

# SPORTS MATTER

# GAME ON! SPORTS 4 GIRLS



## GIRLS WHO PLAY SPORTS HAVE

- ✓ higher levels of confidence and self-esteem
- ✓ better grades in school
- ✓ better mental health
- ✓ stronger communication & leadership skills
- ✓ higher graduation rates

*Women's Sports Foundation*



Sports make an **IMPACT** on girls throughout their lives.

**96%** of women in C-suite positions played sports in elementary, secondary school, or college.

*Survey conducted by EY*

**74%**

of executive women agree that a background in sports can help accelerate a woman's leadership and career potential.

*Survey conducted by EY*



**WHY IS THIS IMPORTANT?**  
By age 17, 51% of girls have quit sports.  
7 out of 10 girls don't feel like they belong in sports.  
67% think society doesn't encourage girls to play sports.

*Survey conducted by Always*

**"The best way to keep girls playing is to encourage them and let them know that they belong and have reasons to play that extend far beyond physical fitness."**

*Alex Morgan, U.S. National Team Soccer Player*



Game On! is constantly striving to:  
change attitudes, encourage an active lifestyle, and keep girls involved in sports.  
**Count on us to impact your daughters - Game On! Summer Camps and Programs**  
Building Girls Strong in Body and Mind

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