

everything counts!!



WOMEN'S
SPORTS
FOUNDATION

Go Girl Go!

GoGirls! guide to life



the official scoop on the women's sports foundation

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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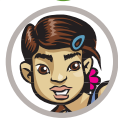
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hang with the gogirls!



alex



rosa



Most Likely To:	Grab the rebound	Play professional sports	Break curfew	Take care of everyone
You Can Find Me:	Playing basketball (and I wanna try football, but my mom won't let me)	Playing tennis... lots of tennis!	Skateboarding or playing soccer, lacrosse or anything with a ball	Practicing yoga, walking, inline skating
My Heroines:	Sheryl Swoopes, Katie Smith & Babe Didrikson Zaharias (she was old school)	Billie Jean King, Venus Williams & Karin Korb	Cara-Beth Burnside (the Godmother of skateboarding)	My mom and Maya Angelou
Famous For:	Being tall and quiet	Beating everyone at my school in tennis (boys too)	Being rowdy	Being a vegetarian
Favorite Food:	Roast beef sandwiches with cream cheese	Sushi	Burritos and Gummi Bears	Berries – all kinds
Favorite Things:	Instagram with my friends	Working on my serve, flirting with boys	Catching big air, playing jokes on my friends, hanging out	Reading books, being outside
Can't Stand:	Cliques at my school	People treating me differently because I have a disability	Detention, "girly" stuff	People who don't respect others
Favorite Music:	Taylor Swift	Lady Gaga	Fall Out Boy, Coldplay	Alicia Keys, Rihanna

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chapter
1:

feeling fly



lisa fernandez



lisa fernandez

Softball

Three-time Olympic gold medalist; struck out a record 25 batters in one game; attended UCLA and majored in psychology.

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...



alex

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

educational materials

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

chapter
2:

emotion commotion



sanya richards-ross

sanya richards-ross

Track and Field

Three-time Olympic medalist; three-time World Outdoor championships medalist; five-time U.S. Outdoor champion; graduated University of Texas in 2006 with a degree in information systems management.

emotion commotion

We were best friends and teammates. She was someone I was very close with, and the summer after junior year I told her all about how I liked this guy. I'd tell her about everything. When we came back to school, I found out they were dating. It was devastating. I felt like we were really good friends, you know? I'd stay over at her house, and she'd come over to my house all the time. It was a really hard time for me, because it was like when it happened, she took a group of my friends. There had been like five of us girlfriends, and all of a sudden in school there were girls who didn't talk to me or guys who didn't like me anymore. People were spreading rumors about me. I remember I'd cry all the time, and my younger sister was like, "It's OK. It's not the end of the world." I'd talk to her a lot. She tried to keep me positive, and she was someone who had my best interests at heart. I even talked to my parents a lot.

continued...



rosa

To deal with things, I just worked hard on the track and became even more focused on my school work and that stuff. When I was feeling the saddest, I found myself really enjoying the things I was good at. I was coming off an injury and a so-so track season my junior year, but that senior season I decided I wasn't going to worry about boys or trying to be everyone's friend, but instead focus on me.

I would do all the ab workouts, I was eating right, and I started beating everybody by a mile! As soon as I did that, I saw the benefits, and it was very rewarding. I was just so motivated to focus on myself and being the best I could be. I had an amazing season, I broke all these records, and I got the best grades in school I'd ever had. I ended up getting a scholarship to a great university and even hoped I might one day go to the Olympic Games. It just made me so happy.

Even now, dealing with my feelings is definitely still a challenge because, hey, emotions are tough to deal with. During tough times, I try to be around my parents and friends. You have to find the people who are good for your heart. Whenever I feel down, I go for a run because it really clears my mind and encourages me. I learned it helps to focus on what you're good at or what you like to do and put your heart into it. The more you see something about yourself grow, the more rewarding it is, and it makes you happy inside.

educational materials

stuff that feels good!

- Running, jumping, cartwheels, and somersaults
- Funny friends
- Sleeping when you're tired
- Scoring goals, improving in your sport
- Making music for the world— with drums, spoons, your voice, you name it
- Taking a big, deep breath
- Talking to folks you trust

healthy snack suggestion:

Sanya Richards-Ross's favorite healthy snack is fruit salad.

resources:

<http://kidshealth.org/kid/feeling>
www.youngwomenshealth.org

fueling up



nia abdallah

nia abdallah

Taekwondo

2004 Olympic silver medalist; first American woman to win an Olympic medal in Taekwondo; 2007 World Championships bronze medalist; four-time national team captain; American Sports University - Sports Management.

fueling up

Some girls weigh themselves every day because they want to be skinny. I weigh myself every day because, in my sport, taekwondo, we fight in a weight class. That means that before every competition, when I get weighed in, I have to be a certain weight. Because of that, we have to be really aware of what we eat. It's a careful balance, though. You don't want to weigh too much, but you also want to eat enough to be healthy, build muscle, and feel strong for your fight.

I haven't always paid so much attention to what I put in my face. I was never big into soda, but I sure did have a sweet tooth. I used to love candy—licorice were my favorite. I would eat those yummy things anytime I could get my hands on them. It's funny, when I started taekwondo at age 14, my mom would go around to the stores nearby and tell them not to sell me candy. Guess it didn't work when she told me not to eat it!

continued..



