



## GIRLS ATHLETIC LEADERSHIP SCHOOLS

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### Press Release

### For Immediate Release (

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## Celebrate National Girls & Women in Sports Day: GALS is Empowering Young Denver Athletes and Promoting Gender Equality in Sports

**Denver, Colorado** – On **February 5th**, GALS Denver will celebrate **National Girls & Women in Sports Day (NGWSD)**, a nationwide observance aimed at recognizing the accomplishments of female athletes and encouraging the next generation of girls to embrace sports. The event will take place at **GALS Denver (750 Galapago St., Denver, CO)**, from **12:15PM to 1:45PM**, and will feature [details of event activities, such as athlete speeches, sports clinics, or community events].

The day will highlight the impact sports have on the lives of girls and women, promoting physical fitness, teamwork, leadership skills, and breaking down barriers to ensure greater equity and access in sports. This year's theme, [insert theme if applicable], reflects the ongoing mission to increase participation and representation of women and girls in all levels of sports.

"National Girls & Women in Sports Day is an important reminder of the incredible progress we've made in leveling the playing field for women and girls in sports, and the work still to be done," said Danielle Ennis, Athletics & Movement Director of GALS Denver. "This day is not just about celebrating our athletes but empowering the next generation to dream big, break barriers, and pursue their passion for sports and education."

The event will include:

- **Keynote speakers:** Sportswomen in Colorado
- **Interactive sports clinics:** Metropolitan State University of Denver Women's Volleyball, University of Denver Women's Soccer, Denver Bandits Women's Professional Football and Girls Rugby Inc. will all be joining out students for this day of play!
- **Panel discussions:** The women of the Colorado Rockies will discuss the importance of women in leadership roles in sports, overcoming obstacles, and pursuing your passions.
- **Special Guest Visit:** Students will be paid a visit from Dinger with the Colorado Rockies!

### About National Girls & Women in Sports Day (NGWSD)

Since its inception in 1987, National Girls & Women in Sports Day has been celebrated each year to honor the achievements of women in sports and inspire the next generation. The day is a time to celebrate the progress made and to promote further efforts toward gender equity in athletics. The day also aligns with Title IX's anniversary, a critical piece of legislation that prohibits sex-based discrimination in federally funded education programs, including sports.

### About Girls Athletic Leadership Schools (GALS Denver)

As Colorado's only all-girls\*, tuition-free public school, GALS transforms the lives of young students through education, resilience, and movement. Serving grades 6-12 in the heart of Denver, our staff empowers our students to succeed academically, lead confidently, live boldly, and thrive physically.

For more information about National Girls & Women in Sports Day or to RSVP for the event, please contact Reilly Selinger (719) 582-7598, [reilly.selinger@galsdenver.org](mailto:reilly.selinger@galsdenver.org).

*Girl\* - The term "girl" is multifaceted and holds different meanings for different people. At GALS we recognize that the word doesn't encompass all identities across the gender spectrum, and we embrace that diversity within our school. While we understand that gender is not a binary construct, we are committed to creating inclusive spaces where all individuals—whether girls, trans, or gender-nonconforming—can express themselves, learn and grow safely.*

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