



Happy Birthday, Title IX!

You may not know what Title IX is, but it has certainly had an impact on your life as a student and an athlete.

Did you know?

- ✓ Before Title IX, the primary physical activities for girls in school were cheerleading and square dancing?
- ✓ Before Title IX, only 1 in 27 girls played high school sports?
- ✓ Before Title IX, college scholarships for girls were virtually nonexistent and some schools even limited the number of women admitted?
- ✓ Before Title IX, less than 10 percent of law and medical degrees were earned by women?

In 1972, what is now known as Title IX of the Education Amendments Act vowed to change that.

No person in the United States shall, on the basis of sex, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any education program or activity receiving federal financial assistance.

That was 40 years ago. Today, opportunities for girls and women have grown significantly. One in every 2.5 high school athletes is a girl, nearly half of the doctoral degrees awarded go to women and more than \$1 million in scholarships go to female athletes at Division I schools.

What does this mean?

- ✓ High school girls who play sports are less likely to be involved in an unintended pregnancy; more likely to get better grades in school and more likely to graduate than girls who do not play sports.
- ✓ Girls and women who play sports have higher levels of confidence and self-esteem and lower levels of depression.
- ✓ Girls and women who play sports have a more positive body image and experience higher states of psychological well-being than girls and women who do not play sports.

To learn more about Title IX and the benefits of physical activity for girls and women, visit the Women's Sports Foundation website. Girls and parents can also learn more through the GoGirlGo! Campaign at womenssportsfoundation.org/gogirlgo. Additional resources are also available on the Starlings Volleyball Clubs USA website. Visit starlings.org/literary-art-contest/.



LITERARY/ART CONTEST 2012

“Title IX: How has it changed my world?”

Title IX is celebrating a birthday in 2012. Since it was passed as law in 1972, the opportunities for girls and women in education and athletics have soared. What impact have those opportunities had on you?

Literary: Essay (1,000 to 2,000 words)
Poetry (no limit on length)

Art: Painting, Drawing, Sculpture, Photography

Deadline: Entries must be submitted by June 1, 2012.

Prizes: \$1,000 in cash (to be presented at Nationals)

The same theme, ***“Title IX: How has it changed my world?”*** will apply to all age divisions. Below are the divisions according to grades. All written material must be emailed to the appropriate judge in Word format (please no designs, photos or colors). **Include name, grade, Starlings team and club.**

Essays/Poetry to:

Seniors, Juniors - Jane Mattox jcmeyes@yahoo.com
Sophomores, 9th - Barbara Garrison bargarrison@yahoo.com
8th, 7th - Rosie Mason dennisrosie@cox.net
6th and under - Byron Shewman byron@starlings.org

Coaches, Directors, Parents – Byron Shewman byron@starlings.org

All Art entries should be sent via mail to:

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Imperial Beach, CA 91932

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