**When Girls Play Sports…They Win!**

* The more physically active girls are the greater their self-esteem and the more satisfied they are with their weight, regardless of how much they weigh {The Girl Scout Research Institute, *The New Normal? What Girls Say About Healthy Living* (2006)}
* Female High School Athletes are 92% less likely to get involved with drugs, 80% less likely to get pregnant, and 3 times more likely to graduate than non-athletes {Statistic Brain, *Youth Sport Statistics* (2013)}
* 80% of women identified as key leaders in Fortune 500 companies participated in sports during their childhood {Girls Health.gov, *Playing Sports* (2013)}
* Girls and Women who play sports have higher levels of confidence and self-esteem, lower levels of depression, more positive body image, and experience higher states of psychological well-being than girls and women who do not play sports {Women’s Sport Foundation, *Benefits – Why Sports Participation for Girls and Women: The Foundation Position* (2011)}
* Girls who play sports are less likely to develop Osteoporosis, Cardio Vascular Diseases and Alzheimer’s later in life {Youthletic, *10 Life-Altering Good Reasons Girls Should Play Sports* (2009)}
* Girls who play sports are less likely to smoke, drink excessively or do drugs than those who do not play sports {Advantagefo.com, *Why Girls Should Play Sports* (2014)}
* Girls Active in Sports during Adolescence and young adulthood are 20% less likely to get breast cancer later in life {Stavrowsky, E.J., *Her Life Depends on It II: Sport, Physical Activity, and the Health and Well-Being of American Girls and Women* (2009)}
* Girls who participate in athletics report being more content with their lives than girls who do not {Sabo, D. & Velz, P., *Go out and Play: Youth Sports in America* (2008)}
* Girls who play team sports are more likely to graduate from college, find a job, and be employed in male-dominated industries. There is even a direct link between playing sports in high school and earning a bigger salary as an adult {Kathy Kay and Claire Shipman, *The Confidence Gap* (2014)}

**Empower your Daughter…Get Her in the Game!**