



nagws

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Gazette

A publication of the National
An association of the American Alliance

Association for Girls and Women in Sport
for Health, Physical Education, Recreation and Dance (AAHPERD)

LYNDA'S LOUDSPEAKER



Life has been busy during my first six months as NAGWS President. The NAGWS Board of Directors has been hard at work on a variety of tasks including:

- Developing a mentoring program
- Finalizing AAHPERD National convention speakers and events
- Developing a stock powerpoint presentation on running a "Girls and Women in Sport Day" and some suggestions for holding community discussions after showing the NAGWS Title IX video
- Encouraging more members of NAGWS to apply for Fellowship in the Research Consortium
- Presenting a "Let's Move in School" webinar on afterschool programs for girls and women
- Encouraging students to more fully participate in NAGWS
- Discussing strategic planning

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Karen Appleby

How did you get involved in sport? Was it through watching a female athlete win a gold medal in the Olympics? Did an important woman in your life introduce you to an activity you loved? However you got involved in sport, the important point was that you had mentors along the way and opportunities to play. Each year, an event called National Girls and Women in Sports Day (NGWSD) helps continue this progress by displaying and promoting the value of sport participation for girls and women.

NGWSD is a nationwide celebration highlighting the advancement of girls and women in physical activity and sport settings. It is an opportunity to recognize great female

NGWSD 2012: Promoting Physical Activity and Sports for Girls and Women

athletes and to introduce female athletes of the future to the significance of physical activity and sport in their lives.

In 1987 NGWSD was created as a memorial to Flo Hyman, a US Women's Olympic Volleyball Team member and outspoken advocate for equal opportunities for girls and women in sport. Twenty six years later, this event is still going strong. NGWSD is celebrated by all 50 states and is cooperatively organized by the Girl Scouts of the USA, Girls Incorporated, National Association of Girls and Women in Sport, the National Women's Law Center, and the Women's Sports Foundation. The theme for 2012 is "Title IX at 40: In it for the Long Run."

Are you interested in planning a NGWSD event for your

community? If so, there are a wide variety of creative, exciting, and fun ways you can celebrate this important day. Past NGWSD events include sport clinics for girls, library displays of female athletes, women's leadership conferences, mother/daughter athletic events, and receptions for notable female athletes in the community.

The NGWSD coalition provides an online resource handbook which includes links to a community action kit, participant certificates, logos, and helpful tips to contact the media, market your event, and garner sponsorship.

Please visit the National Association for Girls and Women in Sport website at <http://www.aaahperd.org/nagws/programs/ngwdsd/> for more information on the history of this event and planning tools.



2012 NAGWS Convention Highlights

Sandra Sims

The 2012 AAHPERD National Convention schedule is complete and NAGWS has a strong lineup of sessions for our members. Beginning on Tuesday, March 13th, NAGWS will host a pre-convention workshop on badminton skills, which is an annual event that many members look forward to attending. The schedule from Wednesday to Saturday includes 22 sessions ranging from developing sport and fitness skills to inclusion and advocacy efforts.

You do not want to miss the Legal Quadrum session on Wednesday, March 14th. On Thursday, March 15th, NAGWS sessions start at 7:30 and continue all day ending with our NAGWS Member Social at 5:45.

Along with Friday's sessions, NAGWS is proud to host the Rachel Bryant Lecture and the Guiding Women in Sport Luncheon. The Rachel Bryant Lecture, featuring this year's recipient Pat Griffin, is from 10:15-12:15. Pat is the author of *Changing the Game: The GLSEN*

Sports Project, whose mission is to assist K-12 schools in creating and maintaining an athletic and physical education climate that is based on the core principles of respect, safety and equal access for all, regardless of sexual orientation or gender identity/expression. The Guiding Women in Sport Luncheon is directly after the Lecture from 12:30-2:30. Our speaker will be Teena Murray, strength coach for the US Women's Ice Hockey team and Director of Sports Performance for women's and men's Olympic sports at University of Louisville. We encourage all NAGWS members to purchase a luncheon ticket to hear this motivational speaker.

The 2012 National Convention is a must see event. We look forward to seeing all of our NAGWS members in Boston!

Go to www.aahperd.org/convention for more details regarding program sessions, featured speakers, ways for you to volunteer and more.

