

# 23<sup>RD</sup> ANNUAL NATIONAL GIRLS AND WOMEN IN SPORTS DAY FEBRUARY 4, 2009

SPONSORED BY,  
THE MINNESOTA COALITION OF WOMEN IN ATHLETIC LEADERSHIP



National Girls and Women in Sports Day, created by the Women's Sports Foundation in 1987, shines a light on the accomplishments of women and girls in sports. It is a day to nationally recognize the community and personal impacts of Title IX legislation. Each year celebrates and commemorates girls and women who participate in sports, encourages increased participation, and honors our athletic leaders.

The Minnesota Coalition of Women in Athletic Leadership invites you join the statewide celebration of National Girls and Women in Sports Day!

**Nominate** an individual of organization in your Minnesota community to be honored for their positive impact on girls/women sports programs with the **Breaking Barriers Award**. This award celebrates individuals or organizations that have broken barriers, overcome challenges and/or strive to provide athletic opportunities for girls and women of all races, all ages, and all levels of ability. To nominate someone in your community, please fill out the Breaking Barriers nomination form and submit by **December 5, 2008**.

**Celebrate** National Girls and Women in Sports Day at the **Minnesota State Capitol Rotunda, Wednesday, February 4, 2009 from Noon-1 PM**. All NGWSD Award winners, including the Breaking Barriers winners will be honored at this event.

The Minnesota Coalition of Women in Athletic Leadership thanks you for your ongoing support of National Girls and Women in Sports Day – Play On!

#### MINNESOTA NGWSD CELEBRATION

Wed., February 4, Noon-1PM

Join us at the State Capitol Rotunda for the National Girls and Women in Sports Day celebration and help honor this year's NGWSD award winners.

#### BREAKING BARRIERS AWARDS

Nominate an individual of organization in your Minnesota community to be honored for their positive impact on girls/women sports programs. A limited number of recipients will be selected each year.



#### RECOGNIZE LOCAL FEMALE SPORTS TEAMS

Cheer on our local female athletes! Look up local games times in your community paper, on one of your local college websites or attend a professional game.

[www.miac-online.org](http://www.miac-online.org)

[www.mnlynx.com](http://www.mnlynx.com)

[www.gophersports.com](http://www.gophersports.com)

[www.mshsl.org](http://www.mshsl.org)



#### WRITE TO YOUR ELECTED OFFICIALS

Tell your local, state, and national officials that equal access is important to you. Tell them what sports have meant to you and the girls/women in your life and ask them to protect Title IX legislation. Support a girl in letting her voice be heard too!

#### SUPPORT EMERGING ATHLETES

Share your skills and passions with girls in your community. Coach a team, run a clinic, or just play sports with the girls in your neighborhood.



# 2009 BREAKING BARRIERS AWARD APPLICATION

Select an individual or organization that has broken barriers and/or made an impact for girls/women in your community. Nominees may be a coach, parent, administrator, booster club, etc. Breaking Barriers Award nominees have:

- Significantly contributed to girls/women sports programs/opportunities in your community
- A positive attitude and is an exceptional role model
- Focused on the needs /opportunities of girls and women

**FEBRUARY 4, 2009**

**SPONSORING ORGANIZATIONS**

- COURAGE CENTER
- FOUNDATION IX
- MACALESTER COLLEGE
- MINNESOTA INTERCOLLEGIATE ATHLETIC CONFERENCE
- MINNESOTA LYNX
- MINNEAPOLIS PARK & RECREATION BOARD
- MINNESOTA RECREATION & PARK ASSOCIATION
- MINNESOTA STATE HIGH SCHOOL LEAGUE
- MINNESOTA YOUTH ATHLETIC SERVICES
- NORTH COUNTRY REGION USA VOLLEYBALL
- UNIVERSITY OF MINNESOTA ATHLETICS
- VISIT MINNEAPOLIS NORTH
- YWCA OF MINNEAPOLIS

**Name of Nominee**

Organization \_\_\_\_\_

Mailing address \_\_\_\_\_

Day Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

E-mail address \_\_\_\_\_

Local newspaper \_\_\_\_\_

E-mail for Local Paper \_\_\_\_\_

**Nominator** \_\_\_\_\_

Address \_\_\_\_\_

Organization \_\_\_\_\_

Day Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

E-mail address \_\_\_\_\_

**\*\*The recipient will be informed of their award, unless you inform otherwise.\*\* The award committee contacts all winners. If you would like to contact the winner, please let us know.**

Describe activities and contributions made by this individual or organization and the years of experience:

Please submit a digital **picture of the nominee via email** to [judy@ncrusav.org](mailto:judy@ncrusav.org).

Will the nominee attend the event at the State Capitol on Wednesday, February 4?

**Return this form by Friday, December 5, 2008 to:**

North Country Region USA Volleyball  
 Attn: Judy Praska  
 4100 Poplar Bridge Road  
 Bloomington, MN 55437  
 Phone 952-831-9150 ext. 10, fax 952-942-5584 or e-mail to [judy@ncrusav.org](mailto:judy@ncrusav.org)

\* A limited number of recipients will be selected each year.

**Coalition Nominated NGWSD Awards:**

**Special Merit Award**

Given to an individual who exemplifies extraordinary commitment to breaking barriers for girls and women in sports.

**Media Award**

Awarded to a member of the media who has supported and promoted girls and women's sports.

**Wilma Rudolph Courage Award**

Recognizes women of courage.

**Marie Berg Award**

Honors an outstanding K-12 physical education teacher who has expanded sports opportunities for girls and women.

To share the accomplishments of someone you know for consideration in one of the above awards, contact Judy Praska