



# **SPORTS ARE NOT JUST FOR BOYS**

**A MULTIGENRE PORTFOLIO ON THE IMPORTANCE AND  
HARDSHIPS OF FEMALE ATHLETES**

**BY: SOPHIA STOIOS**

**DR. GINGRICH 3<sup>RD</sup>**

**AP LANG**

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## TABLE OF CONTENTS

<b>Title Page</b>	<b>1</b>
<b>Table of Contents</b>	<b>2</b>
<b>Preface</b>	<b>3</b>
<b>Written Genre 1: Top 10 List</b>	<b>4</b>
<b>Top 10 List Cont.</b>	<b>5</b>
<b>Notes for Top 10 List</b>	<b>6</b>
<b>Visual Genre 1: Photograph</b>	<b>7</b>
<b>Written Genre 2: Advice Column</b>	<b>8</b>
<b>Notes for Advice Column</b>	<b>9</b>
<b>Visual Genre 2: Bumper Sticker</b>	<b>10</b>
<b>Written Genre 3: Calendar</b>	<b>11</b>
<b>Notes for Calendar</b>	<b>12</b>
<b>Visual Genre 3: Invitation</b>	<b>13</b>
<b>Written Genre 4: Wanted Poster</b>	<b>14</b>
<b>Notes for Wanted Poster</b>	<b>15</b>
<b>Works Cited</b>	<b>16</b>

## Preface

My project is focused on the lives and challenges of female athletes. This multigenre paper consists of a variety of pieces that correspond with what it means to be a woman and an athlete. The first piece included is a list of the top ten female rowers. I chose to include this list because rowing is originally a male dominated sport that is now almost equally inclusive to females. Due to the harsh nature of the sport, female rowers must have high endurance and be in impeccable physical shape. I thought by including this list of some of the most accomplished female athletes first might help establish the empowering tone that I am trying to achieve in this paper. The next genre is a picture of female rowers in action. Although this project is not exclusively on rowing, I included this image to help solidify the information given in the previous genre as three of the women from that list are in this photograph. A mock advice column follows the photograph. This column models a letter that a young girl could have sent to a magazine regarding advice when it can to insecurity about sports do to her gender. The purpose of this advice column is to show that most of the stereotypes surrounding female athletes are false and that women have equal capacity for athletic ability as men do. This advice column also provides examples of great female athletes to show the reader an example of a woman's capability in the sports world. For the next visual genre, I drew a bumper sticker on the back of a car that reads "Sugar and spice and Athletic Ability that's what little girls are made of". With this play on a common cliché, I hope to enforce the reality that females are built to play sports, contrary to some differing opinions. After this I included a calendar as my third written genre. This calendar is actually my friend's schedule this month. I wanted to include this full calendar to demonstrate other benefits besides health that females can receive by participating in sports. As you can see from the almost completely full calendar, being an athlete requires good time management skills. If girls can learn this vital life tool at an early age through sports, they will likely succeed in other future obligations. The last visual I included was an invitation to a banquet honoring female athletes. Although the banquet is fictional, the foundation it is for is a real organization that celebrates women in sports. I included this genre to emphasize the rarity that female athletes gain recognition for their accomplishments as much as male athletes do. My final genre was a wanted poster. I decided not to do a typical wanted poster, but a figurative one that is in search of equal pay. In almost every sport female athletes are paid less than their male counterparts. I thought it was very important to end my project with this poster to show the injustice that is occurring globally. After reviewing the previous genres and being exposed to how hard female athletes work and all the tribulations they face, hopefully the viewer will see how important equal wages are and be persuaded to help achieve equality. The overall purpose of my project was to expose people to the injustices women athletes face and all that they do to pursue their passion.

## **Top 10 Female Rowers in the World**

### **1. Helen Glover- Great Britain**

Glover was born on June 17th 1986 and started rowing in 2008. In the 2012 Olympic Games in London she won gold and became the first British woman to win an Olympic Champion title in rowing. Glover and her teammate Heather Stanning hold the world's best time in the women's doubles race: 06:50.610.

### **2. Lauren Schmetterling- United States**

Schmetterling was born on August 3rd 1988 and began rowing in 2003. She is on America's national women's team and won gold in the eight at the 2014 World Rowing Championship. In the 2015 World Rowing Championship her FA Final time for her winning eight boat was 06:05.650.

