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| <https://www.independent.co.uk/sport/the-50-most-influential-women-in-sport-the-full-list-10446935.html>  The 50 most influential women in sport: The full list | But the boom goes way beyond the accountants’ spreadsheets. The performance power of multi-tasking women is being increasingly valued in boardrooms. Their consumer power is increasingly recognised. It is not just women’s sport that is proffering opportunities, but male domains too. All bar the men’s locker room. And even there, Eva Carneiro, the Chelsea First Team doctor, is probably allowed in with her sponge. Essentially, the rise of women’s influence in sport is about confidence. All areas of sporting life from players, administrators, lawyers, agents to politicians, campaigners, designers, sportswriters and broadcasters, once the uncompromising fiefdom of masculinity, have boldly opened up to “going woman” ... some voluntarily, some not so much. The Independent on Sunday’s first 50 Most Influential Women in Sport list is a sign of the emancipation. As is the mutual support that exists between them and like-minded men happy to foster the advancement. So, Barbara Slater, head of BBC sport, and responsible for seminal decisions this year to broadcast the Women’s Boat Race and the Women’s World Cup, vindicated Morrissey’s commercial investment and persuaded Clare Balding to give up commentary on the Grand National and be part of history on the Thames instead. There are still barriers, certainly on the international stage. The chances of a woman becoming President of Fifa, Uefa, the IAAF or the IOC are currently nil. Some might say this partly accounts for the past and present mayhem at those bodies. But British institutions are warming to the female theme. There is less acceptance of women taking up merely decorative positions. They are forging alliances, doing key deals and, in Jess Ennis-Hill’s case, looking after one-year-old Reggie with her husband while preparing for the heptathlon at the World Championships. She’s a mum. She’s got abs. No wonder it feels like a new dawn. |
| https://www.usafencing.org/news\_article/show/1083848-team-usa-s-top-female-fencers-discuss-their-athletic-role-models-on-national-girls-and-women-in-sports-day | As women we shouldn’t be apologetic when we show aggression and intensity in what we love to do. Apparently it can be “unlady-like” when we behave too dominantly on the playing field. I have one athlete who I’ve said has inspired me a million times and I’ll say it again: Serena Williams. When she walks onto the court, you know she means business. Hard work is an understatement when it comes to her. I think there is a small thing that separates champion athletes from the rest of the playing pool and that is what decisions are made in the moment that matters most. Many athletes perform and go through the “shoulda, coulda, woulda” routine and repeat it over and over and over again. However, athletes like Serena bring in a new plan and make it count when it’s either them or the opponent. You have to respect that. When you watch her play, you can see she has a driven mindset that is calculating and waiting for the right opportunity to strike. Not too fast or slow, just right … right when there is a moment of hope from the opponent, she comes in and steals it … and rightfully so. Having that kind of unapologetic mentality is important when it comes to sports and I’ve always looked up to her for that. |
| Kat Holmes (Épée)  https://www.usafencing.org/news\_article/show/1083848-team-usa-s-top-female-fencers-discuss-their-athletic-role-models-on-national-girls-and-women-in-sports-day | The female athlete who has inspired me most is Valerie Asher. Valerie is a vet women's épée fencer (and Veteran World Championship medalist!) from Washington, D.C. In addition to being an amazing fencer, she is also an ear, nose and throat doctor, working in the clinic and in the operating room all day every day and coming to practice and beating up everybody every night. If that isn't amazing enough, when I first met Valerie 15 years ago, she was in the middle of cancer treatment, still working and fencing through it all. Her courage and perseverance through this time illuminated her passion for fencing and her work for all to see. As a young fencer and aspiring doctor, I saw the dedication Valerie put in day in and day out, focusing not on results, medals and rankings, but rather on the process, on being the best she could possibly be. This, in turn, involved helping other young fencers be the best that they could be in all realms of their lives. This to me is the definition of a true champion: somebody who seeks to be the best that they can be so that they can bring out the best in others. |
| Jackie Dubrovich (Foil)  https://www.usafencing.org/news\_article/show/1083848-team-usa-s-top-female-fencers-discuss-their-athletic-role-models-on-national-girls-and-women-in-sports-day | I've always looked up to strong, powerful women in sport. In particular, Aly Raisman and Lindsey Vonn have stood out as role models to me in different ways. I've always been a fan of Aly Raisman's poise and class. Apart from being an outstanding gymnast, she always conducts herself in a respectful and admirable way. She's a gracious competitor and an equally supportive teammate. What is most inspiring about her is how strong she was during the Larry Nassar scandal. She was eloquent and a powerful voice for survivors, and I was so inspired by her. Lindsey Vonn is a tough competitor and the GOAT of skiing. I've loved watching her compete because she is equal parts a fierce competitor but also classy and gracious. Despite all of her serious injuries, she remained positive during multiple recoveries, and her perseverance in the face of obstacles inspires me to keep pushing every day. Although she retired from competing, she remains a role model to all female athletes in her continued support of female athletics. |