These days, I lay off the licorice.
This is basically how I eat every day:

- Breakfast:** Fruit shake, eggs, oatmeal, sometimes bacon.
Lunch: Pasta. I like to eat my bigger meal at lunch, so I don't go to bed on a full stomach.
Dinner: Lean meats, like chicken or steak, veggies and rice.

And the night before every competition, I eat a big plate of pasta. When I'm in China, it's noodles. When I'm in Italy, it might be spaghetti. But it's always pasta to help fuel me for the next day. (I'm also kind of superstitious about it.)

If I could give you two pieces of advice, they would be: Don't eat just one big meal, but a few reasonably sized, healthy ones throughout the day. That helps keep your metabolism working quickly. Metabolism is your body's way of burning the food you eat. Secondly, use water to quench your thirst. As athletes, we sweat a lot and need to keep replacing that liquid.

Food is truly my fuel. I really love the way my food tastes, but I also like the way it makes me feel. Remember, you get out of your body what you put into it. It's that simple. Put in too much junk, and your body doesn't move well. Put in mostly good stuff, and you can really feel it.

educational materials

quick points:

The food puzzle:

Think of different foods as pieces of a puzzle. Veggies, bread, fruit, protein, and milk are all important in making up a healthy big picture. Although our bodies need more of some food groups than others, what counts is balance. It's no good to overdo it on chips, but it's no good to overdo it on carrots either.

**Keep track of what you eat for one whole day:
Are you balanced or lopsided?**

healthy snack suggestion:

Nia Abdallah's favorite healthy snack is low-fat pretzels.

**Check out page 52 for a full list
of Healthy Snack Ideas!!**

resources:

www.nutritionforkids.com/kidactivities.htm
www.foodchamps.org

chapter
4:

kicking butts



jennifer rodriguez

jennifer rodriguez

Speedskating

Four-time Olympian; two-time Olympic medalist; the first Cuban-American to win an Olympic Winter Games medal; co-owns a cycling and fitness shop; Carroll College.

kicking butts

I have had asthma since I was a little girl. I've always had to think about my breathing. My parents would scare me to death about smoking. They told me that my lungs would close up and that I would die. And as a kid, I believed them.

I have also been a competitive athlete since I was five years old. It has been the biggest part of my life for as long as I can remember. I can't imagine not being involved with sports and competition. It's who I am and what I do.

My friends at school always admired me because I was an athlete. I was "special" in their eyes. I got to travel all over the world—Australia, South America, France, and Italy. When I was 15, I was the only girl picked from the U.S. to go to New Zealand for a championship. My friends thought that was the coolest. They looked up to me. I didn't have to smoke to "fit in." When I said, "No!" they listened to me. And my skating friends had the same priorities as I did and never smoked.

continued...



uni

So, my friends have always treated me with respect. They understood when I would say, “Sorry, can’t smoke—I need to breathe for my sport.” Or, “Sorry, can’t take any drugs—I will be drug tested.” When I was confronted with cigarettes, I always had my excuses ready: “I’ve got asthma,” or “I’ve got really bad asthma,” or “I’ve got to train today.”

The truth is that I can’t stand the smell of cigarettes. Once, a girl at school asked me to hold her cigarette while she tied her sneakers. I must have held it for 15 seconds. And all day my fingertips smelled so gross. And it was in my hair and on my clothes. It’s not only gross—it’s terrible for you.

When I think about what I want to feel and look like 5, 10, 20 years from now, smoking is not in the picture. Healthy, happy, fit, and breathing big is where I’m headed.

educational materials

deal with it!

Need a reason NOT to smoke?

- Think about all the money you save by not buying cigarettes!
- Use sports as an excuse to say no (“No thanks. I have a game tomorrow.”)
- Breathe. Like the way it feels? Imagine not being able to!

Remember that most athletes and girls choose NOT to smoke. You’re not alone!

healthy snack suggestion:

Jennifer Rodriguez’s favorite healthy snack is organic (low-fat) granola.

resources:

www.thetruth.com

http://kidshealth.org/kid/grow/drugs_alcohol/poll_tobacco.html

http://pbskids.org/itsmylife/body/smoking/print_books.html

chapter
5:

the skinny struggle



seilala sua-zumbado

seilala sua-zumbado

Track and Field

Seven-time NCAA champion; 14-time All-American; winningest athlete in NCAA track-and-field history; attended UCLA and majored in sociology.

the skinny struggle

I wanted to be a cheerleader...or so I thought. I wanted all the girly stuff—cute shoes and tiny bracelets. But, it wasn't meant to be. I have always been the biggest girl in my class. School picture day? Straight to the back row I went. Heading to the beach? I always wore a T-shirt over my bathing suit to cover my body.

I remember coming home from kindergarten one day and asking my mom why my feet don't dangle like the other girls when I sit on a chair. You see, I was taller, and my feet landed smack on the ground. Boom. And Boom. It would have been dainty to swing my feet under the chair underneath me like the other girls. When you're little, all you want is to fit in.