### **3. Amanda Polk- United States**

Polk was born on August 2nd 1986 and began rowing in 2002. She has won gold in the eight boat in both the 2014 and 2015 World Rowing Championships with Lauren Schmetterling. Her most recent winning time was 06:05.650.

### **4. Meghan Musnicki- United States**

Musnicki was born on February 5th 1983 and started rowing in 2001. In 2012 she joined the US women's eight team that then went on to become Olympic champions. She was also in the winning eight boat with the number 2 and 3 women that won with a time of 06:05.650.

### **5. Victoria Opitz- United States**

Opitz was born on June 5th 1988 and began rowing in 2006. She was part of the elite eight boat that won gold at the 2015 World Rowing Championship.

### **6. Heather Stanning- Great Britain**

Stanning was born on January 26th 1985 and started rowing in 2006. She took gold in the 2015 World Rowing Championship for the doubles FA Final with a time of 06:52.990. She is a two time World Champion.

### **7. Zoe Stevenson- New Zealand**

Stevenson was born on June 19th 1991 and started rowing in 2007. She won gold at the World Rowing Championship doubles race

with Eve Macfarlane with a time of 06:45.090 and will be attending her first Olympic games this summer in Rio.

**8. Heidi Robbins- United States**

Robbins was born on July 3rd 1991 and started rowing in 2009. She won gold in the eight race at the 2015 World Rowing Championships and in the World Rowing Cup 2 that same year. She was apart of the USA boat that won with a time of 06:05.650.

**9. Annekatrin Thiele- Germany**

Thiele was born on October 18th 1984 and started rowing in 2008. She won first in the 2016 European Rowing Championship four race with a time of 06:40.070. Also Thiele won second in the 2015 World Rowing Championship in a four boat. They finished with a time of 06:28.410.

**10. Carina Baer- Germany**

Baer was born on January 23rd 1990 and started rowing in 2005. She has a junior World Championship title in the single. Baer also has a silver medal from the European Rowing Championships where she finished with a time of 06:40.070 in the fours boat.

## Notes for Top 10 List

I did not want to make up a original top ten list because I thought that it would be more informative to my audience to include the real list of best female rowers rather than just list the ones that I thought were the best. In order to first format the top ten list, I searched to see who the top ten female rowers in the world were. I used the official list from worldrowing.com because it was a confirmed credible source. This list however, just gave the name and country of each athlete. To compose the bio underneath each name of the list I looked up their individual profiles on the same website. I was able to use statistics about certain races and times and about their personal information, such as date of birth, to write each description of the top ten female rowers in the world. On the world rowing website there was more information about some of the rowers than others. For the athletes that did not have as much information, I had to use seperate sources such as usrowing.com in order to write a more complete summary of their rowing accomplishments. I wanted to include statistics about certain wins, rather than just saying the athlete had won, in order to show how competitive and successful these ten women really are.



# TWEEN MAGAZINE ADVICE COLUMN

Dear Anna,

Hi! My name is Julie and I am 11 years old. When I was little, I loved to play sports. They are so fun! My favorite sport to play is soccer. But now, whenever I say that I like sports or that I want to play, my friends make fun of me. They say that sports are for boys and that girls are too weak to play sports. The signup for soccer season is about to end and I really want to play, but I am scared I will lose all of my friends and they will think I am weird. What should I do? Thanks for your advice!

Love,

Julie

Dear Julie,

Thank you for submitting your situation to tween magazine! I would love to help! First of all, you should always do what you love and not let other people's opinions stop you. When it comes to sports, all this talk about women not being as good as men is far from the truth, it is a stereotype. Have you ever heard of Jackie Joyner-Kersey? What about Mia Hamm? Jackie is considered the first lady of American athletes. She competed in four Olympic Games and won 3 gold medals. Mia Hamm is a female soccer player that held the record for the most international goals scored by any player. She had 159 international goals. More than any MALE or FEMALE! Because of this she was inducted into the National Soccer Hall of Fame. The point in writing this is to show you that women are just as capable as men to participate in sports. If you love soccer, PLAY SOCCER! You should not let stereotypes hold you back because one day you could be a famous female athlete like Jackie and Mia and inspire other girls to do whatever sports they love! I hope to hear back from you how your first game went!