| Michaela Joyce (Épée)  https://www.usafencing.org/news\_article/show/1083848-team-usa-s-top-female-fencers-discuss-their-athletic-role-models-on-national-girls-and-women-in-sports-day | Cori "Coco" Gauff is a female tennis player whose willingness to challenge herself in tough conditions motivates and inspires me. At the age of 15, she stunned the world during her Grand Slam debut at Wimbledon, where she defeated seven-time Grand Slam Champion Venus Williams in the first round of the Australian Open. Although Coco is young, her dedication and passion for her sport allows her to thrive in conditions where she is often underestimated due to her age. Born two days after Coco, I also often compete at levels where I face adults with decades of experience. This often causes me to feel unconfident and unsure of my abilities before I start my bouts. However, by watching Coco Gauff's willingness to take intelligent risks on the court to win matches where she has less experience, I am inspired to transform my negative thoughts and fears into positive thoughts and adrenaline. This allows me to become fearless on the strip while trusting my action choices. Additionally, Coco's extensive knowledge of the sport reminds me to remain patient and thoughtful to find the right moment for every prep and touch. While Coco and I are the same age and are both competing in tournaments where we are often fencing more experienced and older fencers, her ability to control her emotions and the court due to her tenacity and focus sets her apart from older tennis players while inspiring the next generation of young athletes. When faced with adversities due to my age on the strip, I remind myself of Coco Gauff’s persistent attitude as she continues to be a prime example of a diligent and successful young woman in sport. |
| <https://www.employdiversitynetwork.com/blog/2019/6/18/women-in-sports-role-models-for-life-1>  Women in Sports: Role Models for Life | Over the years many women have paved the way for the next generation of athletes. They have been role models for little girls who have grown up watching them, even when the athletes didn’t realize they were being idolized. They are the pioneers who made it possible for contemporary sports stars like Serena Williams, Diana Taurasi, Megan Rapinoe and Alex Morgan. Although these women or athletes, in general, may not have signed up to be role models, the reality is that they are in the public eye and will be looked up to by a whole new generation of young girls. Indeed, female athletes do serve as powerful role models for young girls; they promote a healthy lifestyle and participation in physical activity. Not only do female athletes promote a healthy lifestyle but also defy stereotypes of what society believes a female body should look like. They are strong, which sends the message to young girls that it is possible to have muscles and still be feminine. It shows young girls that their value as a woman is not defined by the number on a scale. Females who participate in sports also develop important life skills such as confidence, dedication, leadership, the ability to work in groups, and more. Sports for many can be that initial platform where young people acquire these necessary tools to succeed in the world. However, in the past, boys were encouraged to participate in sports while females were encouraged to participate in more “gender appropriate” activities. Although the idea that sports should only be reserved for boys/men is certainly outdated, it has much to do with the efforts made by female sports pioneers who paved the way for the next generation. The media heavily influences how females participate and how they perceive their role in sport. Less than 10% of sports media covers women’s sports and less than 2% of sports media covers women’s sports that are deemed too masculine (2). As a society we have made significant growth in our ability to value diversity; however, we still have a long way to go, especially regarding the #metoo movement. Gender roles are deeply rooted in our culture; we see their influences permeate through sport every day. From the ground up young girls need to be offered the opportunity to participate in sports of all kinds - masculine or feminine. They need to be led by female coaches in order to foster their perception of their future selves. The media, being one of the heaviest influencers, needs to equalize their sports coverage and spotlight strong, elite female athletes. Without consistent exposure to the excellence of female athletics, the masculine-heavy perspective in sports coverage will never change. Leveling the playing field in sports could be a stepping stone to the ultimate goal: gender balance throughout wider society. |
| <https://breakingmuscle.com/fitness/5-strong-female-role-models-to-inspire-the-next-generation>  5 Strong Female Role Models To Inspire The Next Generation | Very few people embody quiet and understated like Kris Clever. From winning the CrossFit Games in 2010 to being a participant in the SealFit Kokoro camp to a member of the LA Reign, she is one of the hardest working women in functional fitness. Her social media accounts reflect someone who is fun, at ease, and instructional. She is down to earth and, by all accounts, just plain old nice. Look at any CFHQ video of her doing a workout demo, you will see a person who is smiling and truly interested in imparting knowledge. A member of the San Francisco Fire Grid league team, Courtney is a gymnastics superstar. She placed fifth overall in the 2014 CrossFit Games Norcal Regional, just missing a bid to the games along with her Fire teammates Cheryl Brost and Annie Sakamoto. If you don’t know about Walker yet, you should take a closer look. Her goals? “To be a better athlete, and to go out into the community and to inspire others.” Gold. A review of her social media feed reveals someone who works extremely hard and achieves what it is she seeks to