

National Girls & Women in Sports Day

What this day is *Actually* about and what it means for you.

Written by: Marci Kornegay

If you're a girl in sport, today probably looks like this:

A few Instagram posts.

A school assembly.

Someone telling you, *"You're so lucky to have these opportunities."*

And maybe you're thinking:

Okay... but what does this actually mean for me?

That's a fair question.

Because National Girls & Women in Sports Day isn't really about celebrating the past. It's about paying attention to what sport is teaching you **right now** and what it could open up for your future.

A Quick Backstory

Before 1972, most girls in the U.S. didn't even have access to organized school sports.

That changed with **Title IX**, a federal law that made it illegal for schools receiving government funding to exclude girls from educational opportunities, including athletics.

Title IX didn't make sport perfect. But it opened doors that had been locked.

National Girls & Women in Sports Day exists in part because of that shift – to date, giving millions of girls the chance to play.

What we're still figuring out is what happens **after** that access.

Sport Is Teaching You More Than You Think

If you've ever:

- missed a shot and stayed in the game
- disagreed with a call and learned when to push and when to let it go
- looked at stats and thought, *"That doesn't tell the whole story"*
- taken feedback that stung but helped you grow

- led without being the loudest voice

You're already learning skills that matter far beyond sport.

Sport teaches you how to decide under pressure.
How to recover when things don't go your way.
How to read people, observe patterns, and identify momentum.

Most girls don't realize this while they're in it.
They just think they're playing. And that's awesome!

Here's the Part We Don't Talk About Enough

Sport isn't only for athletes.

Behind every game is a whole ecosystem:
coaches, officials, analysts, media teams, tech builders, event leaders, decision-makers.

But girls are rarely invited to **see those roles up close**, let alone try them.

So when the line-up changes and knocks you down the roster, the season ends, or eligibility expires, it can feel like the door closes.

But it doesn't have to.

What If Sport Was a Place to Experiment?

What if sport wasn't just about performance, but about curiosity and asking really good questions?

What if girls were encouraged to ask:

- *How does this really work?*
- *Who makes these decisions?*
- *Where do I fit beyond the game?*

What if leadership wasn't something you were told to wait for,
but something you practiced while you played?

That's the version of sport worth building.

Why This Day Matters

National Girls & Women in Sports Day matters **if** it reminds you of this:

You don't have to fit into sport exactly as it is.
You're allowed to explore how it works.
You're allowed to imagine yourself shaping what comes next.

Title IX helped open the doors.
What we do now determines how far girls will go once they walk through those doors.

Sport doesn't end at the whistle. Sometimes, that's where the interesting part begins. If you're a girl in sport wondering,

Is there more here for me?

The answer is yes.

And if you're curious enough to ask the question,
you're already on your way.

—

Where Girlsport Collective Comes In

At **Girlsport Collective**, we believe sport is one of the most powerful classrooms a girl will ever step into - *if she can see beyond the scoreboard and willing to explore what's possible.*

We create experiences where girls don't just play the game.
They learn how it actually works.

Through **hands-on sport environments**, girls explore leadership, decision-making, data, technology, teamwork, and the roles that power sport behind the scenes - from coaching and officiating to analytics, media, and strategy.

Girls don't get sorted or labeled or identified as exceptional talent or not.
They don't have to know what they want to be or even what sport they will specialize.

They get space to try things within the sport ecosystem.
They get prompted to ask better questions.
To understand how sport connects to real careers, real leadership, and real choices.

Girlsport isn't about creating more athletes.
It's about creating **more options**.

No pressure.
No performance perfection.
Just curiosity, confidence, and the chance to see what's possible next...on the field and beyond it.

If this made you think of a girl who loves sport or is still figuring out her place in it-
share it with her.

That's how this day actually does its job.