My mom knew better. She never let me get upset about my body and not looking like other girls. Not for one second. When other people would stare or say hurtful things, she taught me to see that as their problem, not mine. She told me from the beginning that we all have different designs and one day
continued...



uni

I'd realize what mine was built to do. And I did. I finally understood what my body was good at when I tried softball. I instantly felt like I was at home with other girls who were strong like me. It was magic. How fun to be around friends who thought a strong arm was more important than perfect nails!

Now I am 5 feet 11 inches tall. And I'm not embarrassed to tell you I weigh 235 pounds. I am comfortable in my skin. I've worked really hard on my body, training and weight lifting, to become a good thrower. Those body parts that used to make me uncomfortable are now what make me a success.

I used to hate my big, boyish hands. Now, if you asked me what my favorite body part is, I'd say it was those same hands. Those hands threw the discus and shot put that took me to the Olympic Games. They never seem to get injured. This body connects me to my dreams.

Sometimes I hear girls say, "I don't want to lift weights, 'cause I don't want to get big." They think that big isn't cute. Guess it's about what you want. If you want to be an athlete, you have to be proud to be strong. More than eight out of ten 10-year-olds are afraid of not looking perfect.

educational materials

healthy snack suggestion:

Seilala Sua-Zumbado's favorite healthy snack is fresh blueberries.

resources:

www.adiosbarbie.com
www.bodypositive.com
www.kidshealth.org



what do you think?

How do you feel about your body in your sports (or school) uniform?

Do you think that feeling is more about the uniform or how you view yourself?

Use one word to describe how you think you look when you're playing sports.

caring for your body

chapter 6:



tips from the gogirls:

alex:



I've been playing all kinds of sports since I was little. I used to ride bikes, dance, shoot hoops, and play tag for hours and never broke a sweat. Now that I'm a little older, I've noticed I sweat A LOT when I do those things. As a big kid, I know there are things I need to do to take care of my body that I didn't have to do when I was little. Here are some tips from my friends to help you figure out what you need to do to take care of your body:

uni:

Make sure to take a bath or shower every day. When I play sports I sweat a lot, so I make sure to take a shower right after I'm done playing. I make sure to throw my sweaty clothes, socks, and underwear in the laundry and wear fresh clothes each day. I also take time to wash my face to keep my skin nice and clean and to help prevent pimples.



Sometimes I even get sweaty when I'm NOT running around and playing sports. I use deodorant under my arms after I shower to keep me from getting so sweaty and to help keep me smelling nice all day long. Deodorant isn't an excuse to skip that shower, though!

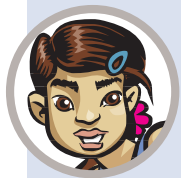
tee:



I wash my hair about once every other day. I know some girls that wash their hair every day and other girls who wash it every two or three days. It just depends on you. It's important to wash your hair every so often to keep it from getting too oily. The oil on your hair can even get on your skin and cause those dreaded pimples!

Girls take care of their hair in all different ways. Some girls wear braids or have perms, some have long hair that they have to brush every day or short hair that just does its own thing. All different kinds of hair are beautiful, including yours! Just make sure to take good care of it to keep it healthy and clean! Avoid sharing hair brushes and accessories with other girls to avoid spreading germs.

rosa:



Of course, I make sure to brush my teeth in the morning and at night. I had a cavity once a few years ago because I wasn't careful about brushing and I never want to get another one! I brush for two full minutes each time to make sure to get the gunk off of all of my teeth.

I used to bite my nails when I got nervous or excited, but my mom was always bugging me to stop. Now I clip my nails once a week to keep them short so I won't be tempted to bite them. Lots of girls I know have long nails and like to paint them different colors. It's just a matter of style. No matter what your style, don't bite your nails and make sure to keep them clean underneath. A nail brush really helps with this!

educational materials

caring for your body is fun!

- Try a new hairdo!
- Swap your shower once in a while with a big bubble bath.
- Make a list of things you like to do to make yourself feel good and tape it in a mirror you use every day.

healthy snack suggestion:

One of the GoGirls' favorite snacks is raw veggies with low-fat ranch dip.

resources:

http://kidshealth.org/teen/your_body/

<http://www.seventeen.com/fun/quizzes/health/hygiene-health-quiz#qtop>

teaming up



caitlin baker



caitlin baker

Swimming

Qualified for 6A State meet and placed third as a freshman at Mount St. Mary's Catholic High School; founder of CAITLINB, which stands for Competitive American Indians Turning Lifestyles into New Beginnings; plans on majoring in public health with an emphasis on minority communities in college.

teaming up

My main sport is swimming. I love it and I'm good at it! But for a long time, I didn't think I would ever find a sport that I actually liked. I tried volleyball, tennis, and cheerleading, but I wasn't good at any of them. Then, when I was 8 years old, my mom pushed me to try swimming. When I tried it, at first I wasn't really excited about it. But when I started practicing, I started really liking it.

Back then, I was part of a swim team. Now, I'm in high school and I'm the only swimmer at my school. As much as I love swimming by myself, sometimes I miss being part of a team.