achieve. You can learn a lot just by watching and listening. Diane Fu is a weighlifting coach who has earned a great deal of respect within the world of functional fitness. What I like about Fu is that her social media presence is nearly 100% educational. Through her business and website FuBarbell, she is interested only in passing on knowledge. What a fine role model for young women who wish to be strong and focus on confidence and precision, rather than simply looking good in a swimsuit. While a world-class athlete, CrosFitter, Gridder, and weightlifter, Lindsey is, at her core, a teacher. I have witnessed her in a one-on-one coaching situation and when she is in that moment, her focus in 100% on her student. Strip away the endorsements, the magazine covers, and the hype, and you have a down to earth, genuine person who would love nothing more than to see you achieve your goals. She takes the inherited role of role model very seriously. Lindsey’s reputation is strength, and she has said on more than one occasional that lifting heavy weight is “probably one of the most empowering things women can do.” And it translates into mental strength as well. Few people are as focused as Lindsey when a workout or Grid race begins. She stood her ground against a tremendous tide of backlash when she pursued a professional career in Grid. When many of her fellow athletes began pulling out of their respective Grid teams because of sponsor pressure (a subject for another day,) LV stood firm, refusing to have her career dictated by a supplement company. As a result, she emerges stronger, more respected and more focused than ever before. Val Voboril has been a consistent top finisher in the CrossFit games since 2009. She has never made any bones about the fact that she works out once per day, and has no desire to give up her fourth grade teaching job. In fact, she is currently unable to attend the Grid finals with her team, the LA Reign in Charlotte NC, because she is teaching. Her child and family are without a doubt her priority, yet she continues to outperform athletes ten years her junior. Listen to Val explain how she chooses to be a role model here, starting at about 3:15. But watch the whole thing, please. Because she lays down a grat foundation of perspective about winning, family, and priorities. If you are not following Val and if she is not your role model yet, she should be. |
| https://www.uplifterinc.com/female-athlete-role-models | Simply put, Serena Williams is one of the most decorated female athletes in the history of tennis. Her 23 Grand Slam titles place her 2nd all-time, while her 39 major titles land her 3rd all-time (to go along with her 4 Olympic Gold Medals). However, Williams is more than just a future tennis hall of fame inductee, she is also a female sports icon. Her strength and determination have extended off-the-court to inspire young women in sport, and more recently, new mothers. It was a truly amazing feat, completed by one of the most dominant tennis players in history. Her immediate post-pregnancy life, however, proved to be extremely difficult. After giving birth, complications with blood clots in her lungs pushed the tennis champion into life threatening conditions. Several operations and procedures later, Williams made recovery that saw her spend the first six weeks of motherhood in bed. It was a whirlwind that has since motivated her to speak out about child-birth complications many black mothers face around the world. In addition to her impressive performances, Williams has also made an impact on official rules set out by the Women’s Tennis Association (WTA). Most recently, Williams narrated and starred in a powerful new Nike commercial about women defying the odds, encouraging girls to dream crazier. The commercial resonated with people across the globe and showed that Serena Williams truly is the voice of female athletes. As Williams continues to chase her 24th Grand Slam title – a title which would tie her with Margaret Court for the most Grand Slam titles in history – it’s clear she continues to have a major impact on the game. Her success and her impact make her an obvious role model for girls everywhere. Along with her skating partner Scott Moir, Tessa Virtue is the most decorated Olympic figure skater of all time. She is a 10-time Canadian senior ice dance medalist, 8-time Canadian senior ice dance champion, and 5-time Olympic medalist which includes capturing 3 Gold Medals. Outside the rink, Virtue is passionate about keeping girls involved in sport. In a recent interview with the Huffington Post, she cited the fact that young girls simply don’t have the same access to sports as young boys. She explained that it’s important to promote activity for girls at any level. This is a notion that has resonated with iconic toy maker Mattel. As part of Barbie’s 60th anniversary, Mattel released a Role models doll collection which included Tessa Virtue. The goal of this collection is to help young girls “continue believing that they can be anything.” The collection is touted as being part of Mattel’s Dream Gap Project, a project that aims to keep young girls’ dreams alive. As we’ve written about, gender inequality in sport is a complex problem, but the benefits of girls playing sports are clear. That’s why Tessa Virtue has partnered with multiple companies and organizations to help amplify her voice and elevate women. With Adidas, she recently told TSN that she is working to “shine a light on young female athletes and provide more opportunities for them to pursue sports that they love.” As the 2019 ambassador for FitSpirit, she’s taken to the air with Sophie Gregoire-Trudeau to speak about the life-time value of girls getting active. Furthermore, she’s also partnered with Bumble Canada to help connect female business women with mentors. Through these numerous partnerships and efforts, Virtue is amplifying her voice as a role model to inform more girls about the importance of