



2025 National Girls and Women in Sports Day Agenda

February 5th | 5:00 PM | Located at DICK'S House of Sport | 1000 Brandywine Park Way, Wilmington, DE, 19803

- Welcome & Opening Remarks (10 minutes)
 - Host/Moderator Introduction
 - Acknowledgment of Sponsors & Partners - if we have any
 - Overview of National Girls and Women in Sports Day
 - Purpose of the Panel Discussion
- Panelist Introductions (10 minutes)
 - Brief introduction of each panelist
 - Name, Title, Sport, and Connection to Girls/Women in Sports
 - One key achievement or insight related to women in sports
- The Importance of Representation and Equal Opportunity in Sports (20 minutes)
 - Discussion on how increased visibility and representation of women in sports inspire the next generation
 - Personal stories from panelists about their experiences overcoming barriers to participation in sports
 - How creating more opportunities for girls and women in sports can break stereotypes
- Challenges Faced by Girls and Women in Sports (20 minutes)
 - Gender inequalities in access, media coverage, sponsorship, and pay
 - The impact of societal expectations and cultural barriers
 - Mental health challenges and overcoming self-doubt
 - The importance of support systems: coaches, mentors, and community
- Strategies for Promoting Sports for Girls and Women (20 minutes) Effective ways to get girls and women involved in sports from a young age
 - How schools, communities, and sports organizations can foster inclusivity and build safe spaces for girls
 - Discussing role models and mentorship in creating pathways to success
 - The role of leadership in changing policies and increasing investment in women's sports
- Empowering Young Athletes: Lessons from the Pros (20 minutes)
 - Panelists share key lessons from their athletic careers and what they wish they knew growing up
 - Practical advice for aspiring athletes, including handling setbacks, finding balance, and navigating success
 - Encouraging leadership, resilience, and confidence both on and off the field
- Audience Q&A (15 minutes) Open floor for audience questions to the panelists
 - Questions can be pre-submitted or taken live
- Closing Remarks & Call to Action (10 minutes)
 - Summary of key takeaways from the panel discussion
 - Call to action: How can attendees get involved or make a difference?
 - Resources for girls and women interested in sports
 - Thanking the panelists, sponsors, and attendees
- Networking & Community Building (Optional, 30 minutes)
 - Time for attendees to interact with panelists and other attendees
 - Information tables or booths for local sports organizations, clubs, and initiatives