IAAF Nullifies World Records for Races with Male Pacers

The world governing body for track and field, the International Association of Athletics Federation (IAAF), has ruled that for women's world records to count she must compete in a woman-only field. Men have served as pacers for marathons for a significant period of time,

including Paula Radcliff's record breaking performance at the 2003 London Marathon. Radcliffe finished in 2:15:25, breaking the previous record by over a minute and a half. The performance is largely considered one of the greatest in history. Finish times for competi-

tors running in a mixed sex race are to be referred to as world best, by the new standards set by the IAAF.

The new standard will come into effect January of 2012. Radcliffe will still be the world record holder once her time of 2:15:25 is no longer eligible because she ran a 2:17:42 marathon at the 2005 London race.

Race directors from the Boston, New York, and London Marathons, events that make up the World Marathon Majors (WMM) have declared that they will not accept the IAAF's decision. The Association of International Marathons

(AIMS) also refuses to abide by the IAAF's new guidelines, acknowledging that there should be two world records, one for women's only competition and one for mixed competition.

Most marathons where records are broken are large mixed competition events. The marathons that feature women only fields are smaller and occur less frequently.

Opponents to the rule change argue that everyone performs better with a pace group, and therefore, it is not an issue of biological sex.



Japan Defeats the United States for Women's World Cup Title

Shawn Ladda

After a Women's World Cup that broke viewership records around the world and set a then record for tweets per second, it was only appropriate that the Japanese side defeated the USA in dramatic fashion during the final game. Over 14 million people watched the championship match in the United States, the most ever for a soccer game, and at one point during the match over 21 million viewers followed from around the world.

At the end of regulation the score was knotted at one, forcing two fifteen minute overtime periods. The USA went ahead, 2-1, off a goal from

forward Abby Wambach, but with little time remaining in the second overtime, Japan scored to tie the game again. This forced a penalty kick shootout in which the USA missed two consecutive attempts after the Japanese goalie, Ayumi Kaihori, made a save on midfielder Shannon Boxx's attempt. A save by Hope Solo was enough for the Americans, as Japan won the game with a 3-1, advantage in penalty shots.

NAGWS past-President, Shawn Ladda, attended the tournament watching the United States play their last group game vs. Sweden, the thrilling quarterfinal match against Brazil, the semi-final match against



NAGWS Past-President Shawn Ladda, with Chelsea Clinton at the Women's World Cup in Germany. - Photo courtesy of Shawn Ladda

France, and the final game of the tournament.

"Having attended all Women's World Cups since the inaugural one in China 1991, the level of play is higher and parity among many more nations has emerged," Ladda said. "This tournament in Germany had the most knowledgeable soccer fans that appreciated excellent play and scolded players for cheap fouls or unsportsmanlike behavior."

It was Japan's first-ever Women's World Cup title, and the best finish for the Americans since 1999, when they won the tournament.



Fans cheer on Team USA during the Women's World Cup in Germany. The U.S. lost to the Japanese side in penalty kicks. -Photo courtesy of Shawn Ladda

Boxing Federation Endorses Skirts for Uniforms

Last year the Badminton Federation put forth a proposal requiring the official uniforms for the women's teams to include a skirt. A huge outcry claiming sexism followed the proposed rule, resulting in the Badminton Federation abandoning the change. A few short months later, the Boxing Federation endorsed skirts as uniforms for female boxers. Women's boxing will be making its debut in this summer's London Olympics, where the new uniform rule could be applied. The Boxing Federation has acknowledged that it will make a final decision regarding the uniform in January, with Sebastien Gillot, the communications director for the International Amateur Boxing Association, stating that the change was never intended to be final, rather just a proposal. Gillot claims that the organization wanted to receive feedback on the possibility of skirts for female boxers, before finalizing the decision.

LYNDA'S LOUDSPEAKER

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I would like to personally thank each board member as all have been working very hard to continue the good work of NAGWS! If you have suggestions for strategic planning or other initiatives, please feel free to contact me at Lynda-Ransdell@boisestate.edu My highlights from the past six months include:

1) From September 22nd to the 25th, I attended the Board of Governors meeting in Reston, VA as an Official Observer. Shawn Ladda served as the NAGWS Representative on the Board and represented us well. In this issue of the Gazette, Shawn has detailed some of the highlights of the meeting, which includes a proposal on re-alignment of AAHPERD.