sport. We’ve already written a summary of Simone Biles life lessons so you may be familiar with Biles already. She is one of the most decorated gymnasts of all time. And in 2020, she’s likely to add to her medal collection at the Tokyo Olympic games. Biles is arguably the most powerful female gymnast to ever grace the mat. Like many of the gymnastics champions that came before her, Biles has a maneuver named after her. But in many other ways, she’s in uncharted territory. Her 14 World Championship and Olympic Gold medals are the most won by any male or female gymnast in history. Her 4 World all-around titles are the most ever won by a female gymnast. Plus, she also lays claim to the most World Championship medals (20) won by a female gymnast. Perhaps the most impressive of all is that Biles continues to stay humble and push the limits of the sport, despite her place on top. In 2017, Biles was named one of Time Magazine’s 100 Most Influential People. In 2018, she was named ESPN’s Most Dominant Athlete of the Year. But these accolades and honors don’t go to her head. Instead, Biles stays grounded, providing young girls with a down-to-earth role model who is redefining her sport. As a Hall of Fame tennis player, Billie Jean King won 39 Grand Slam titles over a 24-year career. As one of the world’s greatest tennis players throughout the 1960s and 1970s, King used her platform to advocate for women’s sports. King is perhaps most well remembered for her 1973 tennis match against former #1 men’s tennis champion, Bobby Riggs. The match was dubbed “Battle of The Sexes” and pitted a 29-year-old Billie Jean King against an out-spoken 55-year-old Riggs. That same year, King parlayed her platform to found the Women’s Tennis Association (WTA). According to the WTA site, today, the organization stands as, “the global leader in women’s professional sport with more than 2,500 players representing 100 nations competing for a record $164 million in prize money.” King’s work in establishing the WTA is one of the sole reasons tennis is now one of the most popular women’s sports in the world. One year later, in 1974, Billie Jean King founded the Women’s Sports Foundation which strives to ensure all girls have access to sports. Beyond her advocacy for the equal opportunity for women, King has also been a social justice figure for the LGTBQ community. Today, King continues to speak about the challenges of coming out during her time and the importance of LGTBQ safety. Between her many causes and her competitive career, King recalls that the 1970s were simply “exhausting.” But today, the structures she helped build are now priceless pillars in women’s sports. For all her work, Billie Jean King is clearly one of the most influential women in sports history. Katie Ladecky is a 22-year-old phenom just like Simone Biles, and oddly enough, they were only born three days apart! Like Biles, Ladecky entered the London 2012 games at only 15 years old. It was her first time traveling internationally to swim. But, amazingly, she shocked the swimming world by walking away with a gold medal in the 800m freestyle event. Although her current total of 31 international medals (including 27 golds) make her a very decorated swimmer, it’s not just the hardware that makes Katie Ladecky such an awe-inspiring force. What continually impresses enthusiasts is the way in which she wins. Rousey’s confidence and dominance in the UFC ring has shown young girls that it’s good to be strong. In fact, athletes like Olympic wrestler Adeline Gray have said that Rousey has changed the world for women like her. Rousey announced that strong is beautiful and that shattered stereotypes for athletes like Gray. In 2015, at the height of her UFC success, Rousey was even voted the best female athlete ever by ESPN readers. As Ronda Rousey continues her entertainment career, she leaves behind her a trail blazed for women in combat sports. Rousey’s rise to the top shows young girls just how fierce women can be. And through her charity work outside the ring, there is no doubt Rousey has proven herself as an important role model for girls in sports. Mia Hamm is one of the greatest women’s soccer players in the history of the sport. She sits third for the most international games played (275) and third for goals scored in international play (158). Hamm’s career started early, joining the United States national team at only 15 years old. During her decorated 17-year international career, she won the 1999 FIFA Women’s World Cup, two Olympic gold medals in 1996 and 2004; and often lead her country as Captain of the United States. Off-the-field Mia Hamm was one of the most recognized athletes in the United States during the 90s and early 2000s. Her fame led to an endless array of promotional deals, including this memorable “Michael vs Mia” Gatorade commercial, below. The above commercial aired in 1999, illustrating that Mia Hamm was the face of female athletes the same way Michael Jordan was the face of male athletes. However, Hamm also broke barriers by leading female athletes into uncharted territory. Marta proved this over and over throughout her life. Now future generations of young girls can look to see what they can accomplish with passion and determination. For these reasons, Marta is an exceptional female athlete role model. |
| https://www.youtube.com/watch?time\_continue=3&v=whpJ19RJ4JY&feature=emb\_logo | If we show emotion, we’re dramatic. If we want to play against men, we’re nuts. And if we dream of equal opportunity, delusional. When we stand for something we’re unhinged. When we’re too good there is something wrong with us and when we get angry we’re hysterical or irrational or just being crazy. But a woman running a marathon is crazy. A woman boxing is crazy. A woman dunking? Crazy. Coaching an nba team? Crazy. A woman competing in a hijab, changing her sport. Landing a double cork 1080 or winning 23 grand slams, having a baby, and then coming back for more: crazy crazy crazy crazy and crazy. So if they want to call you crazy, fine. Show them what crazy can do. It’s only crazy until you do it. Just do it. |
