The Women’s Sports Foundation—the leading authority on the participation of women and girls in sports—advocates for equality, educates the public, conducts research, and offers grants to promote sports and physical activity for girls and women. Founded by Billie Jean King in 1974, the Women’s Sports Foundation builds on her legacy as a champion athlete, advocate of social justice, and agent of change. We strive for gender equity and fight discrimination in all aspects of athletics. Our work shapes public attitude about women’s sports and athletes, builds capacities for organizations that get girls active, provides equal opportunities for girls and women, and supports physically and emotionally healthy lifestyles. The Women’s Sports Foundation is recognized worldwide for its leadership, vision, strength, expertise, and influence.

**Thanks to...**

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# hang with the gogirls!

<table>
<thead>
<tr>
<th></th>
<th>alex</th>
<th>rosa</th>
<th>uni</th>
<th>tee</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Most Likely To:</strong></td>
<td>Grab the rebound</td>
<td>Play professional sports</td>
<td>Break curfew</td>
<td>Take care of everyone</td>
</tr>
<tr>
<td><strong>You Can Find Me:</strong></td>
<td>Playing basketball (and I wanna try football, but my mom won’t let me)</td>
<td>Playing tennis... lots of tennis!</td>
<td>Skateboarding or playing soccer, lacrosse or anything with a ball</td>
<td>Practicing yoga, walking, inline skating</td>
</tr>
<tr>
<td><strong>My Heroines:</strong></td>
<td>Sheryl Swoopes, Katie Smith &amp; Babe Didrikson Zaharias (she was old school)</td>
<td>Billie Jean King, Venus Williams &amp; Karin Korb</td>
<td>Cara-Beth Burnside (the Godmother of skateboarding)</td>
<td>My mom and Maya Angelou</td>
</tr>
<tr>
<td><strong>Famous For:</strong></td>
<td>Being tall and quiet</td>
<td>Beating everyone at my school in tennis (boys too)</td>
<td>Being rowdy</td>
<td>Being a vegetarian</td>
</tr>
<tr>
<td><strong>Favorite Food:</strong></td>
<td>Roast beef sandwiches with cream cheese</td>
<td>Sushi</td>
<td>Burritos and Gummi Bears</td>
<td>Berries – all kinds</td>
</tr>
<tr>
<td><strong>Favorite Things:</strong></td>
<td>IM-ing with my friends</td>
<td>Working on my serve, flirting with boys</td>
<td>Catching big air, playing jokes on my friends, hanging out</td>
<td>Reading books, being outside</td>
</tr>
<tr>
<td><strong>Can’t Stand:</strong></td>
<td>Cliques at my school</td>
<td>People treating me differently because I have a disability</td>
<td>Detention, “girly” stuff</td>
<td>People who don’t respect others</td>
</tr>
<tr>
<td><strong>Favorite Music:</strong></td>
<td>David Cook</td>
<td>Avril Lavigne</td>
<td>Fall Out Boy, Linkin Park</td>
<td>Alicia Keys, Jordin Sparks</td>
</tr>
</tbody>
</table>
feeling fly

lisa fernandez
feeling fly

“You run like a turkey,” my coach would yell, making my teammates explode with laughter. Needless to say, when I was 11 years old, my softball experience was a big girl’s nightmare. With foul sarcasm, my coaches were always busting on me because I was big and slow. It didn’t matter what kind of player I would one day become—all that mattered were my tears of embarrassment. Those days at practice I wanted to just shrink and disappear. I felt so down on myself that I wanted to quit the game that I loved all together.

Lucky for me, my parents were great at taking the hard stuff in life and morphing it into something positive. They constantly boosted me with confidence, reminding me that I was strong and worthy of my place on the team. Instead of making me embarrassed of who I was, they made me proud. “Flex those muscles for me,” Dad would always say. We’d watch sports on television, and he’d point out all the great athletes who were big and strong. At games he’d say, “See, Lisa, she’s not the fastest, but she sure is good.”

continued...
Instead of feeling bad about myself and my weaknesses, I learned to start depending on my strengths. It really helped that I had people I could trust. My parents motivated me to pinpoint my talents and run with them. I became a power-hitter and focused on improving my base running. My self-confidence began to shine. I changed from wanting to quit to trying to prove the coaches wrong.

There will always be critics. I am the person and player that I am because I learned to focus on what I know makes me strong, instead of what other people think makes me weak. Success, pride, and Olympic medals don’t come from listening to the critics; they come from inside of you.

