

Get In The Game 2009 was our 10<sup>th</sup> annual local celebration of National Girls and Women in Sports Day. It was a daylong event held at Jamestown Community College (JCC) for 150 girls in grades 4-7 in which they experienced several different sports and learned ways to engage in an active, healthy lifestyle. GITG served the AAUW mission by educating girls about healthy, active lifestyle choices. Our branch goals were to enhance collaborations to present an event which helped girls in grades 4-7 become active, healthy, engaged, successful young women.

Our GITG Steering Committee, made up of 7 AAUW members and 2 non-members, held meetings to plan the event and planned via email. About 35 AAUW members served as group leaders, mentors, registrars, greeters, and lunch staff. Several non-members served as volunteer group leaders and 43 were presenters of the various sports.

Collaborating organizations included Jamestown Community College, SUNY Fredonia, YWCA of Jamestown, Chautauqua Regional Community Foundation (CRCF), and local high school, college, and adult women athletes. Local businesses supported the event with food and donations in kind. JCC provided the use of the physical education complex at no charge to GITG. CRCF and JCC both provided \$500 grants for GITG 2009.

Publicity included articles published in the local newspaper before the event promoting registration for GITG, as well as an article following the event. Promotional posters were widely distributed through the schools, at libraries, youth-serving organizations, etc. The GITG website <http://gitg.questions.googlepages.com> provided information, photos, and links.

No members have joined as a direct result of GITG at this time.

The impact on the community is education about active, healthy lifestyles for girls; strengthening collaborations with AAUW and educational and youth-serving organizations; and encouraging girls to explore higher education possibilities.

Evaluations were completed both by the attendees and presenters. We have learned that this event is viewed very positively both by attendees and presenters. The attendees would like more such events with expanded topics and sports. JCC is eager to partner with AAUW to collaborate on future events.



**NATIONAL  
GIRLS & WOMEN  
IN SPORTS DAY**

# Get in the Game!

*Jamestown*

*"Get in the Game" is a collaborative effort between local organizations to highlight female athletes, raise awareness about the connection between positive self-esteem and sports, encourage girls to participate in sports, promote equality for female athletes, and form partnerships to support girls and women in sports.*

## Hey girls..

## Let's Get in the Game!



- Meet local adult, college and high school women who play sports that you might have tried and even some that you haven't!
- You'll actually get the chance to try several different sports!
- Meet girls your age from throughout the area!

**Who?** Girls in grades 4-7  
**When?** Saturday, March 7, 2009  
**Where?** Jamestown Community College Physical Education Complex- Jamestown, NY  
**Time?** 8:30 am- 4:00 pm  
**Cost?** \$10.00 per girl (includes a full day of activities, lunch, souvenir t-shirt, new friends and fun!)

Find a sport that you enjoy, learn a new one or practice a favorite!



### Scholarships

Are available on a first-come basis... just mark your request for a scholarship on the registration form and send in your form as soon as possible.

### Registration and Information

Please view [gitg.questions.googlepages.com](http://gitg.questions.googlepages.com) for a registration form or email [gitg.questions@gmail.com](mailto:gitg.questions@gmail.com) Pre-register by 2/28. Gym shoes are required.

**Sponsored by the Jamestown Branch of the American Association of University Women**

"Get in the Game" Info:  
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[gitg.questions@gmail.com](mailto:gitg.questions@gmail.com)

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Jamestown



# Get in the Game!

"Get in the Game" is a collaborative effort between local organizations to highlight female athletes, raise awareness about the connection between positive self-esteem and sports, encourage girls to participate in sports, promote equality for female athletes, and form partnerships to support girls and women in sports.

