



NATIONAL GIRLS & WOMEN IN SPORTS DAY February 1st

Since its inception in 1987, National Girls and Women in Sports Day has become the premiere occasion to celebrate the participation, success and accomplishments of girls and women athletes. What started in 1987 as a single event in Washington, D.C. to honor Olympic volleyball star Flo Hyman has grown into a nationwide celebration across all 50 states.

Read a book!

Wonder Women Of Sports: Play Like A Girl: A Celebration Of Women In Sports by Sue Macy
Bonnie Blair, Top Speed Skater by Liza N. Burby
Kristi Yamaguchi: World-Class Ice Skater by Liza N. Burby
On the Field With ... Mia Hamm by Matt Christopher and Glenn Stout
Players in Pigtails by Shana Corey
Extraordinary Women Athletes by Judy L. Hasday
Girls Got Game: Sports Stories and Poems by Sue Macy
My Thirteenth Season: Girl Germs by Billy Smythe

Great Stories for Sports Fans (Daisy)
Baseball Ballerina by Kathryn Cristaldi
Here Comes The Strikeout by Leonard Kessler
The Worst Team Ever by Leonard Kessler
Soccer Sam by Jean Marzollo,
Play Ball, Amelia Bedelia by Peggy Parish
The Playground Problem by Margaret McNamara

Great Stories for Sports Fans (Brownie)
Finding Buck Mchenry by Alfred Slote
Touchdown by Alyson Heller
Allie's Basketball Dream by Barbara Barber
Brendan and Belinda and the Slam Dunk by Anne Rockwell
The Princesses have a Ball by Teresa Bateman
Swish by Bill Martin
Try Your Best by Robert McKissack
Eloise at the Ball Game by Lisa McClatchy
Princess Fidgety Feet by Pat Posner

Great Stories for Sports Fans (Junior & Cadette)
S.O.R. Losers by Avi
The Rascals From Haskells's Gym by Frank Bonham
The Basement Baseball Club by Jeffrey Kelly
There's A Girl In My Hammerlock by Jerry Spinelli
Players in Pigtails by Shana Corey
Little Granny Quarterback by Bill Martin
Good Sport Gwen by Valerie Tripp
The Deep by Tim Winton

Round up everyone you know and play some sports.

Why play sports? You might say "to get exercise" and you'd be right. To have fun? That's true, too. But there's more. In fact, there are at least 5 more reasons. According to the Women's Sports Foundation, girls who play sports get a lot more than just fit.

1. Girls who play sports do better in school. Research shows that girls who play sports do better in school than those who don't. Exercise improves learning, memory, and concentration, which can give active girls an advantage in the classroom.
2. Girls who play sports learn teamwork and goal-setting skills. Sports teaches valuable life skills. When you work with coaches, trainers, and teammates to win games and achieve goals, you're learning how to be successful. Those skills will serve you well at work and in family life.
3. Sports are good for a girl's health. In addition to being fit and maintaining a healthy weight, girls who play sports are also less likely to smoke. And later in life, girls who exercise are less likely to get breast cancer or osteoporosis.
4. Playing sports boosts self-confidence. Girls who play sports feel better about themselves. Why? It builds confidence when you know you can practice, improve, and achieve your goals. Sports are also a feel-good activity because they help girls get in shape, maintain a healthy weight, and make new friends.
5. Exercise cuts the pressure. Playing sports can lessen stress and help you feel a little happier. How? The brain chemicals released during exercise improve a person's mood. Friends are another mood-lifter. And being on a team creates tight bonds between friends. It's good to know your teammates will support you – both on and off the field!

Listed below are many fun ideas for you and your troop/group to enjoy together!

- ~ Cut sports related pictures out of magazines and make a collage.
- ~ Try one or more sports related crafts.
- ~ Go to a local sporting event.
- ~ Watch a sporting event on TV.
- ~ See how many different sports you can list.
- ~ Read an issue of Sports Illustrated for Kids.
- ~ Learn more about many different sports.
- ~ Stay up-to-date on the happenings related to your favorite sports.
- ~ Hold a local sports competition for your friends.
- ~ Create your own sports and games. Share them.
- ~ Wear athletic team jerseys to school or work as a visible way to celebrate the importance of athletics in girls lives.

SPORTS CRAFTS

SPORTS BALL PINS

Choose your favorite sport and add your jersey number or the number of your favorite pro!

You need: Three Pony Beads, 8" Rat-tail Satin Cord, Sports Ball Beads, Safety Pins, Size 2, Number Beads, White Glue

Instructions: Stiffen end of satin cord with white glue. Fold cord in half and half hitch to a safety pin by placing the folded end down through the safety pin and drawing the cord ends down through the folded end loop. String both cords through a pony bead. Push the bead up to the safety pin. String a sports ball bead on to one cord. Push the other cord through the bead in the opposite direction. Add a pony bead using the same stringing method. Continue adding numbers and a final pony bead. Finish by tying a knot. Trim cords.