My old swim team was pretty small and I was one of the youngest people on it. One of the things I loved most about it was that I made so many good friends by joining the team. From the very beginning, my teammates were always there for me. We went to meets together. If we acted silly during practice, we'd all get in trouble together. Swimming would have been much harder and not as much fun without my teammates.

continued...



Being on a team is great because your teammates can help you out and support you when you're having a bad day. And everyone has their bad days. Good teammates will never put you down or make you feel bad about that.

It's important to be a good team player. When my teammates and I race against each other, we don't get mad when the other person wins. One time, I tied in a race with a good friend of mine, which almost never happens in swimming! We didn't get mad about it, we were both just happy that we did well.

Sometimes there might be people on your team that do try to put you down or make you feel bad. If you lose, they might get mad at you. If you win, they might try to make you feel bad because they are jealous of you. You find that in any sport. But when you're on a team you don't have to act that way. Act like a leader and be a good teammate. The rest of your team will look up to you for it!

“Be a good team player!”

educational materials

tee says:

Be a good team player! Here's how:

- Be patient and encouraging if a teammate makes a mistake. Remember how you would want others to treat you if YOU messed up!
- Be supportive of your teammates, even if you're competing against them. Remember, it's good when your teammates do well. You're all on the same side!
- Be a role model for your teammates. Do the right thing, always try your best and play fair, and they'll follow your lead!"

healthy snack suggestion:

Caitlin Baker's favorite healthy snack is sliced apples with peanut butter.

resourCes:

www.girlsinc.org

www.WomensSportsFoundation.org/GoGirlGo

doin' the right thing



natalie williams

natalie williams

Basketball

Two-time Olympic gold medalist; WNBA All-Star; first woman in NCAA history to earn All-America honors in both basketball and volleyball in the same year; attended UCLA with a major in sociology.

doin' the right thing

A team is a beautiful thing. A bunch of unique peeps all coming together to play. Being part of a team is absolutely the best part about playing basketball. But, it can also be the hardest part. Mish-mashing 10 to 12 players—all with different tastes, values, and vibes—can be tricky. There is always going to be a girl on the team that you're not cool with. The key to making the most of your game is figuring out how to get along with everyone on the team—as if you were a big family. Great players learn to respect all their teammates and opponents in the same way that they respect themselves.

In junior basketball, when I was about 13, there were two distinct groups of players on my team. One group had skills and one group didn't. Some of the less-skilled players had positive attitudes, and some were always being sarcastic and pessimistic. Attitude made a big difference. Those girls who were positive got more help, high fives, and training tips from the better players. The girls with attitudes didn't. Nobody wanted to even talk to them, let alone

continued...



play with them. In the end, the players that checked their sass at the door became better because they were open and willing to be part of a team. The players who are talking smack to others don't get to stay around too long. It sets a bad example and ruins the team vibe.

Respecting the rules is also huge when it comes to an athlete doing the right thing. I missed curfew once—so the coach didn't let me start in the championship game. We lost. It was a good lesson for me. You break the rules, you pay. Part of respecting the rules means not bad-mouthing the referees. I have always been bigger and stronger than most players, so I get fouled a lot. It gets frustrating when the officials don't call those fouls. But I learned that staying calm was the best answer. If you flip out or swear at the refs, you and your team will be hurt—technical fouls and more calls against you for sure. If you stay calm, you can stay focused on your game.

Nothing is perfect in sport. There are going to be mistakes. Someone is going to make a bad play. You can't go getting in someone's face for every human error that happens. Girls who play dirty against other teams or intimidate players on their own team hurt team spirit. Winning is not worth losing your respect, and teams that fight aren't teams that win. Keep your head in your game and value the contributions of everyone on your team.

educational materials

rosa says:

Remember, have a good attitude, then you can be a 'good sport' whether you win or lose! If you try your best and have a good attitude, then you can be proud of yourself no matter what!

healthy snack suggestion:

One of GoGirl Rosa's favorite healthy snacks is popcorn.

journal ideas:

Are you a good sport on and off of the sports field?
How can you be a good sport in your everyday life (with your friends, in school, with your family, etc.)

resources:

www.positivecoach.org
www.nays.org

you gotta respect



abisha alshebaiki

abisha alshebaiki

Skateboarding

Finished in the top ten at the X Games and the World Cup Skateboard Rankings in 2009 and 2010; currently attends Mt. San Jacinto College as a business major.

you gotta respect

From the time I was little, I've tried pretty much every sport or activity I could get my hands on— from BMX (biking), to paintballing, to scootering, to kickboxing, to ballet, to tap dancing, I did it all! I chose to focus on skateboarding because it gives me a feeling that nothing else can give me.

I grew up living in Saudi Arabia because my dad's side of the family was from there. It was challenging because I was always eager to play sports and be physically active, but girls aren't allowed to do those things there. I was so determined to skate that I'd dress up like a boy, hide my hair, and go practice early in the morning before anyone would see me. It was risky—I could have gotten in big trouble if I got caught, but I didn't care. All I was focused on was doing what I felt was right and playing the sport I loved.