2) From October 20-22, Chandelle Schulte, Judy Young, Shawn Ladda and I attended the first annual conference on Girls and Women in Sport and Physical Activity, co-sponsored by the University of North Carolina at Greensboro and NAGWS. Conference speakers included Dr. Jan Todd on "The Muscle Problem: Myths about Girls, Women, Strength and Sport," Dr. Laurie Wideman Gold on "The Female Athlete Triad,"

Judy Sweet on the "Alliance for Women Coaches," Dr. Cheryl Lovelady on "Pre and Post Workout Nutrition," Dr. Nicole LaVoi on "Evidence-Based Best Practices for Developing Physically Active Girls," Dr. Aaron Terranova on "Coaching to Avoid Injury," and Dr. Renee Newcomer on "Mental Toughness for Injury Prevention and Recovery." Dr. Carole Oglesby presented the NAGWS Legacy Lecture on the role of NAGWS in International Sport Development and Judy Sweet, Chris Shelton, and Shawn Ladda discussed the future of Title IX. Another panel presentation, titled "Voices from the Field," featured ruminations on the value and meaning of sport by Dr. Brenda Armstrong (Dean, Duke Medical School), Kim Record (Athletic Director at UNC-G), and Wendy Palmer (former WNBA and University of Virginia basketball player). Finally, the conference featured two movie screenings. *Sync or Swim* was a fascinating documentary on the U.S. Olympic Synchronized Swim team by Dr. Cheryl Furjanak of NYU and *The Mighty Macs* chronicled the trials and tribulations of the Immaculata College women's basketball team. Donna Duffy,

Director of the Program for the Advancement of Girls and Women in Sport and Physical Activity at UNC-G did a fantastic job organizing the conference and managing the events.

3) On November 2nd, Chandelle Schulte and I attended a conference hosted by the Tucker Center on the campus of the University of Minnesota. The theme for the conference was "Creating Change" and the opening keynote talk featured Don Sabo discussing "What History and Research Tell Us about Women's Continuing Achievements in Sports." I participated in a panel to discuss the role of NAGWS among groups creating social change for girls and women in sport. The panel featured representatives from the Tucker Center (Nicole LaVoi), the SHARP Center (Kathy Babiak), the Canadian Association for the Advancement of Women and Sport and Physical Activity (Karin Lofstrom), and the Alliance of Women Coaches (Celia Slater & Judy Sweet). Several scholars from around the country presented cutting edge research designed to outline some research agenda items for all organizations that serve women in sport. The clos-

ing keynote panel featured three scholars in sports media (Margaret Carlisle Duncan, Mary Jo Kane, and Michael Messner).

It was a thrill to visit the Tucker Center (U of Minnesota) and the Program for the Advancement of Girls and Women in Sport and Physical Activity (UNC-Greensboro) to see firsthand all the good work they are doing. We are holding discussions to determine how we might best work together in the future to rotate the host site for conferences and take advantage of the expertise of all centers and organizations interested in promoting girls and women in sport. At the UNC-G conference, I had the good fortune to speak with Kate Barrett who mentioned the need to work together to define initiatives and distinct missions that work for equity for girls and women participating in sport.

Future conferences worth noting include the International Olympic Congress Conference on Women in the Olympics scheduled for March of 2012 in Los Angeles, California and the Women Sport International Conference in 2014 in Finland. Mark your calendars!

Board of Governor's Update

The September 2011 AAHPERD Board of Governor's (BOG) meeting happenings continued to work toward unification of AAHPERD. The Organization Planning Committee (OPC) Report was accepted except for the mission statement and the determination of the Districts. Sub-Committees will help to determine the actual mission statement and a plan for reorganization of the Districts. The BOG looks to engage broad membership for feedback related to unification and consensus to strengthening AAHPERD as a unified organization.