**Saturday, March 7, 2009**  
**Jamestown Community College**  
**Girls in grades 4-7**

**Find a sport that you enjoy,  
learn a new one or practice a favorite!**



**Meet local adult, college and high school women who play sports that you might have tried and even some that you haven't! You will get the chance to try several different sports during the day!**

**Time: 8:30 am- 4 pm    Who: Girls in grades 4-7    Where: JCC Physical Education Complex**

**Cost: \$10.00 per girl (includes a full day of activities, lunch, souvenir t-shirt, new friends and fun!)**

**To register: Just complete the attached registration form and mail to the address below  
Before Saturday, February 28, 2009.**

**We'll email you a reminder before the event. Gym shoes are required.**

**Questions: email us at: [gitg.questions@gmail.com](mailto:gitg.questions@gmail.com)**

**You can also visit our web site at: <http://gitg.questions.googlepages.com>**

**Scholarships: Are available on a first-come basis.**

**Mark your request for a scholarship below and send in your form as soon as possible.**

**Sponsored by the Jamestown Branch of the American Association of University Women**

## Registration Form for "Get in the Game"

**Please print neatly and return with payment by 2/28/09 to:**

**Jamestown Community College  
Get in the Game**

**PHED Complex 525 Falconer St. Jamestown, NY 14701**

**Due to an overwhelming response no late registrations will be accepted.  
Please mail group registrations together**

### Permission to Attend and Participate

My daughter/ ward \_\_\_\_\_ has permission to attend and fully participate in the "Get in the Game" program at the Jamestown Community College Physical Education Complex on Saturday, March 7, 2009. I will make certain that she is in good physical condition and will not permit her to participate if she is not feeling well. I also give permission for any photos or video taken of her during the event to be used in support of the program.

### Parent/ Guardian Consent for Emergency Medical Treatment

I hereby give permission to the "Get in the Game" committee to obtain and administer such medical aid or assistance as might be required for the immediate care of our daughter/ ward in the event such help of an emergency nature becomes necessary. It is further understood that such permission would include contacting the emergency contact listed within a reasonable length of time and if necessary to the admittance to a duly licensed hospital.

Participant's Name \_\_\_\_\_  
Street \_\_\_\_\_  
City, State Zip \_\_\_\_\_  
Parent Email Contact \_\_\_\_\_  
Name of School \_\_\_\_\_ Grade \_\_\_\_\_

Signature of Parent/ Guardian \_\_\_\_\_ Date \_\_\_\_\_

### Payment:

- I have included my \$10.00 registration fee. (Checks should be made payable to GITG)
- I am not able to pay the \$10.00 registration fee, and would like to request a scholarship to attend the program. (First come, first-served.)
- I have included a donation of \$ \_\_\_\_\_ to enable additional girls to attend GITG.

**Contact Information:** In case of an emergency, who should we contact on the day of the event?

### How did you hear about Get in the Game?

- Attended before!
- Newspaper/ Radio
- YWCA
- Boys and Girls Club
- At school
- Girl Scouts
- JNP
- Other \_\_\_\_\_

Emergency Contact Name #1 \_\_\_\_\_ Phone Number \_\_\_\_\_

Emergency Contact Name #2 \_\_\_\_\_ Phone Number \_\_\_\_\_

★ **Special Information:** Below and/or on the back, please include any notes that you would like to share about the participant's diet, health and/or other needs.

For office use only



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**Date:** Sunday, March 1, 2009 12:39 PM

**From:** Janet Forbes <jlforbes@hotmail.com>

**To:** Elaine Damsteegt <gordnlane@windstream.net>

**Subject:** article in PJ about GITG registration

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## Registration Open For JCC's Get In The Game Program

*POSTED: February 11, 2009*

### Article Photos



Participants are pictured during an activity during the 2008 Get in the Game program at Jamestown Community College.

Registration is under way for the 10th annual Get in the Game program, scheduled for Saturday, March 7, in the Jamestown Community College Physical Education Complex.

Get in the Game is a collaborative effort between local organizations to highlight female athletes, raise awareness about the connection between positive self-esteem and sports, encourage girls to participate in sports, promote equality for female athletes, and form partnerships to support girls and women in sports.

The event, open to girls in fourth through seventh grades, provides opportunities for the participants to meet with local college and high school athletes. Girls have a chance to see how the sport is played, as well as try it out in a safe setting.