My whole family was against me skateboarding in the beginning. When we moved from Saudi Arabia to California, I finally had the freedom to participate
continued...



openly in sports. Eventually, my family came to support my skateboarding because they saw how hard I worked and how dedicated I was to living my dream of making it to the X Games.

But even though my family was finally supporting me, there were still people who thought I couldn't or shouldn't be a skateboarder because of the way I look, because I'm a girl, or because of my race. Some people that haven't even met me think I party a lot, drink and do drugs, just because that's what they think all skateboarders do. I'm not that stereotype. I can't stand when people judge me before they even get to know me, but I love to prove them wrong!

The great thing about doing sports is that it brings people together, no matter how different they seem. Because of my sport, I've met a lot of different people that have different ideas about the world. When we have different ideas about something, we can just agree to disagree instead of disrespecting each other. Having sports can be enough of a common ground to be friends. Playing sports, none of your differences matter, because you're all doing the same thing that you love and that's really cool.

educational materials

accept and respect - here's how:

- Try a new sport.
- Make new friends: Invite someone to do something with you that you haven't spent time with before.
- Make a collage of all of the things that make you uniquely you.
- Make a collage of the things you like about your friends (or another culture).
- Have a "ceremony" with your friends and give each person a certificate highlighting their uniqueness.

healthy snack suggestion:

Abisha Alshebaiki's favorite healthy snack is protein bars.

resources:

www.tolerance.org/activities

www.diversitycouncil.org

beating bullies



teresa moreno

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Fencing

U.S. Air Force Academy, Legal Studies; Chicago Marathon 2010, Finisher; Northern Illinois University College of Law, Graduate Student; Air Force Institute of Technology; United States Air Force, Captain.

beating bullies

I was bullied all through grade school. People made fun of me because I didn't wear the nicest designer clothes. Maybe they didn't realize that it was because my family couldn't afford to buy those things. I knew I had a family and friends who loved me, but being bullied made me feel bad about myself and for a long time I didn't know how to deal with it.

Finally, when I got to HS I started playing sports. Since I was new to the school and no one knew me, I had a fresh start. I decided to try out for the cross-country running team as a way to have fun and meet some new friends—and it turned out to be the best decision I ever made! I did really well. Even though running is an individual sport, our coach made everyone on the team feel like a family. Suddenly I had people to say “hi” to in the hallway at school and friends that had my back when I needed support.

continued...



rosa

I decided to try other activities, too. I tried out for cheerleading and was the only freshman in my school to make the varsity team. Next up was soccer. I kept trying new sports and loved them all! Plus, playing sports helped me make friends and gave me the confidence to achieve my goals. After HS I joined the Air Force and attended the United States Air Force Academy, which has a NCAA Division I Program.

In college my love of sports and trying new things continued. I walked-on to the Varsity Women's Fencing Team my freshman year. Now that I've graduated college, I'm in law school studying to be an attorney. I work as hard at school as I did at sports and it has paid off big-time! Ever since I started playing sports, I haven't stopped. When I work out or compete, I overcome new challenges and each time I gain more confidence in my ability to set positive goals for my life and reach them. Even if I come out short, I always try and that's the key. Today I'm still into running. In fact, I just completed the Chicago Marathon!

Being bullied when I was younger really got to me, but the confidence I got from playing sports helped me realize that nothing a bully says really matters. Now I know that with a little hard work and dedication, I can do anything I set my mind to!

educational materials

healthy snack suggestion:

Teresa Moreno's favorite healthy snack is whole grain snack crackers.

quick points:

There ARE things you can do to help stop bullying at your school. Here are some things other kids have done:

- Talk to the teachers and principal at school about starting a peer mediation group, where kids get trained to mentor and counsel each other.
- Have student leaders like the student council and others take a course about bullying.
- Make the choice NEVER to laugh, encourage, or egg-on a situation in which someone is being bullied. Talk to your friends about doing the same.

resources:

www.bullybeware.com
www.kidshealth.org/kid
www.nationalsave.org



What do you think?

Is there a difference between bullying brothers and sisters and bullying other kids? What's the same? What's different?

giving back



kiara van brackle

kiara van brackle

Lacrosse

2009 Public Schools Athletic League (PSAL) Women's Lacrosse Champions and Female Athlete of the Year; multi-year captain of her lacrosse team at Beach Channel High School in New York; currently attends Syracuse University, majoring in selected studies in education.

giving back

I have learned a lot by playing sports. In a lot of ways, I think it has made me a leader. People like my coaches, teachers, and teammates describe me as a leader because I'm confident and also because I'm willing to help when people need it. I try to be a role model for people around me. One way I do that is by participating in community service.

Last year I was director of sustainability in my school dorm. That means, I was responsible for making sure people who live in the dorms recycle and don't waste energy or do other things that hurt the environment. I took my job very seriously. Even though that position has ended, I still always recycle because I think it's very important. I also do other things like turning the lights off when I leave a room and not leaving the faucet on when I'm brushing my teeth and using the new energy-saving light bulbs for my desk light at school.

continued...



uni

I've been involved in helping my community since high school. I was a math tutor for kids in my school that needed the help. I also volunteered at a senior center. I helped organize fitness groups and arts and crafts activities for the residents. It was a little like I was a "grandchild" spending time with the seniors. A lot of them didn't have anyone coming to visit them. I know that was hard for them and it hurt my heart, so I felt good to be able to be there for them.

