

## WHICH ATHLETES PLAYED ON WHICH TEAM?

- Jennifer Lopez, singer/actress
- Sue Wellington, former president of Gatorade
- Debbie Fields, founder of Mrs. Fields cookies
- Alice Marble, World War II spy for the U.S. Army
- Queen Latifah, Grammy Award-winning singer/actress
- Paula Zahn, anchor for CNN
- Sallie Krawcheck, CEO of a Citigroup banking branch

- Golf
- Swimming
- Track
- Softball
- Basketball
- Tennis
- Equestrian

1. D: During high school, Lopez was also on the tennis and gymnastics teams.  
 2. B: Wellington attended an All-American and captain of her swimming team at Yale University.  
 3. G: Fields is an avid equestrian.  
 4. F: Marble went undefeated in her sport at the professional level, for two straight years and was inducted into the Hall of Fame in 1964.  
 5. E: Some may have previously classified her as overweight, but Queen Latifah fit in perfectly playing power forward for her high school team.  
 6. A: Zahn played golf in college and broke barriers as the first woman to compete in the Houston Pro Am tournament.  
 7. C: Krawcheck ran track in high school.

## THESE STRONG WOMEN KNEW WHAT IT TOOK TO OVERCOME ADVERSITY:

- Althea Gibson was the first African-American to play at Wimbledon and the first African-American to become Female Athlete of the Year by the Associated Press in 1957 and 1958.
- On January 20, 1952, Patricia McCormick became the first female professional bullfighter from the United States.
- In 2003, Marsha Wetzel became the first deaf female referee in NCAA Division I women's basketball history.
- "Dream. You set goals for yourself when you dream, when you imagine being the best. ... Hang in there. Hang tough. Go the distance. ... The easiest thing in life is to give up, to settle for less, to fall short of the goal." – Cynthia Cooper, WNBA and WNBA Championship Most Valuable Player in 1997
- On July 24, 1987, Hulda Crooks became the oldest person to climb Mt. Fuji at 91 years old.
- "Pressure is just excitement that you can use to your advantage." – Denise Parker, National Archery Association as the Female Athlete of the Year as a 15 year old, while the male recipient was 56 years old
- Heather Ewasiuk and Joanne Lukasik were the first women to be on the U.S. National Amputee Hockey Team. Ewasiuk has an artificial left foot, and Lukasik has prosthetic legs below her knees.
- Dubbed "The World's Fastest Woman," Florence Griffith Joyner, a.k.a. "Flo Jo", became a track and field Olympic champion. She got so fast by chasing jackrabbits at a young age.
- "The NBA was never my goal because I thought it was unattainable... But my personality is if you give me a challenge, I'm going to take it. ... When the opportunity knocks, you've got to be ready, and I'm ready." – Violet Palmer, first woman to officiate an NBA game and the first woman to officiate a major men's sport at the professional level when she officiated for the NBA
- Indra Nooyi, CEO of PepsiCo and third on Forbes' 2008 100 Most Powerful Women in the World list, played cricket at Yale University.

## TODAY'S THE DAY

Olympic track & field champion Marilyn King once said, "Ordinary people accomplish extraordinary things every day. In every case, they are ordinary people who dare to imagine an extraordinary triumph and then set out to attain what they have envisioned." This year's National Girls and Women in Sports Day theme, "Stay Strong, Play On," encourages girls and women of all ages to set goals and achieve them.

"Stay Strong, Play On" promotes perseverance, persistence in the face of any difficulties, obstacles or discouragement. Many female athletes, past and present, have faced hardships but stayed strong and played on. For example, in 1917, a time when racial discrimination was widely accepted and practiced, Lucy Diggs Slowe became the first African-American female to win a national championship in any sport. Also, while attending Howard University in 1904, she was one of the co-founders of the first Greek letter sorority for African-American woman, Alpha Kappa Alpha. The American Tennis Association (ATA) was founded in 1916, and it allowed African-Americans an opportunity to compete in organized tennis. History would be made in 1917 as Slowe earned the first women's title at the newly formed ATA national tournament.

Having to live up to the expectations and the reputation of an iconic father can put an enormous amount of pressure on someone. However, Laila Ali, daughter of legendary boxer Muhammad Ali, was able to handle everything and everyone that challenged her. On October 8, 1999, she made her professional boxing debut and knocked out her opponent 31 seconds into the first round! Currently, Laila Ali has a record of 24 wins and 0 losses, with 21 of those 24 wins coming by way of knockout.

Throughout history, female athletes have been denied the opportunity to play a sport simply because of the fact that they weren't men. However, dealing with adversity and having obstacles thrown in your way will not only make you a stronger athlete, but also a stronger person. So, this year, in honor of National Girls and Women in Sports Day, look back and reflect on those women who dared to play a sport and were met with adversity, but were able to Stay Strong and Play On!

