Increasing Participation in Girls Sports

- John Catalano, Glenbrook North HS
  - Athletic Director, 2005 – 2015
  - Former Head Wrestling Coach

- Chris Livatino, Evanston Township HS
  - Athletic Director, 2006 – 2015
  - Former Boys and Girls Volleyball Head Coach
Two Different Schools

Evanston
- Founded in 1883
- CSL South Division
- 3200 Total enrollment
- 42% Low income
- 48% Caucasian
- 33% African-American
- 17% Latino
- 2% Other

Glenbrook North
- Founded in 1953
- CSL North Division
- 2100 Total enrollment
- 9% Low income
- 80% Caucasian
- 14% Asian
- 3% Latino
- 3% Other
<table>
<thead>
<tr>
<th>Evanston</th>
<th>Glenbrook North</th>
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<tbody>
<tr>
<td>• 35 State Championships</td>
<td>• 10 State Championships</td>
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<tr>
<td>• 9 Girls State Champs</td>
<td>• 1 Girls State Champ</td>
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<tr>
<td>• 31 Varsity Sports</td>
<td>• 30 Varsity Sports</td>
</tr>
<tr>
<td>• 15 boys - 16 girls</td>
<td>• 15 boys - 15 girls</td>
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<tr>
<td>• Female Participation</td>
<td>• Female Participation</td>
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<tr>
<td>• 2012 - 45%</td>
<td>• 2012 - 42%</td>
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<tr>
<td>• 2014 - 51%</td>
<td>• 2014 - 45%</td>
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<tr>
<td>• Cut Sports for Girls - 9</td>
<td>• Cut Sports for Girls - 5</td>
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Why Girls Need to Play Sports

“Regular participation in physical activity is associated with a longer and better quality of life, reduced risks of a variety of diseases, and many psychological and emotional benefits.”
Bailey (2004) Center for Physical Education and Sport Research

"Female athletes of all ages are healthier, more academically successful, and have higher self-esteem than non-athletes. In addition, young girls who participate in sports and regular physical activities exhibit enhanced motivation, improved mood states, and lower levels of depression and anxiety.”
Motivational Factors for Girls

“From birth, both boys and girls have different socialization as it relates to athletics and physical activity resulting in boys and girls having different experiences with sports.”

For Females the Order of Importance is:

1. Physical health improvement
2. Fun/enjoyment
3. Muscle improvement
4. Mood and stress coping
5. Appearance
6. Competence/skill
7. Weight management
8. Socializing

Male motivation revealed competition/excitement was the number one factor

Koivula,(1999) Sport participation: Differences in motivation and actual participation due to gender typing.
Why do girls stop playing sports?

- Girls are 60% more likely than boys to quit playing sports by age 14
- Injuries
- Too busy with other things
- Conflict with a coach
- Sports just stop being fun
- Did not feel they were “good enough”
- Parental pressure

Stewart/Taylor (2000) Why Female Athletes Quit
Evanston

- Uncertainty with participation #’s and levels filled
- Very little relationship with middle schools
- Drop off in participation in middle school years with no return at H.S.
- Lack of pride in being a female athlete

Glenbrook North

- Uncertainty with participation #’s and levels filled
- Very little relationship with middle schools
- Coaches at freshman levels were not personable and outgoing
- Participation dropped as they entered high school
Two Different Programs = One Goal

ETHS - Girls Play Sports

GBN - All Girls All Sports
GBN - All Girls All Sports

Our Issues

• Enrollment
• Weak Jr. High Programs
• Self selecting
• Too Many Offerings
• Inconsistent tryouts
• Fighting to maintain
• We do share
GBN All Girls All Sports

Our Programs

Fall Program

- Intro to All Sports
- To the Jr. Highs
- All Coaches
- Frosh/Sophs. Girls

Spring Program

- Jamboree
- Follow-up Summer
GBN All Girls All Sports

- Advertisements / Flyers
- Work with Principals
- Phys. Ed Connections
- Selecting Dates
- Q and A with Parents
ETHS Girls Play Sports

CONCEPT

- Show girls sports are fun, cool & popular BEFORE middle school
- Use high school students as the “sales people”
- Introduce ALL sports
- Emphasize multiple sport participation
- Join a Team, Join a Family
ETHS Girls Play Sports
EVOLUTION

- 2012
- Women In Sports Lunch launched idea
- “Festivals” at Middle Schools for 5th graders
- Have lunch together
- Quick 5-min introductions to every sport
- Small group talks about obstacles facing girls in sports
ETHS Girls Play Sports EVOLUTION

• 2013
• After school clinics at 6 grade schools for 4th & 5th graders – 2 sports each month for 6 months
  • Bobbie Monroe facilitated
• Culminating Festival at ETHS for 150 5th graders (same format as 2012)
• Girls ONLY Summer Sports Camp
ETHS Girls Play Sports

EVOLUTION

• 2014
• After school clinics at 8 grade schools
  • Local mom facilitated
• Culminating Festival at ETHS
• Give girls choice of one sport each season – more time with their favorites
• Send them home with gifts
• Expand summer camp to 6th-8th graders
ETHS Girls Play Sports

EVOLUTION

- 2015
- Became a 501(c)(3) nonprofit
- Opening Festival at ETHS with 225 fifth graders
- After school clinics at 10 grade schools
  - Large number of student volunteers
- Added middle school program (Team GPS) that deepened instruction using clinic model of 2 sports each month across 3 Sundays
- Continued summer camp
ETHS Girls Play Sports - EVOLUTION

- 2016
- Added competitive leagues and tournaments
- Continued opening Festival at ETHS for 200 fifth graders
- After school clinics at 11 grade schools
- Continued middle school program (Team GPS)
- Expanding summer camp opportunities
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<td>• 25% increase in female participation in two years</td>
<td>• Confident with participation numbers</td>
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<tr>
<td>• Three straight years with more female athletes than male athletes</td>
<td>• Certainty about filling all levels for every sport</td>
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<tr>
<td>• Too many girls coming out for some sports with too little experience - tennis</td>
<td>• Younger, more enthusiastic coaching staff</td>
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<tr>
<td>• Increasing demand for additional sports – field hockey</td>
<td>• Added Cheerleading and Bowling</td>
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<td>• 80+ female high schoolers volunteering as coaches</td>
<td>• Increased Levels</td>
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Why is this important to girls?

- IT’S LIFE CHANGING

- Girls that play sports are 50% less likely to get pregnant

- ETHS athletes earn significantly better grades than non-athletes

- GBN 3.2 to 3.52 GPA

- High school athletes are 41% more likely to graduate from college

- 82% of female executives played organized sports

- It’s also THE LAW!!!
Our Advice

Evanston

- Find a Great Volunteer
- The IADA AD of the Year
- Outstanding Mom
- Supportive Wife
- Female Athletes are the coaches
- Include PE Staff and Principals at Feeder Schools
- Year-round Connection
- Use to promote HS contests

Glenbrook North

- Find a Great Volunteer
- Masters Program-Internship
- Asst. Coach
- Coaching Staff
- Female Athletes
- Frosh – Soph.
- Include PE Staff and Principals at Feeder Schools
Contact us for Materials

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  • Jcatalano@glenbrook225.org

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  • Livatinoc@eths.k12.il.us
Questions?