| <https://www.theodysseyonline.com/alex-morgan-role-model-students-student-athletes>  Why Alex Morgan Is The Best Role Model For Students And Student Athletes  She is more than just a teammate. | 1. She graduated college. Alex Morgan was 17 when she was called to the United States under 20 women’s national soccer team. She had not even graduated high school, but many knew she was bound for greatness. She went on and played Division I soccer at UC Berkeley, and while she would miss gaps of time to train with the national team, she did finish all her credits and graduated. While she knew she did not need a college degree to play soccer professionally, she recognized the importance of receiving one. 2. She gives back. Alex Morgan’s mother in law was a cancer survivor, and throughout her life she has always supported women. Therefore, she is a major supporter of Susan G. Komen and all the efforts they put forth in finding a cure for cancer. 3. She breaks barriers. She is an athlete on the field, but a bookworm off the field. In 2012, she signed a four book series about middle school aged girls on the themes of soccer, friendship and leadership. Her second book debuted as number seven on The New York Times Bestseller’s list, and Amazon has ordered a pilot episode to be made based off of her book series. She has always wanted to inspire younger girls to accomplish their dreams. 4. She is more than just a teammate. It is very important to be there for your teammates, even off the field. Alex Morgan cares about everyone of her teammates. She's always noted as their rock. 5. She bounced back. While she still has many years left in her career, Alex Morgan has gone through many injuries, including tearing her ACL. While at times she could not play soccer for months and was in recovery, she came back fighting, played harder and helped the Women’s National Team win the 2015 World Cup. |
| 8 Reasons Alex Morgan Is a Role Model of Olympic Proportions  https://www.instyle.com/awards-events/sports/olympics/reasons-alex-morgan-role-model | Imagine stepping out onto a field knowing that the eyes of young girls across the country are on you. They’re expecting you to play your absolute best, win the game, and do it with confidence. Every time 27-year-old Alex Morgan puts on her uniform, she not only assumes the position of star forward of the US women’s national soccer team but also that of a role model for girls everywhere. Morgan has been in the spotlight since age 21, when she played in the 2011 World Cup and was the youngest member U.S. women's national team. Since then she has gone on to win a World Cup title in 2015 and an Olympic gold medal in 2012, both as a part of the team. But in addition to her impressive success on the field, Morgan has left an impact on the sport in general. From advocating for gender income equality to posing in Sports Illustrated, the star is all about girl power. Scroll down to see the eight reasons why we love her.She's fighting gender income inequality. After attracting 25.4 million viewers to watch their World Cup victory in 2015, Morgan and her teammates used their newfound social platform to promote the #EqualPlayEqualPay campaign, which addresses gender discrimination in the US Soccer Federation. Despite the immense accomplishments of these professional female soccer players, they don't receive the same pay, travel accommodations, or playing conditions as their male counterparts—who, by the way, didn’t even qualify for this year's Rio Olympics. Morgan explained that this fight is for “all the little girls around the world who deserve the same respect as well as the boys. They deserve a voice, and if we as professional athletes don't leverage the voices we have, we are letting them down. We will not let them down.” She's the author of a book series for young girls. Morgan’s book series, The Kicks (starting at $6; amazon.com), is focused on inspiring young girls to never lose hope even when the going gets tough. She's all about body positivity. In 2012, Morgan posed for the swimsuit issue of Sports Illustrated in nothing but a body-paint bikini. She looked strong, beautiful and confident. Her goal of this photo shoot, she said, was "to help young women feel comfortable in whatever body type they were given." She's not afraid to play #LikeAGirl. Morgan is the spokesperson for Always's #LikeAGirl campaign, which encourages young women to break the stereotype of playing like a girl on and off the field. The World Cup champion knows exactly what it’s like to grow up in a society where girls are discouraged from playing sports with the same intensity as boys. She’s definitely proven that whatever a boy can do, a girl can do even better! She never gives up. Morgan came back better than ever after a knee injury that halted her time on the field before the 2015 World Cup. The Olympic gold medalist shared to her 3.9 million Instagram followers that her time in recovery was not time off and that she had to “put in a lot of work off the field” too. She loves to support a good cause. Morgan uses her soccer skills not only to win championships but also to raise money for organizations like Soccer Across America, geared toward making soccer training accessible to young kids around the country. She knows what it means to be a part of a team. Morgan may be a star on the US women’s national team, but she is aware that without the combined efforts of her teammates they wouldn’t be the reigning world champs. She values what everyone brings on the field, and as a result she acts as a uniting force. And, as you can see, nothing can beat Alex Morgan’s #girlsquad! She's ready to change women's soccer. Morgan’s success has come fast—and with all of these achievements come the responsibility to be a role model. She told ESPNw, “When you are asked to play a certain role on a team or in a league, you want to do it for the development of the women's game here.” Instead of shying away from the spotlight, she views her role in the soccer world as an opportunity to inspire young girls that they can too change the face of the women’s soccer. |