A Recap: Conference on Girls and Women in Sports and Physical Activity

Donna Duffy

The Program for the Advancement of Girls and Women in Sport and Physical Activity (PAGWSPA) at UNC Greensboro, in collaboration with the National Association for Girls and Women in Sport (NAGWS), hosted their First National Conference on Girls and Women in Sport and Physical Activity on the UNCG campus, October 20-22, 2011. This three-day conference brought together over 100 scholars, coaches, teachers, and students from across the country.

The theme of this year's conference, Discovering Strengths of Body and Mind provided a program on a wide variety of topics that were evidence-based and applicable. Dr. Jan Todd from the University of Texas at Austin provided the inaugural keynote presentation entitled: The Muscle Problem: Myths about Girls, Women, Strength and Sports, which focused on myths surrounding girls, women, strength, and sport. Dr. Nicole LaVoi from the University of Minnesota delivered the second keynote entitled: Evidence-based Best Practices for Developing Physically Active Girls, which was presentation on best practices for developing physically active girls from the Tucker Center's 2007 comprehensive research report, Developing Physically Active Girls.

Other presentation topics included the female athlete triad, sport nutrition, gender equity, Title IX, injury prevention for female athletes, mental toughness and female athletes, as well as the legacy of

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Mentoring: Professional Development at its Best

DeAnne Brooks

I've recently attended several excellent professional development activities, including The First National Conference on Girls and Women in Sport and Physical Activity at UNCG. All of these conferences included strong programs, dynamic speakers, and excellent practical as well as theoretical knowledge-gathering opportunities. My greatest professional development opportunities at these conferences, however, did not happen while listening to presentations. Rather, they occurred during conversations with presenters and other attendees between sessions, over meals, and on shuttles to and from the hotels. It is often through these conversations that experienced and aspiring researchers, administrators, teachers, coaches and program developers connect and form relationships. In best-case-scenarios, it is also during these times that mentor-protégé relationships are developed between folks who share interests and desire to help and be helped.

These types of relationships are not only valuable in the traditional sense of mentors helping protégés, but they are also necessary to advance the mission of NAGWS and other social justice-focused groups.

Mentoring has been described as "vital" to the success of women (Sorcinelli and Yun, 2007). These relationships benefit protégés and result in success in reaching professional goals such as developing research agendas, writing, publishing and securing higher salaries. Also, mentoring relationships result in increased self-efficacy of protégés, increased competence with achieving work-life balance and increased ability to successfully navigate office politics. Mentors also benefit from these relationships through the intrinsic enjoyment that comes from educating, empowering and contributing to the success of other professionals. One of my mentors mentioned that she also enjoys mentoring because it allows her to stay connected to a younger generation of professionals. Mentors who support the professional development of women, however, have an impact that spans beyond her or his protégé; by helping to provide a member of an under-represented group with the support, endorsement, contacts, skills, and abilities needed to achieve and succeed in leadership positions, these special mentors increase opportunities to enhance diversity within previously-homogenous professions and organizations.

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Did You Know?

Three-time Wade Trophy recipient, Maya Moore, was named Rookie of the Year for the 2011 WNBA season. Moore averaged almost 14 points and six rebounds a game for the champion Minnesota Lynx. She started all 34 of Minnesota's regular season games and every game of the WNBA Playoffs. The forward averaged almost 28 minutes a game for both the regular and post-season. The Lynx only lost one playoff game, yielding the second game of the Conference Semi-Finals to San Antonio before winning six straight games. Minnesota went on to sweep the Phoenix Mercury and Atlanta Dream in the Conference Finals and Finals, respectively, capturing the program's first ever title.

Shared Leadership in Research: NAGWS and the Research Consortium

Charity Bryan

As the NAGWS Vice President for Research, I have the unique opportunity to serve on both the NAGWS and Research Consortium (RC) boards. This unique opportunity has allowed me to try and merge these two positions to the advantage of both groups. Leadership in our professional organizations is a critically important endeavor, especially in these times at the American Alliance. President Brad Strand has selected his convention theme “United We Move.” No doubt, our Alliance needs to be united as we move ahead into a unified organization. This will mean change for our national associations and, hopefully, an opportunity to work more synergistically as we move ahead.