When I got to college, I found out about an opportunity to volunteer as a tutor in the local school system here in Syracuse. Because I'm studying to be a teacher, I was excited to get started. When I got to the school, I learned that a lot of the kids were orphans or refugees from Somalia, a country in Africa. A lot of those kids faced a lot of challenges—some didn't even have warm enough clothing to make it through the cold Syracuse winter.

Around Christmas time, I was talking to the kids about what kind of presents they wanted. They told me they didn't get presents. Some of them said the presents they got were socks or clothing. I thought, but those are things they should have anyway! Right away I called my mom and told her I didn't want any presents that Christmas. Instead, I asked her to send me the money she would have spent on presents for me so I could use it to buy presents for the kids. I was so determined to give the kids a fun Christmas, that I organized a group at my school called Orange Angels. We collected money and bought toys for all of the kids at the school.

My mom always reminds me of one Christmas when I was little when I got everything a child could want and I still said "That's it?" It didn't seem like I had

continued...

enough back then. Now that I'm older, I realize how lucky I was and how it is more important to me to help others than to ask for things for myself. Throughout my life I've learned that it's good to receive but it's even better to be able to give back. I think it's important to give back to your community no matter where you live. There are always people who will appreciate you doing something to touch their lives.

educational materials

uni says:

**How can YOU help your community?
Why don't you...**

- Get a group of girls together to clean up a local park or playground.
- Do a "penny drive" at school and donate the money to a good cause.
- Volunteer with a parent or guardian at a local soup kitchen.

healthy snack suggestion:

Kiara Van Brackle's favorite healthy snack is sliced mangoes.

resources:

<http://kidshealth.org/parent/positive/family/volunteer.html>
www.startasnowball.com/resources

toughen up

chapter
12:



teresa weatherspoon

teresa weatherspoon

Basketball

Two-time Olympic medalist; two-time WNBA Defensive Player of the Year; attended Louisiana Tech, majoring in health and physical education.

toughen up

“You’ll never be a basketball player.” That’s what my coach told me in seventh grade. He said I was too tough. Can you imagine the look on his face when I busted through his front door with an Olympic gold medal around my neck? Never a great idea to underestimate T-spoon. The grit he knocked has been the key to my game. Toughness—strength of body and brain—has taken me to the top of women’s hoops and helped me through life off the court.

Here’s how I see it. The power of your mind and the power of your body have a tight connection. If you have a strong body, your mind feels pumped and healthy, too. If you have a strong mind, you can craft your body to accomplish amazing things. I focus on constantly developing this double toughness. I train hard, play hard, and when life snaps at me, I live hard. This philosophy gets me through anything and everything.

continued...



Three years ago, my 19-year-old nephew Anthony died in a fatal car accident. We were so tight; he was like my brother. Every summer he'd come stay with me in New York; he was definitely my biggest fan. Anthony was always proud of me, just like I was always proud of him. When he died, the light went out. I didn't care about basketball. I had no drive. The strength I once felt in my body and spirit was totally drained.

My family helped motivate me to get back out on the court. As soon as I started training my body, my mind got tougher. Getting strong and being fit was my recovery, my comfort. Everything I did to get strong physically made me stronger mentally. The routine of training, being on the court at 6:00 a.m., lifting hard, and staying disciplined gave me direction again. Now I dedicate everything I do to Anthony. He is always with me. Before every game I talk to him. Whether we win or lose, I hear his voice talking back to me.

Sometimes life knocks the air out of you. People get in your face and tell you what you can't do, tragedy strikes, whatever. Every effort you make to strengthen your whole self—mind and body—will take you one step closer to overcoming your challenges and helping you achieve your dreams.

educational materials

the gogirls say:

Make sure to celebrate how much stronger you are today than when you first started the program!

Don't stop here! Find sports and activities you love and keep it up for a healthy, active life!



healthy snack suggestion:

One of GoGirl Alex's favorite healthy snacks is whole wheat pita bread with hummus.

resources:

www.shapeamerica.org

www.coachingcorps.org/resources

healthy snack list

Fruit Treats:

Sliced mangoes

Fresh blueberries

Bananas

Sliced apples with peanut butter

Fruit salad

Fruit smoothies

Other Sweet Ideas:

Vanilla yogurt with fruit

Organic (low-fat) granola

Protein bars

Whole grain cereal with skim milk

Nuts (like almonds) with dried fruit (like cranberries, raisins, etc.)

Fruit-based (low-fat) muffins

Less Sweet, More Salty:

Whole grain snack crackers

Low-fat pretzels

Popcorn

Raw veggies with low-fat ranch dip

Whole wheat pita bread with hummus

Half turkey or tuna sandwich on whole wheat bread

Mini-pizza on whole wheat english muffins

with tomato sauce, low-fat cheese and veggies

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Go Girl Go!



Go Girl Go!