| https://www.womenleadersincollegesports.org/WL/For\_Members/awards.aspx | Possess 0-4 years of athletics administrative experience at an institution, conference office, or national governance organization; Nominee must demonstrate leadership involvement on campus, conference office, or organization (events, captain, SAAC, etc.) and in the community (specific examples should be provided); If attending school, the nominee must be in good academic standing. Be a full-time employee with 5-10 years of athletics administrative duties/responsibilities below the senior ranking level at an institution, conference or national governance organization; Demonstrate a commitment in providing the best student-athlete experiences; Demonstrate support of diversity and gender equity;  Demonstrate a commitment to professional development; Serve as a positive role model and mentor; Demonstrate commitment to the mission of the institution, conference office or organization and to intercollegiate athletics. Be an active member of Women Leaders in College Sports; Be employed as a full-time athletics administrator at the institution, national governing organization or conference listed at the time of nomination; Be committed to diversity and gender equity; Demonstrate commitment, cooperation, and allegiance in promoting excellence in intercollegiate athletics; Demonstrate a commitment to professional development and mentoring of athletics administrative staff; Serve as a positive role model; Demonstrate leadership and vision in promoting women’s athletics; Be committed to the education and welfare of student-athletes; Attend the Women Leaders in College Sports National Convention. Demonstrate the following qualities: leadership, courage, compassion, conviction, tenacity, and vision; Demonstrate a commitment to diversity and gender equity; Serve as a positive role model; Demonstrate a commitment to the pursuit of excellence; Attend the Women Leaders in College Sports National Rally. Enhancement of the athletics program at the individual’s institution; Enhancement of the relationship between the athletics department and the administration of the individual’s institution; Demonstration of a professional and caring attitude in offering the individual’s professional and personal expertise and assistance to mentoring other athletics administrators, coaches and student-athletes. |
| 7 Reasons Why Serena Williams Is Still One Of My Role Models  <https://www.theodysseyonline.com/serena-williams-role-model> | Serena has been a reference of success and female power the last twenty years. The female final of the USA Open 2018 was not as we expected. It was an unfortunate moment for tennis and the sport. It was more like an episode of a soap opera (or telenovela). There was the protagonist (Serena), the evil character (umpire Ramos) and the innocent victim (Naomi Osaka). Also, today, we keep talking about what happened and what was wrong and what was right. I am a big fan of sports. I grew up in a family where the fact of being a woman was not a problem, including in sports. Tennis is one of the sports I enjoy watching (because I am too lazy to play them). Serena Williams always has been one of my favorite players. I am her fan because she is a winner; also, because she is a fighter. Serena Williams has been a reference of success and female power the last twenty years. Then, here are the reasons I think Serena Williams is a role model. 1. She is the greatest tennis player of all time. Serena Williams is the best tennis player in history, and some people think she is the greatest athlete of all time. Serena has won 72 singles tennis titles, 23 of them grand slams, 23 doubles titles, four gold medals in three Olympic Games and she has been the number one in the Association of Tennis Professionals for 57 weeks. What I like the most is that she has achieved all these records because she works hard. Every day, she practices hours and hours. All she has earned is the result of a big effort. Every time she enters in a tennis court, she makes history. We are so lucky because we have had the chance of watching her and her game. 2. She overcame all the obstacles. Serena and her sister, Venus, were born and were raised in a poor area of Los Angeles. They could have had a different life, but they chose to change the patron. By the directions of their father, they started playing tennis since they were three years old. Today, they are two successful players and businesswomen 3. She shows female power. As a woman, and an African American woman, Serena understood that she is a position where she can fight for women's equality. Also, the incident in the last US Open was about the bias for women. I always appreciate that she takes a step forward and speaks out for women rights. She has been criticized many times for her body, her style, her actions, for the fact of being a woman and Serena has never allowed these criticisms to stop her. One of my favorite quotes is: "The success of every woman should be the inspiration to another. We should raise each other up. Make sure you're very courageous: be strong, be extremely kind, and above all be humble." 4. She shows women's ability after 30. If you check the history of tennis, most of the female players retired at the age of 30. Serena and Venus changed that. They showed that a woman in her 30s could win and could get new records and goals. I want to use this simile for life. There are many times where opportunities are closed for women because they are not too young. Today, being 30 or even 40 is being young because the expected life is over 90 years old. 5. She's an athlete and mother. Serena Williams knew she was pregnant a couple of days before the Australian Open 2017. She won the tournament, and she retired for a year for the pregnancy and for giving birth to her daughter. After her daughter entered in her life, she has worked hard to show how being a mother is not an obstacle to get your goals. Williams went to the final of two big tournaments, Wimbledon and the US Open. She won many games against women who are younger than 30 years old and who do not have any children. And the next year will be better. 