Confidence means feeling good about yourself.
alex says:

Confidence means feeling good about yourself. You can build your confidence by:

• Trying a new sport or activity for fun
• Setting a goal and working to achieve it (like running a mile without stopping!)
• Thinking of your best qualities. Are you a good friend? A good singer? Do you always try hard in school? Give yourself props for all the great things about you!

healthy snack suggestion:
Lisa Fernandez’s favorite healthy snack is bananas.

journal ideas
What makes you great? Write down some of your best qualities. Do you ever feel down on yourself? What can you do for a confidence-boost when you need one?

resources
www.girlsinc.org
www.kidshealth.org
everything counts!!

WOMEN'S
SPORTS
FOUNDATION

Go Girl Go!

scrapbook
This is your journal, scrapbook, scribble pad, idea book and inspiration source all in one.
The best part is...you’re the author!
It’s all about you...your feelings, your friends and your life.
You can make this book whatever you want it to be.
We’ve included some suggestions and activities, but the rest is up to you.
So flip through, get involved and have fun!
<table>
<thead>
<tr>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age</td>
</tr>
<tr>
<td>Height</td>
</tr>
<tr>
<td>School/Organization</td>
</tr>
<tr>
<td>My Favorite Activities/Sports</td>
</tr>
<tr>
<td>My Favorite Female Athlete</td>
</tr>
<tr>
<td>My Favorite Women’s Sports Team</td>
</tr>
<tr>
<td>Song that gets me excited to get moving or play sports</td>
</tr>
</tbody>
</table>
Moving your body every day is one of the most important things you can do to keep yourself fit and healthy.

Playing hard or exercising for a total of 60 minutes per day is a goal every girl should aim for.

But you don’t have to do it all at once! Get moving for as little as 10 minutes at a time and you’ll reach that goal before you know it!

**Everything counts when it comes to moving your body!**

Here are some suggestions for how to get moving, but add your own, too!

When watching your favorite TV show, do sit-ups or jumping jacks during commercial breaks.

After dinner, take a walk around the block with your family.

Dance around your room to three of your favorite songs back-to-back.

Help out around the house by sweeping or mopping the floor.
WHAT’S A GOAL? It’s anything that you want and strive for…a winning season, an “A” on a test or something you’d like to achieve. Take a minute to think about what’s REALLY important to you. Think about your goals and write them down. How can you make these things happen? You have the power!

My activity/sports goal for today (Go for a jog, shoot 50 free throws, etc.):
________________________________________________________________________

________________________________________________________________________

My activity/sports goal for this month (Run a mile without stopping, join a dance class, etc.):
________________________________________________________________________

________________________________________________________________________

My activity/sports goal for this year (Learn a new sport, win the championship with my team, etc.):
________________________________________________________________________

________________________________________________________________________
word-a-licious

Are you funny? Smart? Confident? List at least five words that describe YOU.

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

NEXT, list five more that your friends would use to describe you.

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

Highlight the words you like the BEST. **WHAT CAN YOU DO TO LIVE THESE WORDS EVERY DAY?**

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________
It’s important to move your body each and every day. Remember, a good goal is to get moving for a total of 60 minutes each day, but everything counts! That means you can play hard or exercise in shorter bursts a few times throughout the day and you’ll reach that goal easily while having FUN!

A quick way to measure how hard you’re playing: take your heart rate by finding your pulse on your wrist right after you’re done with your workout. Count how many times your heart beats in 10 seconds. Write down the number in the space that says “Fit Meter” in your activity log.

**Fit meter**

**LESS THAN 20 = LIGHT ACTIVITY**
good for days when you’re tired—you can do this forever!

**20-26 = MEDIUM ACTIVITY**
good for your heart and lungs. Try to do activities like this that add up to 60 minutes every day.

**26 OR MORE = HEAVY-DUTY ACTIVITY**
good for your muscles—you’re breathing hard now!
Write down your heart rate in this chart after each time you play hard or work out. Copy this chart while it’s blank so you can use it all year long or download it from www.WomensSportsFoundation.org/GoGirlGo.

<table>
<thead>
<tr>
<th>DATE</th>
<th>WHAT I DID</th>
<th>FOR HOW LONG</th>
<th>FUN METER</th>
<th>FIT METER</th>
<th>IT ROCKED BECAUSE…</th>
</tr>
</thead>
<tbody>
<tr>
<td>5/4/11</td>
<td>Played basketball</td>
<td>60 minutes</td>
<td>☺</td>
<td>21</td>
<td>I played with middle school team</td>
</tr>
</tbody>
</table>

activity log...