

**11th
Annual**

National Girls & Women
in Sports Day

ESSAY CONTEST

**Essay Submission
Deadline:**

JANUARY 30, 2020

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



THEMES

The NGWSD Essay Contest provides a creative outlet for female authors grades K-12 to express how sport has impacted their lives and communities. Writers should select from the following themes this year:

1. **I Believe For Me**—share your sport dreams and what you want to become.
2. **Play with Purpose**—we all participate for many reasons. Share why you engage in physical activity and play sport.
3. **#LikeAGirl**—this can mean lots of different things, what does it mean to you?

GRADE LEVEL PARAMETERS AND AWARDS

Grades K, 1, 2	Draw a picture, then have an adult narrate your picture in 75-100 words. Winner will be awarded 2 passes to The Strong Museum of Play.
Grades 3, 4, 5	Guideline of 100-200 words . Winner will select a \$30 gift card to Barnes & Noble or Dick's Sporting Goods.
Grades 6, 7, 8	Guideline of 200-300 words. Winner will select a \$40 gift card to Barnes & Noble or Dick's Sporting Goods.
Grades 9-12	Guideline of 300-500 words. Winner will select a \$50 gift card to Barnes & Noble or Dick's Sporting Goods.

SUBMISSION GUIDELINES

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.

ANNOUNCEMENT OF WINNERS

On Wednesday, February 5, 2020, winning essays will be announced and published on our website:

<http://sportforeverygirl.com>