6. She's a family woman. When you are a star for twenty years, it is impossible to lie. You can hide some information for a while, but never for two decades. Today, it is even worse because everybody has a smartphone with a camera and at least three active social media. In all these years, she always has shown her excellent relationship with her family (a big one with siblings from her mom, siblings from her dad, and together); she never had a scandal or a problematic boyfriend. Being in your twenties, being a star and not having any scandal is a big accomplishment. 7. She's also a businesswoman. Serena's job does not stop in the tennis court. She has her own clothing line for HSN, and she has her endorsements for Nike, Chase, Beats, Delta Airlines, Gatorade, and Pepsi. Also, she is co-owner of the Miami Dolphins (a minority one). Serena and Venus were the first African American women to hold any amount of ownership in an NFL franchise. Serena Williams probably will retire in the next years, but I know we will have a lot of more of her after that, and she will still be my role model then. |
| Serena Williams as a role model  https://theundefeated.com/features/serena-williams-as-role-model/ | We don’t need another role model. We don’t need — even the kids don’t need — someone playing a role, and being all perfect. We don’t need someone whom we can, quote-unquote, “model” ourselves after. We need a person who, by the way she lives her life, makes us want to live our best life. Someone who rocks her confidence right along with her vulnerability. We need someone who parties, and dances, not as though no one is watching — but as though everyone is. Someone who is driven by faith as well as her own inner voice. Someone who is driven to practice as much as she is to winning. Who values experience over things. Who lives for family ties, and for sisterhood. We need someone who parties, and dances, not as though no one is watching — but as though everyone is. Someone who knows that feeling things intensely is not mark of weakness but of strength. We don’t need a role model. We need a real person.Someone who hits hard, and who serves — like there is no tomorrow. We need a woman who believes in all kinds of love. We don’t need another hero to emulate. We need a real champion who by the way she swings her racquet — and her hips, and her life — inspires us to grandly slam through challenges and on to victory. And our own happy dance. OK. Maybe we do need a role model. If it’s Serena. |
| <https://ilovetowatchyouplay.com/2016/04/21/why-im-okay-if-abby-wambach-is-still-my-childs-role-model-despite-a-dui/>  Dear Abby Wambach, Can You Still Be My Child’s Role Model After A DUI? | Dear Abby, You’ve never met me, so you might think it’s weird when I tell you that you have become an important member of my family. We see you every day. Well, not exactly you, but a humongous, life size picture of you that hangs in the middle of my daughter’s room. She loves your heady play and aggressive approach to the game. When I tuck her in at night, we often look at all the things she has pinned on the corkboard next to her bed. It’s dominated with bios, the roster and clippings about your U.S. women’s national soccer team that won the World Cup in 2015. She reads through them and talks about which players she wants to emulate …. and a lot of times it’s you. Which is why when I saw the news of your arrest, I felt a sick feeling in my stomach. The feeling you get when your core gets rocked a little bit; when something you believe turns out to be quite different … and not a good different. But then I caught myself. Yes, you did something wrong. Drinking and driving is a choice I tell my child she must never make. And you, her role model, did. Seeing your mugshot on TV felt, for a minute, like a personal betrayal – even though we’ve never met. I’m used to reading about male athletes, who seem like they are in the news nearly every day now – rape, drugs, guns, you name it. I’m almost desensitized to them messing up. But it’s not too often our female stars have such problems. My first reaction was: how could you? And then you did something that made me value you even more. You spoke up about your mistake, you took the incident to heart and owned it. You didn’t deny it, blame it on anyone, or try to hide the facts. I remember reading that next morning the apology you posted on social media, it was so real and unabashed. I’m sure this hasn’t been an easy time for you. I recently read that you spoke at the University of Arkansas and again you took it upon yourself to talk about it. “Everything that’s happened over the last couple of weeks, I’ve deserved,” you said. I just wanted to tell you that I am still in your corner and you are alive and well in my daughter’s room, your life size photo, that is. Watching how you’ve handled your situation, if anything, has just made me respect you even more. I’m not sure yet if I will tell my daughter what happened; she’s still pretty young. But if I do, you can be sure, she will learn the valuable lesson that how you handle yourself during the bad times is just as important as how you handle yourself in the good ones. We are all going to make mistakes in our lives; that’s a given. But how you deal with your mistake is what shows your true character. Thanks, Abby for continuing to be a role model in our house! |
