

# NGWSD Event Planning

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## Abstract

Most every day in this country is men's sports day. In 1987, Congress set aside one day to celebrate the accomplishments of women in sport. Unfortunately, the National Girls and Women in Sports Day (NGWSD) does not get the recognition that it deserves. This poster outlines two different options that can be implemented at the local level to raise awareness of this important day. These options seek to include all those who wish to support women's sports, not just the athletes who play them. Option 1 is a K-12 essay contest that encourages young female authors to write about issues important in sport. Using three preselected themes, girls are recognized for their creativity and writing abilities in their essays. Option 2 is a teeter-totter marathon which showcases women and some men, coming together to show support of this cause. As Option 2 is clearly out of the mainstream, it garners quite a bit of local media and campus attention. Each option is easily adaptable to any community and can serve as a platform to discuss issues related to women in sport.

## Teeter-Totter Marathon

To raise campus awareness, a teeter-totter marathon is one way to visibly celebrate NGWSD. By utilizing student-athlete and faculty support, attempt to keep a teeter-totter in motion for 12 or more hours. An aggressive series of press releases provided our inaugural event coverage on four local television stations and newspaper coverage.

- Adult sized teeter-totter are available for purchase, or for about \$100 in materials a local carpenter can build you a solid totter.
- Get faculty involved in keeping the teeter-totter in moving. Have students vote for which faculty they would most like to see in motion by donating loose change into representative jars.
- Invite different departments to keep the teeter-totter in motion for a given time period. We had one department that all showed up in costumes.
- Have women's teams be responsible for staffing the teeter-totter for one hour.



Women's soccer team during their time on the totter.

## Essay Contest

In an effort to introduce a broader population of individuals to NGWSD, we sponsored a community wide essay contest for girls grades K-12. Four different grade classifications ensured that essays were evaluated among equivalent peer groups. Beginning with the overall theme of the national event that changes every year, undergraduate majors in our department brainstorm essay ideas. Here are samples of themes we have used in the past:

1. **Stay Strong, Play On!** Explain why your lifestyle should include exercising, eating right and getting plenty of sleep in order to build a healthy body, mind and strong heart.
2. **Character Counts!** Share why practicing one or more of the six elements of sportsmanship (trustworthiness, respect, responsibility, fairness, caring, and citizenship) makes you a better person.
3. **Draw the Line!** Explore why it is important to say no to alcohol, drugs, and performance enhancing substances. Explain how saying 'no' can enhance your life, your family's life, and what it means within sport participation.
4. **Believe and Achieve!** Explore why it is important to have self-confidence and perseverance. Explain how these two things can enhance your sport and academic lives, as well as your future goals and dreams.
5. **Life of Play!** Play isn't just for little kids anymore. Explain why it is important to play throughout your life. How do you play and have fun? How has your play changed as you have grown up? Explore how playing can keep you fit, healthy, and reduce stress in your life.

## Essay Contest Execution

- Four months prior ~ October
  - Work to create a distribution list of area principals
  - Find local organizational contacts (Girl Scouts, YWCA, etc.)
  - Finalize themes for the contest
  - Create the advertising flier
- Three months prior ~ November
  - Blitz email to principals with flier attached
  - Send to local organizational contacts
  - Send press releases to area news outlets
  - Send internal campus email announcing event
- One month prior ~ January
  - Begin to sort essays into grade categories
  - Line up majors to assist in evaluating essays
  - Reserve space for essay evaluation
- One week prior
  - Assess all grade categories and select winners and honorable mention award winners
  - Create Certificate of Achievement for winners
- NGWSD
  - Release name of winners in press release
  - Send out certificates to winners
  - Post winning essays on your website

Visit us at <http://sportforeverygirl.com>

### 2011 Contest - Grades 3-5 Winning Essay

Before you achieve something you have to practice practice practice. It takes a lot of practice to be great at something but it is not just practice that makes perfect, you have to believe to achieve. Sometimes you just need a little self-confidence to achieve something.

Self-confidence is something that gives you a big punch in your goal in your life. If you are struggling in some sport you should find your self-confidence and when you practice you should use your self-confidence. My goal in my life is to be a gymnastic champion what is your goal in your life? So good luck out there.



Two lacrosse players during their time on the totter.