

# 14th Annual 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:*

**Champions Through Challenges** - sport is not always easy. Sport often throws stress, injury, defeat, poor sports, pressure to perform, and a very busy schedule at athletes during their playing careers. Write about how these challenges can actually help you to become a champion in sport and in your daily life.

**Linking Academics and Athletics** - often, sport participation requires particular levels of academic achievement or performance. Write about how you see these two elements being connected and whether you think those two things should be intertwined.

**Making Daily Choices** - in order to be a successful person and a successful athlete, you need to wake up every day and make choices that move you towards those goals. Write about the choices you make that help you to achieve your goals.



**Completed essays should include: title of essay, full name of the author, grade level of author, name of teacher, home or school address, & email.**

**Once submitted, the essay becomes the property of the SJF, NGWSD Committee**



**Completed essays should be sent:**  
**Via mail - Dr. Emily Dane-Staples, SJF, NGWSD,**  
**3690 East Ave, Rochester, NY 14618**

**Via email - by attaching (NOT sharing) a file sent to**  
**ngwsd@sjfc.edu**

Essay Deadline  
**January 25,**  
**2023**

One winner will be selected for each grade category

## **Grades K-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 3-5**

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

## **Grades 6-8**

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

Entries can be typed or handwritten.