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## **G.I.R.L.S. Volunteer Group Created to Promote Girls Sports in the Woodstock Area**

*“April 10 Girl’s In Sports Day event will take place from 10am - 1pm at Union Arena. All welcome!”*

**Woodstock, VT, March, 2010....**A volunteer group of committed sports enthusiasts has created G.I.R.L.S. (Gee I Really Love Sports!). G.I.R.L.S. is an organization dedicated to promoting youth sports for girls of all ages, giving them the opportunity to express themselves physically, resulting in achievement of teamwork, self-confidence, skill development and personal pride.

G.I.R.L.S. is the result of a drop in girl’s sports participation not only locally, but nationally. This is a concern as girls that play sports can derive great psychological, physiological and sociological benefits from sports participation.

Consider these facts from the Women’s Sports Foundation:

- 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.
- As little as four hours of exercise a week may reduce a teenage girl’s risk of breast cancer by up to 60%.
- Girls who play sports have a higher level of confidence and self-esteem and lower levels of depression.
- Girls who play sports have a more positive body image and experience higher states of psychological well being than girls who do not play sports.

“This is a great opportunity for all the area girls to learn how accessible and fun girls sports are”, a joint statement by representatives from WUHS, Woodstock Recreation Center and Union Arena said, “our collective organizations have joined forces to reach out to the community and introduce girls sports through this great event”.

In an effort to act on the mission statement, G.I.R.L.S. will produce a free Girl’s in Sports Day an informative event taking place at Union Arena on Saturday, April 10 from 10am – 1:00pm. This event will showcase all sports offered in the Upper Valley area available to girls. All area girls and their families are invited to come and learn about the offerings and learn more about the many benefits of sports in the development of girls.

Participating sports included will include: lacrosse, softball, field hockey, soccer, golf, tennis basketball, track & field, hockey, figure skating, swimming, curling, alpine & cross country skiing and more.

For more information, please become a fan of the Facebook page G.I.R.L.S. or contact Woodstock Union HSMS – 802-457-1317, [SPeistrup@wuhsms.org](mailto:SPeistrup@wuhsms.org), Woodstock Recreation Center – 802-457-1502, [gdevine@woodstockrec.com](mailto:gdevine@woodstockrec.com) or Union Arena – 802-457-2500, [vcox@unionarena.org](mailto:vcox@unionarena.org)

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