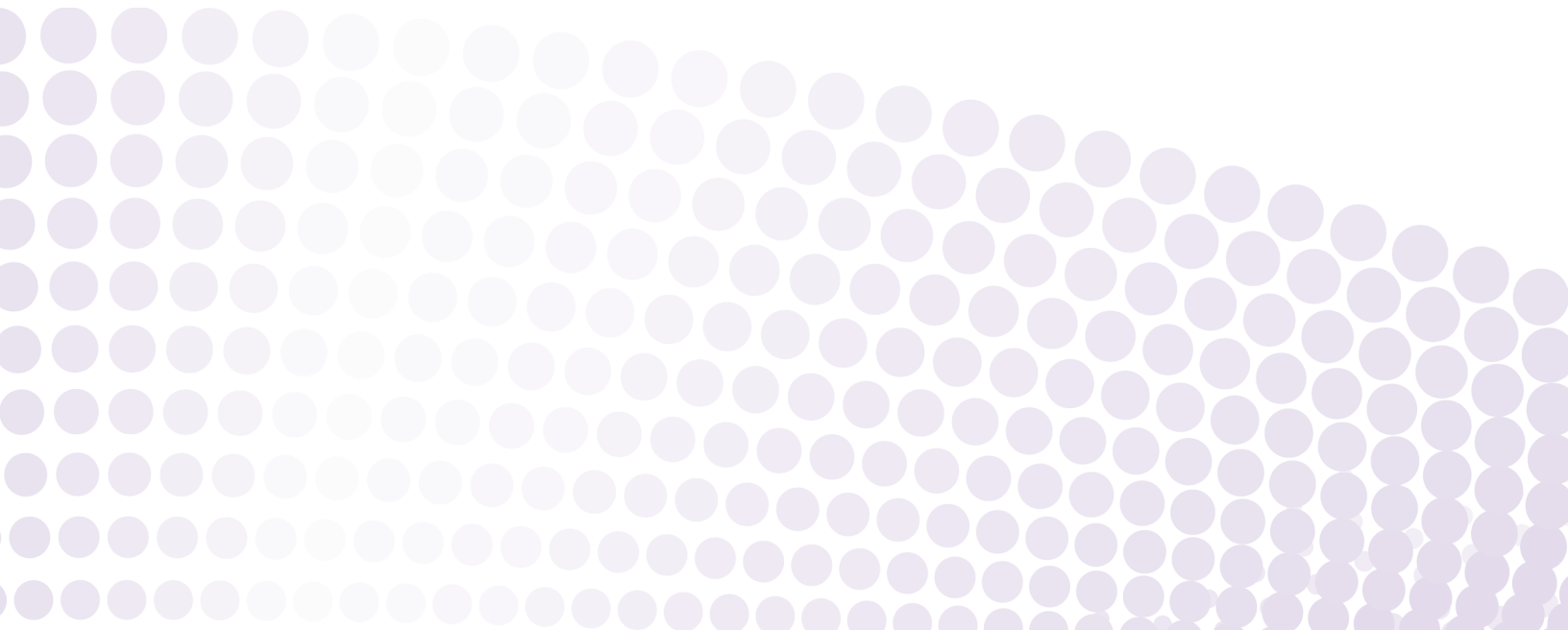
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everything counts!!!²⁶

Don't stop here! Keep your body moving to stay healthy and have FUN!
Keep using your scrapbook to write down your thoughts,
save mementos from your activities and sporting adventures,
keep pictures of your friends and teammates...
whatever you do, just keep it going! And don't forget...

keep moving!

ending on a good note

Whether you scored your first goal, tried a new sport or made a new friend, you've changed since you started this scrapbook. Now, write a letter to yourself talking about everything that's been going on in your life. Seal it and save it for the future. In five years, read the letter again. You'll be amazed how far you will have come in five years!

congratulations!!!

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Go Girl Go!

autographs, please

Get the other girls in your group to share their autographs and thoughts on GoGirlGo! here:

celebration of inspiration

The possibilities are endless! Just remember to always have fun!

National Girls and Women in Sports Day is held every February, but you don't have to wait until then to celebrate! There are female role models all around you! **Each month, choose someone who inspires you to get going—**whether she's your mother, your friend or your favorite athlete—and let her know how special she is to you! Then, each month, do something that symbolizes the spirit of your role model. Cheer on a friend at a game, run with your mom, eat no junk food for a week...

ROLE MODEL

WHY SHE'S A ROLE MODEL

HOW AM I LIKE HER?

January

February

March

April

May

June

July

August

September

October

November

December

You're on your way...

...to an even healthier and happier life! Just like any other athlete, you're a star deserving of recognition! Make your personal record board right here and celebrate all you've accomplished! **WAY TO GO!**

MY RECORD BOARD:

DATE	ACCOMPLISHMENT	MY NEW GOAL

"Although we may have many positive influences around us, only we can control our own destinies. The only limitations are those you put on yourself!"
~Lisa Fernandez, softball, three-time Olympic gold medalist

paste stuff here...

(like photos, newspaper articles, ticket stubs, etc.) to help you remember your achievements!

Write a little note about each item so you don't forget!

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Go Girl Go!

Scrap it!

20

A scrapbook is like a collection of memories.
Use these pages as a scrapbook of your accomplishments.

