

Girls In Sports

Myths about Girls and Sports

For a very long time girls among other things have been very much discouraged from playing any type of sports. With this there have been several myths that have been accumulated about girls participation in sports:

-“If she plays sports she will become “mannish” and “unfeminine”

- “ If she plays sports she will develop an eating disorder”
- “ If she trains too hard her ovaries and bladder will drop”
- “Women are not interested in playing sports”
- “ Men athletes are more skillful than women athletes.”
- “ Men are stronger and more powerful than women.”
- “Some sports are okay for girls but others aren’t”
- “ Girls cannot be as good at sports as boys.”

These are all what you call myths. Saying and stories about girls that have been retold for years that come without scientific proof and have been shown to be completely wrong. There is no research that shows that boys are more interested in sports than girls, or that they are better at all sports. It has in fact been proven that females are interested in participating in sports. A lack of support, positive reinforcement, encouragement and self-confidence cause young girls to drop out of sports and discontinue their participation. This drop out rate is as much as six times greater than boys.

“Coaches Learning About Youth Sports”

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Special points of interest:

- *Briefly highlight your point of interest here.*

**“Children, especially females, who receive positive reinforcement for sport participation are more likely to become involved in sports than those who receive neutral or negative messages”
(Greendorfer S. 1987)**

25 BENEFITS OF GIRLS PLAYING SPORTS



1. Sports are fun
2. Girls and women who play sports have a more positive body image than girls and women who don't participate.
3. Girls who participate in sports have higher self-esteem and pride in themselves.
4. Research suggests that physical activity is an effective tool for reducing the systems of stress and depression among girls.
5. Playing sports teaches girls how to take risks and be aggressive.
6. Sport is where girls can learn goal-setting, strategic thinking and the pursuit of excellence in performance and other achievement-oriented behavior— critical skills necessary for success in the workplace.
7. Playing sports teaches math skills.
8. Sports help girls develop leadership skills.
9. Sports teach girl team-work.
10. Regular physical activity in adolescence can reduce girls risk for obesity.
11. Physical activity appears to decrease the initiation of cigarette smoking in adolescent girls.
12. Research suggests that girls who participate in sports are more likely to experience academic success and graduate from high school than those who do not play sports.
13. Teenage female athletes are less than half as likely to get pregnant as female non-athletes
14. Teenage female athletes are more likely to report that they had never had sexual intercourse compared to non-athletes.
15. Teenage females athletes are more likely to experience their first sexual intercourse later in adolescence.
16. It may help prevent osteoporosis.
17. Girls who exercise report being happier than those who do not exercise.
18. Girls who exercise believe that they have more energy and felt healthier.
19. Women who are active in sports and recreational activities as girls feel greater confidence in themselves.
20. Research supports that regular physical activity can reduce high levels of fat in blood.
21. Girls who exercise weigh less.
22. Girls/women who exercise have lower levels of blood sugar, cholesterol, and have lower blood pressure.
23. Decreases the chance of developing breast cancer.
24. Regular exercise improves the overall quality of life.

Compiled by the Women's Sports Foundation (1999)

Title IX

In 1972 congress passed what is referred to as Title IX of the education amendments acts. This law prohibits discrimination against based on gender. Title IX applies to colleges, high schools, and even elementary levels. All children should have a chance to pursue their dreams. The percentage of females participating in sports needs to match the percent of females in your student body. This allows equal opportunity.

One of the real reasons that we want to have equal opportunities for girls to play

sports is so that they can redeem the same psychological, sociological, athletic, benefits of sports participation as boys. Sport has been one of the most important socio-cultural learning experiences for boys and the same should be available for girls.



Girls are allowed to try out for sport if there is not a any girl's team available.

Female Sport participation

A main concern of girls in sports is for the overall health benefits and equal experience opportunity for girls. Sports increase self-confidence, self-esteem and help greatly in the areas of health issues.

If a girl does not compete in sports by the time she is 10 there is only a 10% chance that she will participate when she is 25.

Children especially females, who receive positive reinforcement for sport participation are more likely to become involved or to begin or even stay in sports.

"If a girl does not participate in sports by the time she is 10 there is only a 10% chance that she will participate when she is 25."

Whose Responsibility is it?

Parents, media, peers, corporations, schools, and government are all factors that take part of the responsibility for accepting and allowing females to participate in sports as an equal opportunity. **YOU AS THE COACH** can make a difference be knowledgeable and inform parents and colleagues about women sports and help oth-

ers to understand the need for equal opportunities for boys and girls. Be one of the first to take a stand and show others. As a coach either of girls boys or both give equal opportunity, positive and constructive negative reinforcement to all no matter age, race, and especially gender.