This forward progress will require all groups in the Alliance to move forward, share their toys and space in the sandbox, as well as work as a team as we transition into our new roles within a unified

organization. “Shared Leadership” relates to both the VP of Research in NAGWS and the current climate in AAHPERD. As your VP of Research, it is my responsibility to advance the research agenda of both NAGWS and its members. We are very fortunate to have a wonderful relationship with the RC. If you are not already, I encourage each NAGWS member to check the RC as a membership area as well as consider the RC Fellows program. There is no fee for AAHPERD/NAGWS student and professional members to also be members of the RC. NAGWS members who are not already RC members can select the RC by logging into the AAHPERD Web site and then clicking into “Update Your Profile” and checking the RC.

For the RC Fellows program, per the RC website, “Fellow status is reserved for members who have made significant and sustained contri-

butions to scholarship (research and creative activity) and related service in the areas of concern to AAHPERD.” Two of the main goals of the RC Fellows program are “to promote scholarship as an integral component of AAHPERD as well as to recognize accomplishments in scholarship by RC members, and recognize and promote participation in the RC.” I encourage each NAGWS member to examine the RC Fellow guidelines at <http://www.aahperd.org/rc/programs/fellow.cfm> and give serious consideration to seeking nomination for this program.

The mission of NAGWS is “to develop and deliver equitable and quality sport opportunities for ALL girls and women through relevant research, advocacy, leadership development, educational strategies, and programming in a manner that promotes social justice and change.” While none of us knows exactly what our new

structure will look like at AAHPERD, we do know that change is coming. Further, we also know that the missions and visions of each of our national associations are important and vital in continuing the work of the Alliance. The way in which we conduct our business of NAGWS has yet to be determined. However, I feel certain that we all agree that the mission of NAGWS is not completed and that a strong voice for advancing research in girls and women’s sport and physical activity is a key to accomplishing our goals. Therefore, to that end, we will go forth with a vision of “shared leadership” in all that we do. It is my sincere hope that what we have in the end is a stronger AAHPERD, with a global brand, that is able to continue our battle on all fronts. If we are successful, then “shared leadership” will certainly have been part of the solution.



AAHPERD National Convention
March 13-17
Boston, MA



TITLE IX at 40

IN IT FOR THE LONG RUN



February 1, 2012
26th Annual National Girls & Women in Sports Day

www.NGWSDCentral.com

Op-Ed: Culture of Athletics as a Microcosm of Society

NAGWS past-President and PSU alumni, Shawn Ladda, distinguishes the current sex abuse scandal as one of many where Penn State has failed both its student-athletes and the community. Disappointed and appalled by the injustices experienced by students at PSU, Ladda wrote a letter to her Alma-mater identifying a culture that has allowed this injustice to persist for years

After weeks of in-depth reporting, press conferences and grand jury statements, we are all familiar with the horrendous discoveries at Penn State and the child abuse allegations that rocked not only the Penn State community, but sports fans all over the country.

As the past-President of the National Association for Girls and Women in Sport (NAGWS), a former college coach, professor of physical education and human performance, and a 1983 graduate of the Pennsylvania State University, I write this letter in dismay at the current child sex abuse scandal. This is yet another example of the ingrained “above the law” mentality and culture that has been allowed for thirty plus years at Penn State.

This is a culture that allowed former women’s basketball coach Rene Portland to marginalize and blatantly discriminate against student-athletes for 25 plus years (See the documentary “Training Rules” at www.trainingrules.com). The impact of this tolerated behavior on the student-athletes is ever present. Why was this allowed?

In the 1980’s and 1990’s, Portland pronounced three rules to her team, “No Drinking, No Drugs, No

Lesbians.” Coach Portland recruited great athletes to PSU but once they arrived, if she even suspected that a player was a lesbian, that player was kicked off the team and lost her scholarship. This policy was well known at the University and beyond, yet, no one stopped her from this unfair and discriminatory practice. Former Penn State football coach, Joe Paterno, defended Rene Portland through her years at the institution.

In 1982, this culture forced myself as a junior, along with five of my teammates and coach to meet with then athletic director, Paterno, (only year he held the position) to ask for the club women’s soccer team to be supported at the university. Penn State denied signing off on a form that would have allowed our team to compete post season.

Why was this allowed? Without any resolve internally at Penn State to come into Title IX compliance, we filed a Title IX complaint against the university. Joe Paterno and Penn State had the chance to be a leader in providing opportunities for women in sport but fell short.

