MEDIA ADVISORY

NATIONAL GIRLS AND WOMEN IN SPORTS DAY
@ SAN DIEGO CITY COLLEGE
Saturday, March 5

WHAT: National Girls and Women in Sports Day

WHEN: Saturday March 5, 2011 • 9:00 a.m. – 3:00 p.m.

WHERE: San Diego City College Sports complex
Near Harry West Gymnasium – across from San Diego High School
1400 block of Park Boulevard; just south of Balboa Park.

WHO: San Diego Unified Schools – Girls ages 8-14 (grades 4-8)
Invitation only, chaperoned buses or school physical educator coordinated
transportation. No individual drop offs.

WHY: To promote interest in sports and physical fitness amongst girls in the community
through participation and guidance of Community College Women Coaches and athletes.

SPONSORS: The National Girls and Women in Sports Day is sponsored by the San Diego City
College Athletic Department in conjunction with the Women’s Sports Foundation.
Funding and support also comes from area businesses and individuals who believe in the
benefits of organized sports for girls.

COST: Free for participants

VISUALS: Some 300 girls, ages 8-14 (grades 4 – 8) learning new sports in multiple one-hour
sports and fitness clinics.
*During the 12:00 – 1:00 lunch hour: Self-defense instruction

The “Finish Chelsea’s 5K Run” starts in Balboa Park on Saturday, March 5 at 7:30 a.m.
#163N will be closed from 6:00 am – 10:00 am.

Dean McGinnis said, “We strongly support the mission of Chelsea’s Light
Foundation to unite people who are passionate about protecting our children and
inspiring positive change in their community.”

Contact: Kathy M. McGinnis, Dean Health, Exercise Science, and Athletics
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www.sdcity.edu/athletics
The National Girls and Women in Sports Day has been a successful event at San Diego City College since 1990. Dean McGinnis noted, “With our P-building remodel recently completed, the new facilities allow our dedicated and energetic group of educators, coaches and student athletes the opportunity to again share their expertise with 300 girls in multiple one-hour sports/fitness clinics. She added, “I don’t know who has more fun, the girls or our coaches and volunteers.”

About San Diego City College
Founded in 1914, San Diego City College serves as the educational cornerstone of downtown San Diego. With more than 18,000 students, City College offers 240 Associate Degrees and Certificates and 1,500 day, evening and weekend classes, including programs in Radio and Television, Journalism and Communications. City College is part of the San Diego Community College District, comprised of City College, Mesa College, Miramar College, and Continuing Education. www.sdcity.edu

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