

10th
Annual

St. John Fisher College, Department of Sport Management Presents

National Girls & Women in Sports Day Essay Contest

The NGWSD Essay Contest promotes creativity through writing as an effective method for female authors to express their dreams and goals for a successful life and a better community. This contest encourages young women to express their ideas about the importance of sport and physical activity in their lives as well as their community at large. Writers should select from one of the following themes:

1. **Character Counts** - share why practicing one or more of the six elements of sportsmanship (trustworthiness, respect, fairness, responsibility, caring, and citizenship) makes you a better person.
2. **I Am Strong** – one can talk about strength of the body, of the mind, and of the heart. In your essay, explore how when you are strong in all these areas you can achieve your goals and dreams.
3. **Speak Up, Speak Out** – in our teams and communities we share the same spaces and interact with lots of different types of people. When we see someone who is hurting or when something doesn't seem right, we should speak up and speak out. In your essay, talk about why it is important to pay attention and use your voice to help make our teams and communities safer for everyone.

One winner will be selected for *each* category. Visit our website for award information.

Grades K, 1, 2	Draw a picture, then have an adult narrate your picture in 75-100 words.
Grades 3, 4, 5	Guideline of 100-200 words
Grades 6, 7, 8	Guideline of 200-300 words
Grades 9-12	Guideline of 300-500 words
Team entry	Single entry to be written by entire team, average grade level

Entries can be hand-written or typed. Completed essays need to include:

- Title of the essay
- Full name of the author
- Grade level of the author and name of teacher
- Address of home and/or name of school
- Email address of contact (if available)

By submitting an essay, a parent or teacher of the author certifies that the essay represents the independent work of the child.

Essay Submission
Deadline:

1/31/19

All essays must be submitted electronically or postmarked no later than the above date.

Submit any questions and completed essays to:

Via Mail:

Dr. Emily Dane-Staples, SJFC
NGWSD—Essay Contest
3690 East Avenue
Rochester, NY 14618

Via Email:

by attaching a file to ngwsd@sjfc.edu

On Wednesday, February 6, 2019, winning essays will be announced and published on our website:

<http://sportforeverygirl.com>