PEN OR PENCIL PENNANTS

Materials Needed: Pen or Pencil, Craft Foam or Felt, Dimensional Paint, Scissors

Instructions: Cut a pennant/triangle shape out of craft foam and cut two slits so it can be slid over the top of the pen or pencil (Refer to picture). Use fabric paints, markers, glitter pens, or whatever else you want to write a message and decorate your pennant. Let dry and then slip over the end of your pencil.



SALT DOUGH SPORTS MAGNETS

You will need: salt dough recipe (below), acrylic paint in orange and white, red Sharpie marker, black Sharpie marker, round magnets, one for each, white craft glue

What you do: Roll dough into balls. Flatten balls on cookie sheet and place in the oven. Bake for 2.5 hours. Remove from oven and allow to cool completely on cookie sheet. When completely cool, paint with orange paint for a basketball and white paint for a baseball. Let the paint dry completely. Turn over and paint the back side and allow to dry completely. Turn over to front and use Sharpie markers to draw on lines or stitches. Turn over to back and glue on a magnet. Let glue dry completely

SALT DOUGH RECIPE

Ingredients: 1 part salt, 2 parts flour, 1 part water

Directions: Preheat oven to 250 F. Mix together, salt, flour, and water until a dough is formed. Knead the dough on a floured surface until the mixture is elastic and smooth. If dough is too sticky, sprinkle with flour, continue to do so until stickiness is gone. BE CAREFUL. Do not add too much flour, this will dry out the dough and will cause it to crack before you get a chance to bake it.

IMPORTANT NOTE: This recipe for salt dough makes as much or as little as you choose. For a large batch use "cup" in place of "part" in the recipe. For a small batch reduce in half or a third. THIS DOUGH IS NOT EDIBLE, though it won't hurt you or your kids, it just won't taste very good!

SOCCER HACKEY SACK

What you need: 1 black balloon, 1 white balloon, 1 small bag of lentils, teaspoon, Scissors

Directions: Cut the necks off the balloons. Stretch them out and put one aside.

Fill up one of the balloons with lentils. Keep adding lentils until the balloon is completely full. Grab the second balloon and stretch it over top the lentil-filled one so that it totally covers it. To test if it's tightly sealed, try throwing the hackey sack in the air. Once you're finished, practice a few easy tricks: balance the hackey sack on your foot, bounce it on one knee, bounce it from the knee to the foot, etc.!

SPORTS TEAM YARN BUG

What's your favorite team? Make a yarn bug to match their uniform.

You need: White Yarn (or your color choice), Foam Feet, Foamie Hands, Tan Craft Foam (to make a baseball glove, a football, a basketball, etc.), Two Wiggle Eyes -- 20mm, One White Pipe Cleaner, 2½" Styrofoam Ball, 5" Square of Cardboard, Tacky Glue, Small Baseball Cap for Dolls, White Paint or Paint Marker

Red Fine Point Paint Marker, White Paint Marker (or your color choice), Low Temp Glue Gun, Spray Paint for Hat (optional), Scissors

Directions: Make a pompom by wrapping yarn around a 5" piece of cardboard at least 100 times. Mix colors or use all one color. Cut a 6" piece of yarn and slide it under wrapped yarn. Tie tightly into a double knot. Turn cardboard over and cut completely through yarn on this side. Turn yarn blob sideways and smooth down strands. Press Styrofoam ball onto a hard surface to flatten bottom. (You can also use an egg carton section.) Cover the top and sides of the ball with tacky glue. Separate the strands of the pompom to fit the Styrofoam ball up inside. Press pompon into place. Arrange yarn. Print any patterns (hands, feet, etc.) your bug might need. Staple all around patterns onto craft foam or felt as listed in the supply list. Cut out pieces. Glue the bottom of the Styrofoam ball on to the foam feet. Glue on eyes. For optional arms, cut the pipe cleaner in half. Glue on hands. Poke the pipe cleaners into the bug for arms. Bend at the elbows. Glue on the wiggle eyes. If you want a cap in a different color, spray paint it with several coats of paint. Letting it dry



between coats. Use white paint marker (or other color) to draw team logo on cap. Use glue gun to attach glove, football, etc. Set cap on top of bugs head.

BALL IN A CUP

What You'll Need: String, Paper Cup, Aluminum Foil, Small stick or pencil

Instructions: Use the pencil or stick to make a small hole through the bottom of your paper cup. Run a piece of string (approximately 15" long) through the hole you made. Tie a knot inside the cup. Make a ball out of aluminum foil. Crumble it around the string. Make sure your ball does not get too big that it won't fit inside the cup. Try to flip the ball into the cup.

