “Girls in Sports: An Investment in the Future.” When you participate in sports and physical activity as a young girl, you learn many life lessons like teamwork and how to win and lose. Girls who play sports also do better in school and are healthier, both physically and mentally, than those who do not. Did you know that more than 80% of business women played sports when they were younger? Many of them credit the skills they learned playing sports in helping them to become women leaders.

Getting involved in sports and physical activity helps you develop tools to excel far beyond athletics. Sports gives you confidence, determination, dedication, focus, and courage to be the best you can be. Success in the business world, on the stage, in the cockpit, or in any other professional venue, can be attained by using the traits learned through playing sports.

So, think about it...what skills have you learned through sports? What do you think sports can teach you?

## Coalition Members



## Title IX Quiz

Can you guess who played which sport?

Geena Davis	Gymnastics
Kristen Gillibrand	Squash
Robin Roberts	Basketball
Emma Watson	Archery
Ellen DeGeneres	Tennis
Hillary Swank	Field Hockey

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## Did you know?

Check out these successful women who played sports when they were young girls:

- Queen Latifah: This actress, singer, and entrepreneur first excelled on the basketball court and in the karate studio.
- Vera Wang: Before she was a fashion legend and icon, she was a figure skater.
- Katie Couric: A high school gymnast, runner, and cheerleader, she became the first solo female anchor of a major television network's nightly news broadcast.
- Jennifer Lopez: J-Lo was on her high school softball, tennis, and gymnastics teams before reaching stardom as both a singer and actress.
- Sally Ride: She was the first American woman in space and the first woman to complete two space flights, but first she was a nationally ranked high school tennis player.
- Condoleezza Rice: We know her as the 66th Secretary of State, but she started as a competitive figure skater.
- 82% of businesswomen played high school and college sports, including PepsiCo Chairman and CEO, Indra Nooyi (cricket); former AT&T CEO, Betsy Bernard (ski racing); candidate for Governor of California, Meg Whitman (lacrosse and squash); Mrs. Fields Cookies founder, Debbi Fields (equestrian); former President of Gatorade, Sue Wellington (Yale swim team captain); Bluefly, Inc. Director and CEO, Melissa Payner (gymnastics); and President of Bank of America's global wealth and investment-management unit, Sallie Krawcheck (track).
- Michelle Obama: Current First Lady, who was active in many sports in her youth. She launched Let's Move, which focuses on raising a healthier generation of kids.