## Stay Strong, Play On...



## 2010 NGWSD Posters are available free of charge.

Go to [www.NGWSDCentral.com](http://www.NGWSDCentral.com) and download the 2010 NGWSD Poster. Or, call the Women's Sports Foundation at 1-800-227-3988

## HERE'S HOW YOU CAN STAY STRONG AND PLAY ON

How about getting physically active yourself? It's one of the best things you can do for your health. For tips on how to become more physically active, check out [www.GoGirlWorld.org](http://www.GoGirlWorld.org).

Visit local girl-serving organizations and encourage participants to become involved in sports. Plan a field day for them on NGWSD.

Find out more about inclusion for all in sports with the It Takes A Team! project at [www.WomensSportsFoundation.org/ITAT](http://www.WomensSportsFoundation.org/ITAT).

Support your favorite women's or girls' team by attending games or buying team apparel? If your local sports store doesn't carry women's products, persuade the manager to stock them. Not only will you be a decorated fan, but you will also help support the team financially.

Get a sample proclamation for NGWSD for your governor or mayor to sign at [www.NGWSDCentral.com](http://www.NGWSDCentral.com)

Does your school act fairly toward male and female athletes? Check out [www.nwlc.org](http://www.nwlc.org) or [www.fairplaynow.org](http://www.fairplaynow.org).

Write to your local newspaper. Ask the editor for better coverage of women's athletics, or thank the staff if you think the coverage is fair. Grade your newspapers' coverage by going to [www.WomensSportsFoundation.org/GradeYourNewspaper](http://www.WomensSportsFoundation.org/GradeYourNewspaper).

Write to your U.S. Representatives and Senators. Ask them to keep supporting girls and women in sports by enforcing Title IX. Visit [www.NGWSDCentral.com](http://www.NGWSDCentral.com).

Design a fitness trail with "health stations" along the route. Post signs with health messages to help motivate walkers. Invite family, community members and friends to begin the walk and learn about healthy living. Visit [www.girlscouts.org/aom](http://www.girlscouts.org/aom) for more on "Healthy Role Models-Healthy Kids."

Be an advocate by volunteering to work with professionals in your community to adapt an existing sports facility so that it is accessible to people with disabilities, both as spectators and participants.

Help to increase the numbers of girls in athletics and learn about the positive effects of exercise. Get involved, get active and become an athlete yourself. For more information, visit [www.girlsinc.org](http://www.girlsinc.org).

Seek out the opportunity at "Fit's Inn" for: Taking the Challenge, Getting There on My Own, Expressing Myself, Stretching my Senses, and Teaming Up for Good. Visit [www.girlscouts.org/fitsinn](http://www.girlscouts.org/fitsinn) for more information on these videos for second- through fifth-grade girls.

Take Action and host a Backyards and Beyond Gathering in your community to explore Title IX. Your Gathering will promote education, implementation, vigilance, and fairness surrounding social justice issues that are relevant to girls and women in sport. For more information, please visit [www.backyardsandbeyond.info](http://www.backyardsandbeyond.info).

## SEE WHICH ORGANIZATIONS CAN HELP YOU PLAY ON

**Girl Scouts of the USA**  
 420 Fifth Avenue  
 New York, NY 10018  
 Phone: 800-GSUSA4U  
 Fax: 212-852-6515  
<http://www.girlscouts.org>  
 E-mail: [misc@girlscouts.org](mailto:misc@girlscouts.org)

**Girls Incorporated**  
 120 Wall Street  
 New York, NY 10005-3902  
 Phone: 212-509-2000  
 Fax: 212-509-8708  
<http://www.girlsinc.org>  
 E-mail: [communications@girlsinc.org](mailto:communications@girlsinc.org)

**NAGWS**  
 1900 Association Drive  
 Reston, VA 20191  
 Phone: 800-213-7193 x450  
 Fax: 703-476-4566  
<http://www.nagws.org>  
 E-mail: [nagws@aaahperd.org](mailto:nagws@aaahperd.org)

**National Women's Law Center**  
 11 Dupont Circle, Suite #800  
 Washington, DC 20036  
 Phone: 202-588-5180  
 Fax: 202-588-5185  
<http://www.nwlc.org>  
 E-mail: [info@nwlc.org](mailto:info@nwlc.org)

**Women's Sports Foundation**  
 Eisenhower Park  
 1899 Hempstead Turnpike, Suite 400  
 East Meadow, NY 11554  
 Phone: 800-227-3988  
 Fax: 516-542-4716  
<http://www.womenssportsfoundation.org>  
 E-mail: [info@womenssportsfoundation.org](mailto:info@womenssportsfoundation.org)

## CAN YOU UNSCRAMBLE THESE STRONG ATHLETES?

- Icielmhe aknw  
 Hint: five-time world figure skating champion
- laysl dire  
 Hint: America's first female astronaut and a nationally ranked tennis player
- reva ngwa  
 Hint: has trademark bridal gowns and was the senior fashion editor for Vogue Magazine for 16 years and was inducted into the U.S. Figure Skating Hall of Fame
- egm tnmahw  
 Hint: former CEO of eBay who participated on the lacrosse and squash teams at Princeton University

1. Michelle Kwan 2. Sally Ride, 3. Vera Wang, 4. Meg Whitman