The event costs \$10 per girl, which includes a full day of activities, lunch and a T-shirt. A number of scholarships are available. The event is sponsored by the American Association of University Women in collaboration with Jamestown Community College and other local organizations.

The deadline for registration is Friday, Feb. 28, and registration forms may be mailed or dropped off to the Jamestown Community College Physical Education complex.

For more information or for a registration form, visit [gitg.questions.googlepages.com](http://gitg.questions.googlepages.com) or e-mail [gitg.questions@gmail.com](mailto:gitg.questions@gmail.com).

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# Get In The Game

## Program Encourages Girls To Become Involved With Sports

By LUKE ANDERSON  
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post-journal.com

Saturday, girls from all over Chautauqua County came to Jamestown Community College to Get in the Game.

The ninth annual event was held at JCC's physical education complex, and was designed to encourage young girls in the area to get involved in sports.

According to Janet Forbes, event chairperson of funding and co-president of the Jamestown branch of the American Association of University Women, the goal of Get in the Game is to introduce girls to the benefits of sports.

"It helps with health and wellness, leadership skills and all the good things that go along with participating in sports," Ms. Forbes said.

She said some of the girls were already active in sports when they came to the event, but some were getting involved for the first time.

Presenters were drawn from the ranks of female high school and college athletes around the area and presented a variety of sports, including basketball, cheering, gymnastics, kayaking, softball, cup-stacking and track.

Katie Landy, a JCC sophomore and basketball player, was in her fourth year presenting at the event. She said she loves teaching the young girls.

"It's a lot of fun," Ms. Landy said. "The girls really get into it. It's crazy."

Girls were split into groups and moved between the stations during the all-day event, so they were exposed to all the different sports being presented.

"We want them to be exposed to different sports," Ms. Forbes said. "We try to have a nice blend of indoor, outdoor, team and individual games, so every girl can find something she's interested in."

It can be difficult to imagine while watching all the activity on the gym floor, but Ms. Forbes said girls are often reluctant to engage in athletics. She said many see sports as unfeminine or are too intimidated to participate.

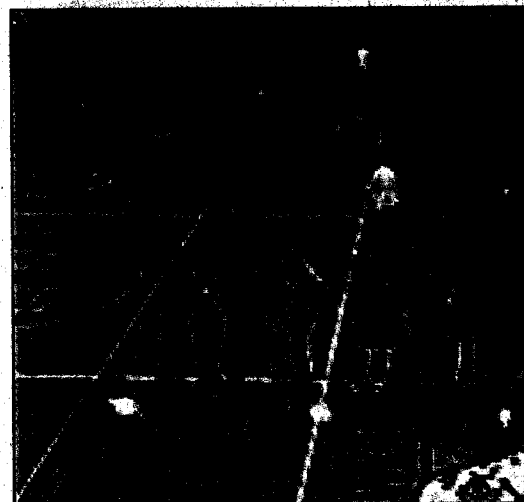
"They think they don't want to get sweaty, or they feel they wouldn't be good enough," she said. "Some think they're too chunky or too small to play."

According to Ms. Forbes, Get in the Game and other promoters of female athletics want to shake some of those notions.

"You don't have to be the star of the team to have fun," she said. "You can go out and get sweaty, then pretty up and do girly things. Girls can do all of that and live a more full life."

Ms. Forbes said the benefits that go along with athletic participation extend far beyond the playing field.

"Studies have shown that girls who are involved in sports do better in school and engage in fewer risky behaviors, like drug use or sexual activity," she said. "The majority of women in leadership roles have come through athletics. It helps with confidence-building, teamwork and accepting supervision, all the things you need to succeed in the



Participants at Saturday's Get in the Game event at Jamestown Community College took part in a variety of sports, including basketball, cheering and gymnastics.

P-J photos by Luke Anderson

workplace."

For all the high-minded social benefits of sports, event organizers remembered that they are ultimately games, and are meant to be enjoyed for their own sake.

"We want the girls to do it just for the joy of doing it," Ms. Forbes said.