

Sport is for Girls Too!

Regardless of whether you are a boy or a girl you must understand one fact: sport is for everyone. It is not a "guy thing". This is not to say that every sport is for everyone, necessarily. It is also not meant to suggest that everyone has to participate in sport. In fact, roughly 20% of all children have never participated in organized sport and probably never will. Sport is like any other activity, such as music, art math, computers, etc, in that not everyone has the same interests. But there is nothing about sports that limits it to only boys. Sure, many sports require strength, speed, and endurance to be successful. But many sports also require grace, rhythm, agility, and flexibility to be successful. And, all sports require commitment to be successful. We must all help create a society in which girls never have to hide their interest in sports or feel that they have to apologize for being an athlete. Girls should be able to be just as proud of being a successful athlete as boys have been for a long time.

One thing that we all need to do is to stop comparing the performances of girls and boys in sports. There are differences in their performances in sport just like there are differences in the performance of boys and girls in other activities. Difference is what makes life interesting. We should accept and support these differences. Stop believing the old myths that girls do not belong in sport. Girls have the physical capabilities, the interest, and the commitment necessary to be excellent athletes. Many have already succeeded but many more would if we all would support their efforts.

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This article by Dr. Richard Stratton, Health and Physical Education Program, Virginia Tech