Did you try a new sport? Participate in a race? Learn a new style of dance?
Win a trophy? Break your own record for number of baskets made?

try this

Here's a list of cool tasks to complete.
High five to anyone who can do them all!

Fill in the star or add a sticker for those you've done.

Write down how you felt or any other notes you want for each.



Try a new sport or activity.



Invite a friend who doesn't play sports to come with you to your next activity.



Learn to say "good game" or "congratulations" in another language.



Invent a new outdoor game and teach it to two other people.



Write a thank you note to your adult mentor or coach.

Feel free to add
your own ideas
to this list!

goal check-up

Remember your goals from the beginning of the program?

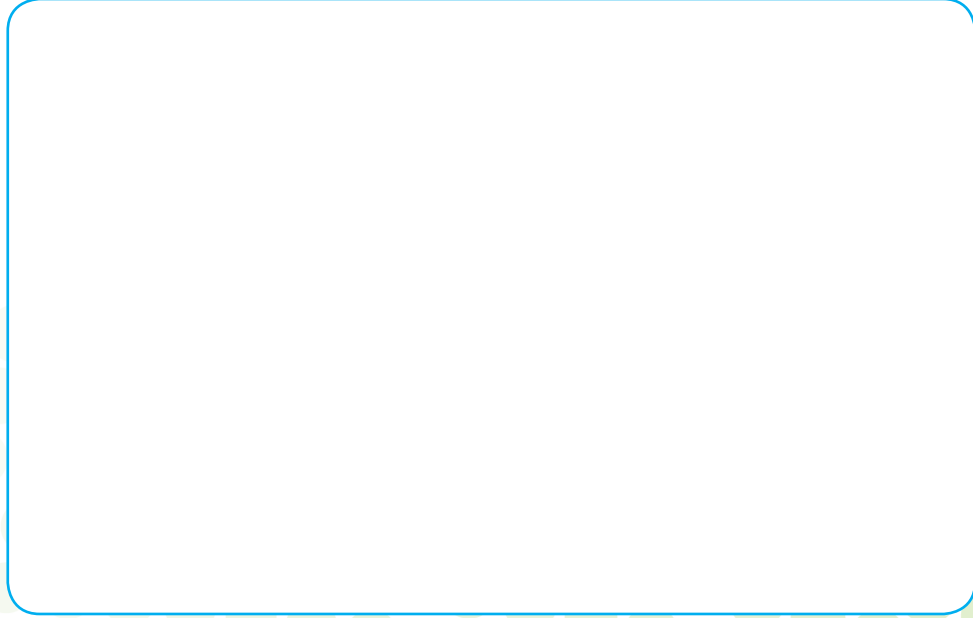
How will you celebrate when you reach them? Write your ideas down here:

~Mia Hamm, soccer,
three-time Olympic medalist

“(As the girls,) we don’t
celebrate enough of our
successes. On the soccer field,
the basketball court, or even
in the classroom, celebrate
all your successes no matter
how big or small.”

the ideal athlete

Can you think of the ideal athlete? What does she look like? Draw her below.



"I really want to be
the best player I can be.
I'm not trying to be
the next anybody.
I'm just trying to be me.
I want to be the best."

~Tarnika Catchings, basketball,
Olympic gold medalist

Write all the qualities
you think she should have.
Is she a leader? Is she fearless?
You decide!

Who are some leaders you look up to?

How can you be a better one?

How are you a leader?

be the leader



bullies, back off!!

Have you ever been bullied or seen someone being bullied?

What happened?

How did it make you feel?

Who could you go to for help if you needed it?

What did you say or do?

Have you ever stood up for someone who wasn't being treated fairly?

What do you do to be true to yourself and what you believe in?

stand up



team up

Have you ever been part of a team? If so, what was it like?

What team(s) do you think you might want to join someday? (Dance team, cheerleading, basketball, track, etc.)

How do you treat others when you're on a team or working in a group?

Are you a "good sport"? Are you kind and fair?

Describe your daily routine for keeping yourself clean, fresh and feeling good:

What are some of the things you do to take care of your body?

take care



action shot

Find a photo of you in action!
It can be doing an activity you love, playing a sport, riding your bike or playing with friends. Don't have one? Well, bring out your inner artist and draw one. Show your fabulous self doing what you love.

What's going on in this pic?

What do you like most about this picture of you?

What does this picture show about what your body can do?
(Run, dance, make a basket, etc.)

You're
a star!

What's one new healthy food you've never had that you plan to try?

What makes them "good for you"?

What are some healthy foods you love?

eat right...

stress less...

Good stress and bad stress. What's the difference?

What are some wonderful things that fill you with excitement and give you goose bumps and butterflies?

What are some things that make you upset or worried?

How can you deal with feeling upset in a healthy way?

activity log...

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!

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!



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.

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?

GOALS!!

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.):

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 other things
could you do?

my stats

Name

Age

Height

School/Organization

My Favorite Activities/Sports

My Favorite Female Athlete

My Favorite Women's Sports Team

Song that gets me excited to get moving or play sports

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!

everything counts!!



Go Girl Go!

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scrapbook