SOCCER TEAM SHIRTS

Talk about team spirit. Discuss teamwork using concepts such as helping each other to reach a goal. Have girls cut out paper shirts that are the same color as their favorite team, or invent their own team. Then decorate the soccer shirts with pictures of their team or people exhibiting good teamwork.

SPORTS GAMES

BROOM SOCCER

This is a game for 6 or more players and should be played outside or in an open area.

To play, you'll need: 4 brooms, two dustpans, a foam soccer ball, and two goals. Your goals can be made out of tape or two orange cones. Players should divide into two teams. Each player gets a broom.

The object of the game is the same as soccer - score as many goals as possible against the other team. But, you don't kick the ball with your feet. Everyone uses brooms except for the goalkeepers who use dustpans. The first team to score three goals wins.

CROQUET RELAY

To play, you'll need two balls, six wacky obstacles for the croquet course, and a mallet for each team. You can use umbrellas, hockey sticks, or anything else you can whack a ball with.

This is a game for 6 or more players. Split up into 2 teams of 3. Set up your course with the six wacky obstacles, three on one side, and three on the other side, and something to mark the turnaround point.

Directions: The object of the game is to weave back and forth around the obstacles while hitting a plastic ball with the mallet. When you get to the end of the course, turn around, and then weave around the obstacles on the other side of the course.

First team to finish the course WINS!

SWEEP! SWEEP! SWEEP! SWEEP!

This is a game for 6 or more players and should be played outside or in an open area. To play, you'll need 4 brooms, two dustpans, a foam soccer ball, and two goals. Your goals can be made out of tape or two orange cones. Players should divide into two teams. Each player gets a broom. The object of the game is the same as soccer - score as many goals as possible against the other team. But, you don't kick the ball with your feet. Everyone uses brooms except for the goalkeepers who use dustpans. The first team to score three goals wins.

CATCH BASEBALL

To play, you'll need: baseball, bat, gloves

Directions: One player is the batter while the others are fielders. The batter throws the ball in the air then hits it with the bat towards the fielders. The fielder who catches the ball is the new batter. The old batter is now a fielder. Play continues in this manner with one player batting and the other players trying to catch the ball. A caught ball is worth one point. After a preset amount of time has passed the winner is the player with the most points.

VOLLEYBALL CATCH

To play, you'll need: volleyball, net or clothesline, chalk or sticks

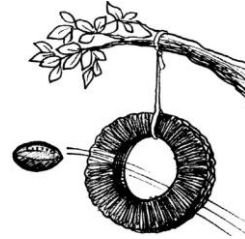
Divide the players into 2 teams with the same number of kids. Then make the playing field 25 by 50 feet. Using a volley ball net or clothesline, put this across the middle of the playing area. Make sure there's something to tie each end of the clothesline to. Teams take their places on each side of the net and spread out. The team serving begins the game by having one player throw the ball over the net. (This is different from actual volleyball). One player has to catch the ball. Once he catches it, he throws it back over the net. Play continues in this manner until one team doesn't catch the ball, fails to throw it back over the net, or throws it out of the playing area's boundaries. If the other team makes the mistake, the serving team gets one point. 21 points wins.

TIRE TOSS

What You'll Need: Old tire, life raft, hula hoop, Rope, Cinder block, Miniature footballs

Directions: Suspend a round donut shaped object tied to a rope from a secure tree branch or garage beam, Anchor the tire at the bottom with something heavy, like a cinder block.

Now gather as many small plastic footballs as you can find, step back from the tire about ten paces, and start that rapid-fire passing action. How many balls make it through the circular opening in the tire?



LONG JUMP

Mark a starting line with masking tape on the floor. Mark each jump with a piece of tape and write the player's name on it. Record each player's longest jump.

MODIFIED BASKETBALL

You will need: a clean garbage can, or laundry basket (one for each team). Mark and "X" on the ground or floor where the players will stand. Each team will have their own "Hoop" and "X". They try to get as many baskets within a designated period of time as they can by taking turns. Form a line. the first player shoots then goes to the back of the line. The next player shoots and so on.

Soccer Skills Relay

SPORTS SNACKS

Traditional ball park fare:

Peanuts, popcorn, hot dogs, root beer, lemonade, cotton candy

Cool Concession Food (make sure to label the foods)

Dugout Dogs (hot dogs)

Home run Hamburgers

No-hit Nachos

Catcher Corn Dogs

Strike Out Snow Cones

Pop Fly Pizza

Babe Ruth Candy Bars

Big League Chewing Gum

All Star Sandwiches

Use a star-shaped cookie cutter to cut sandwich bread, and fill with peanut butter and jelly, cream cheese and jelly, hummus, mayonnaise and cheese, or lunchmeats.

Pigs In A Blanket

Don't forget about the classic pigs in a blanket. Wrap hot dogs in crescent roll dough and bake until golden brown; serve with mustard in a squeeze bottle.