And now this pervasive culture of being above the law permeates into another scandal. Why would one see such a horrific act and not call the authorities? Why would it take almost ten years for the details of this child sex abuse to be known?

“This is yet another example of the ingrained “above the law” mentality and culture that has been allowed for thirty plus years at Penn State.”

The recent Penn State Board of Trustees statement indicates that it is “always striving for honesty, integrity and the highest moral standards in all its programs” and is “committed to restoring public trust in the University.” In order to follow through on these claims, a culture needs to be created at PSU that is not one of protecting the guilty and results in secrecy, but rather a culture that fosters openness and transparency. The goal should be a much higher level of moral reasoning like “doing the right thing.”

A culture needs to be created that REALLY values fairness, equity, and justice!



UNCG CONFERENCE

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of NAGWS. Many UNC Greensboro faculty, including individuals from the Athletic Department presented their work at the conference, as well as a great representation of nationally and internationally renowned speakers including, Dr. Carole Oglesby, who delivered the first NAGWS Legacy Lecture, Chris Shelton, Dr. Shawn Ladda, and Dr. Lynda Ransdell. During the opening reception for the

conference, the Diane L. Gill Award was presented to Chrissy Olson, a teacher at Greensboro Day School and coach of the GDS swim team and Greensboro Swim Association, for her outstanding contributions to promoting opportunities for girls in sport. Cheryl Furjanic, a professor and film director from New York University, screened her award-winning documentary entitled *Sync or Swim*, which chronicles the story of the U.S. Olympic synchronized swim team.

Conference participants also joined together to attend the premiere of the motion picture *The Mighty Macs*, which premiered nationwide the same weekend as the conference. This first conference served as an important space for furthering NAGWS and PAGWSPA's joint mission to develop equitable and quality sport and physical activity opportunities for all girls and women. We look forward to the next one!

MENTORING

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Within college athletics, for example, it is hypothesized that increased mentoring of women coaches and administrators will increase the pool of those qualified to climb the ranks to head coach and Director of Athletics. As the protégés become mentors themselves, the impact of mentoring relationships will continue to result in even greater numbers of diverse, qualified women leaders. Further, these increasing numbers of powerful women will be able to recognize, reward, and hire the talents of additional women, resulting in more diverse workplaces.

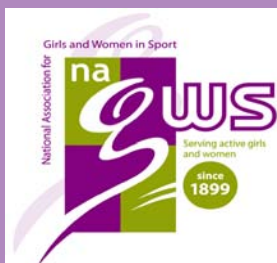
Members of NAGWS are committed to promoting social justice and social change through developing and delivering equitable and quality sport opportunities for all girls and women. This work requires a continuation of efforts by pioneering women who have competed in male-dominated sports, administered grass-roots and elite-level

athletic programs, developed and implemented world-changing initiatives like Title IX, published research dedicated to active girls and women, and lectured and spoken out against inequity and injustice both within and outside of sport. The qualifications needed to succeed in these many arenas come, in part, through learning from others. Mentors who can help prepare women to continue this work are invaluable as a professional development resource. Without mentoring relationships, in which advocates and activists learn from and teach one-another, numbers of qualified "others" will dwindle and continue to be unrepresentative and inadequate.

In efforts to continue the work of the pioneers who have tirelessly worked on the behalf of active girls and women, mentor-protégé relationships must continue to grow in numbers and quality. Toward this goal, NAGWS is developing a mentoring program designed to provide a platform for emerging and experienced leaders who, together, want to

advance the organization's mission. Experts have outlined the benefits of having multiple mentors and protégés and the NAGWS mentoring program, like between-session-moments at conferences, will offer an opportunity for dedicated, hard-working, talented protégés to meet and develop valuable professional relationships with successful, knowledgeable, and passionate mentors. Our goal is for this mentoring program to meet the needs of scholars and practitioners alike.

Successful mentor programs fit the members they serve and we would like your input on how to make this mentoring program valuable for current and future NAGWS members. If you would like to join the committee charged with developing the NAGWS Mentoring Program, please contact me at deanne.brooks@greensboro.edu. My goal is that we mentor each other through this process while building relationships that will have a lasting impact on meeting the mission of NAGWS. Keep moving!



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