

# National Girls & Women in Sports Day Essay Contest



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

**A Healthy Mind Matters** - Elite athletes have begun to be outspoken about the importance of mental health; how your body performs is only one aspect of sport. Write about how you handle the pressure and stress of sport and work to keep your mind healthy.

**Then, Now, & Beyond** - Since Title IX was passed 50 years ago, we have seen growth and an increase in opportunity for girls and women in sport. Write about what you think the next 50 years will bring or discuss what areas of sport still need more progress towards gender equity.

**Looks Aren't Everything** - Media coverage of female athletes often focuses on their body and attractiveness and not their athletic talents. Write about how you think female athletes should be covered in the media and what happens when women are more celebrated for their bodies than their athletic accomplishments.

#### Grades K, 1, 2

Draw a picture & have an adult narrate your picture in 75-100 words.  
Winner will select a \$20 gift card to Barnes & Noble or Dick's Sporting Goods.

#### Grades 3, 4, 5

100 to 200 words in the essay.  
Winner will select a \$30 gift card to Barnes & Noble or Dick's Sporting Goods

#### Grades 6, 7, 8

200 to 300 words in the essay.  
Winner will select a \$40 gift card to Barnes & Noble or Dick's Sporting Goods

#### Grades 9-12

300 to 500 words in the essay.  
Winner will select a \$50 gift card to Barnes & Noble or Dick's Sporting Goods

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

Completed essays should be sent

**Via Mail:**

Dr. Emily Dane-Staples, SJFC

NGWSD—Essay Contest

3690 East Avenue

Rochester, NY 14618

**Essay Submission Deadline:  
January 27, 2022**

Entries can be handwritten or typed. By submitting an essay, a parent or teacher of the author certifies that the essay represents the independent work of the child. Once submitted, the essay becomes the property of the SJFC, NGWSD Committee.

**Via Email:**

by attaching a file sent to  
ngwsd@sjfc.edu

Files must be attached, not shared, to be considered in the contest.