

LAKE FOREST COLLEGE PRESENTS...

National Girls and Women in Sports Day



When: Saturday, January 17, 2009

Where: Lake Forest College Sports Center

Time: 10:30am - *Check-in*

11am - 12:30pm - *Clinic instruction*

12:30 - 2pm - *Lunch and activities with Lake Forest College Athletes*

2pm - *Support Forester Women's Hockey v. UW Superior*

3pm - *Support Forester Women's Basketball v. Lawrence*

3:30pm - *half-time contest with guest JJ Jumper, NCAA mascot & Boomer, Lake Forest mascot*

4:30pm - *Pick-up*

🐾 Basketball, Dance, Softball, Handball and Volleyball Instruction

🐾 Free Lunch, Games, and Prizes for participants

🐾 FREE ADMISSION – Women's Hockey v. UW Superior @ 2pm AND check out Women's Basketball v. Lawrence University @ 3pm

Bring your family and friends!

Girls should be 7-18 years of age

Activities are free of charge to participants and their guardians.

To register please contact Associate Athletic Director, Portia Lowe at plowe@lakeforest.edu or 847-735-6155 by Thursday, January 15



National Girls and Women in Sports Day was first recognized by Congress in 1986 to highlight the positive influence that sports have on the lives of women and girls. Lake Forest College is proud to be one of many institutions to celebrate this important day. For more information on this national event view

<http://www.ngwsdcentral.com>