| Full Speed Ahead: Allyson Felix  <https://experiencelife.com/article/full-speed-ahead-allyson-felix/> | The next Marion Jones: That’s the catch phrase that’s been hung on super-sprinter Allyson Felix with increasing frequency lately — particularly since last spring, when she beat Jones’s U.S. junior and senior high school records in the women’s 200 meters by seven-hundredths of a second (22.51). Indications are, the association is likely to stick. And for good reason: Felix, 18, is the World Junior 200 meter record holder, and she’s qualified to compete in the Olympic trials this July. That means that while there, she may very well face off with Jones, 28. But if Felix feels any pressure from the comparison to the Olympic champion (who took five medals at the Sydney games in 2000, but then took a year off to have a baby), she doesn’t show it. “The thing I love most is the sense of competition — having the opportunity to compete against the best athletes in the world,” says Allyson. Her biggest challenge right now, she says, involves balancing the demands of Olympic training (which requires four to five hours a day, six days a week) and studying for college classes. A freshman at the University of Southern California, Allyson decided to forego college athletic competition (and her athletic scholarship) in order to proceed directly to the professional circuit. But she still takes her studies and her elementary-education major seriously. “You can only compete in this kind of sport for so long,” she notes, “so it’s important to have another career to fall back on.” It’s not hard to imagine Felix as the kind of teacher and role model that little kids would look up to. Felix, the daughter of an ordained minister (her father, Paul) and a teacher (her mother, Marlean), is a soft-spoken but eminently confident young woman who demonstrates a huge appreciation for the values of family, focus and hard work. She names her parents and her older brother, Wes, 20 (also her room- mate at USC and a college track star in his own right), as her biggest influences. “Both my dad and brother ran track,” she notes, “so they taught me a lot and really encouraged me in athletics when I was younger. And my mom is a third- grade teacher, so I pretty much grew up in the classroom, too.” Felix has shown enormous athletic promise since she began running track at age 14, but it hasn’t all been smooth sailing. Last year, while competing in the national trials for the Junior World Team, she pulled a ham- string. She finished the race anyway, and qualified, but the injury gave her grief for about three months, requiring her to do a lot of pool workouts and lay off her full-throttle sprints for a while. “That was hard,” notes Allyson. “It took a lot of patience to not push too hard while the injury healed, but it also gave me a greater appreciation for my body and what it could do at its best.” To keep her body running in top condition, Felix observes the nutritional recommendations of her coach, closely monitoring her protein and carbohy- drate intake, emphasizing fresh foods and avoiding hydrogenated fats and most sugar. “It’s not too extreme,” she says, “and I’m not always perfect about it, but I do try.” Felix certainly appears to be doing something right. And she has her eyes set on a very bright future. “I want to be in this sport for at least the next two or three Olympics,” she says. It seems likely she’ll see Marion Jones there. In the meantime, she can look forward to a lot of good press and a widening fan base of her own. In December, Felix was named one of Outside magazine’s “25 Sports and Adventure Goddesses Who Rule.” We think that association is probably going to stick, too. |
| <https://allgoodproducts.com/all-good-stories/welcome-to-the-all-good-family-paige-alms/>  Welcome to the All Good family, Paige Alms! | Team All Good is excited to announce the newest addition to our Brand Ambassador team: Paige Alms. Paige is a 2x Big Wave Champion who is -- pun intended -- making big waves in the surf industry as one of the few women surfing giants in a sport dominated by men. As a self-taught, jack-of-all-trades powerhouse, she’s worked tirelessly all her life to pursue her lifelong dream of becoming a professional surfer. She started surfing giants when she was 15, and became the first (and is still the only) woman to get barreled at Jaws - one of the world’s biggest surf breaks. Not to mention, she’s been nominated 4 years in a row at the XXL Awards and won the "Women's Best Overall Performance" for the 2014-2015 season. But when you talk to Paige, you’d hardly know she’s one of Maui’s token female big wave surfers -- you feel as if you’re talking to someone you’ve known forever. She’s humble yet determined, firey but compassionate, and is always looking for a laugh. When she isn’t surfing or working, you can find her making art, playing ping-pong, organic gardening, or working on her latest project to combat plastic pollution: “The Trashy Selfie”. Our Brand Ambassadors are top athletes who not only excel in a human-powered outdoor sport, but also have a passion for products and movements that protect the planet -- they are our examples of what people can do for the world. Paige couldn’t be more perfect. Paige is at the ready to spread the All Good vibe and #ReefFriendly message far and wide, and firmly believes that we can protect our skin and the planet through simple everyday decisions. Here’s what Paige has to say: “All Good’s dedication to making reef friendly sunscreens is important to me as a surfer and ocean advocate,” says Alms. “To put it simply, your sunscreen choice matters in both protecting your skin and the planet. I look forward to being an All Good ambassador and spreading the reef friendly message around the globe.”  Paige is a shining role model for girls and women everywhere and is a strong voice for ocean protection. She walks her talk and continues to push herself to ride the biggest waves possible because it’s what she loves to do. |
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