

HOUSE RESOLUTION NO.2009-4613, by Representatives Rolfes, Nelson, and Dammeier

WHEREAS, Participation in athletics is one of the most effective ways for girls and women in the United States to develop leadership skills, discipline, initiative, and self-confidence; and

WHEREAS, Sport and fitness activities contribute to girls' and women's emotional and physical well-being; and

WHEREAS, Girls and women who participate in sports tend to have higher levels of self-esteem, fewer incidents of depression, and a reduced risk for heart disease, breast cancer, and other illnesses; and

WHEREAS, The bonds built among girls and women through athletics help to break down the social barriers of prejudice and discrimination; and

WHEREAS, The National Girls and Women in Sports Coalition, established in 1987, has declared February 4, 2009, to be National Girls and Women in Sports Day; and

WHEREAS, 60,703 female athletes participate in high school sports in Washington, constituting 42 percent of the total number of athletes; and

WHEREAS, High school girls' athletic teams in the state of Washington have achieved many accomplishments that serve as an inspiration to young women to promote the values of teamwork and cooperation; and

WHEREAS, Washington high schools foster outstanding achievements in girls' and women's sports, such as volleyball, soccer, tennis, softball, and basketball. These include state volleyball champions Seattle Academy, Fife, Everett, Skyline, Colfax, and LaCross/Washtucna; state soccer champions King's, Tumwater, Shadle Park, Lewis and Clark, and La Salle; state tennis champions Freeman, Meade, Davenport, Lynden, Kamiakin, and Central Kitsap; state softball champions Eastlake, Kennedy, Othello, Montesano, Toutle Lake, and Touchet; and state basketball champions Lewis & Clark, Auburn Riverside, River Ridge, Lynden Christian, La Salle, and Garfield-Palouse; and

WHEREAS, The number of funded research projects focusing on the specific needs of female athletes is limited and the information provided by the projects is imperative to the health and performance of future female athletes; and

WHEREAS, Washington colleges and universities have fostered outstanding achievements by women in sports; and

WHEREAS, Washington State was proud to have several female participants at the 2008 Olympic Games in Beijing, China; and

WHEREAS, Washington is honored to host the Seattle Storm, the only women's professional basketball team in the Northwest and the first major professional sports team in Seattle to bring home a championship in more than 25 years;

NOW, THEREFORE, BE IT RESOLVED, That the House of Representatives honor Washington girls and women in sports on February 4, 2009, and encourage others to observe the day with appropriate ceremonies and activities; and

BE IT FURTHER RESOLVED, That copies of this resolution be immediately transmitted by the Chief Clerk of the House of Representatives to all of the aforementioned athletes and their respective institutions.

I hereby certify this to be a true and correct copy of
Resolution 4613 adopted by the House of Representatives
February 4, 2009

Barbara Baker, Chief Clerk