From,

Anna



## Notes for Advice Column

For the layout of my mock advice column I looked at the school's publication of the Bear Witness. They have an advice section at the back of each issue called "Mama Bear and Papa Bear". I used their template of letter questions and responses in order to format my advice page. The actual content of the letters was based upon the stereotypes women athletes and girls who like sports in general face. I had previous knowledge of some of these because I am a female athlete myself, but to verify that they existed internationally I used an article from Complex.com that detailed the stereotypes that exist in the sports world, both male and female. From this source, I focused on the perception that women are inferior to men in sports. The made up scenario of a little girl named Julie was a fictional representation of what most girls go through when they are a preteen and have to decide if they want to continue playing the sports they love or give it up because people say they should due to stereotypes. In my response letter, I sighted sources that would help confirm that the stereotypes against women in sports are false. An article from CBS news detailed the twenty five greatest female athletes of all time. To enforce my point that the stereotypes are false, I included the examples of Jackie Joyner-Kersey and Mia Hamm to help inspire Julie that she can be a successful female athlete. Everything else in those two letters were either advice from myself based on my personal experiences or of those I know.

NEW JERSEY

23748

Garden State

Sugar and spice and  
**Athletic Ability**  
that's what little  
girls are made of!

## Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
May 1	2 12p AP Psych Exam 4:30p Practice	3 12p AP Physics Exam 4:30p Practice	4 4:30p Practice	5 8 AP Calculus Exam 4:30p Practice	6 8 AP US History Exam 4:30p Practice	7 8 SAT Subject Tests 12p Cameron's Grad 4p Practice
8	9 4:30p Practice	10 4:30p Practice	11 8 AP Language Exam 4:30p Practice	12 4:30p Practice 7:30p Pasta Dinner	13 Southeast Regionals	14
15	16 6 Practice 9:30 Directed Study F 4:30p Practice	17 6 Practice 2:30p Outside Read II 4:30p Practice	18 6 Practice 4:30p Practice	19 6 Practice 4:30p Practice	20 6 Practice	21 6 Practice
22	23 6 Practice 4:30p Practice	24 6 Practice 4:30p Practice	25 6 Practice 4:30p Practice	26 6 Practice 8:30 APUSH Interview 4:30p Practice	27 6 Practice	28 6 Practice 5p Will's Graduation
29	30 Memorial Day 6 Practice 4:30p Practice	31 6 Practice 4:30p Practice	Jun 1 6 Practice 4:30p Practice	2 6 Practice 4:30p Practice	3 6 Practice	4 6 Practice

## Notes for Calendar

The calendar is a replica of my friend Clara's schedule. She is a junior in highschool and a competitive rower for the Atlanta Junior Rowing Association. I thought the inclusion of an athlete's schedule could help give the reader obtain a broader picture of what it means to be a female athlete and provide insight to their daily lifestyle. Due to some stereotypes, people sometimes think that women's sports are not as competitive as men's, but as you can see from the calendar, that is wrong. Clara is a competitive female athlete that practices nearly every single day for at least three hours. But sports are not everything; on top of her full athletic schedule Clara is constantly busy with school work from her five AP classes. Seeing how much time it costs a women to be an athlete can help others see that they are just as dedicated and capable as men athletes. This busy calendar also shows that athletes, male or female, tend to have better time management skills and waste time less frequently, frankly because they have no time to waste. Depending on the sport and season length, different athlete's calendars can vary, but for most competitive athletes their calendars either mimic Clara's or are sometimes even more packed full of obligations.

**DEAR SOPHIA STOIOS,**

**YOU ARE CORDIALLY INVITED TO JOIN THE  
WOMEN'S SPORTS FOUNDATION ON JULY 24<sup>TH</sup>  
2016 FOR AN AWARDS CEREMONY AND BANQUET  
CELEBRATING ALL THE HARD WORK FEMALE  
ATHLETES DO IN ORDER TO BE SUCCESSFUL. WE  
HOPE YOU WILL BE JOINING US TO CELEBRATE THE  
INSPIRATIONAL WOMEN WHO DOMINATE IN THE  
SPORTS WORLD.**

**SINCERELY,**

*Billie Jean King*

**FOUNDER OF WOMEN'S SPORTS FOUNDATION**

# WANTED!



**WHO:** ALL FEMALE ATHLETES

**WHAT:** EQUAL PAY

**WHERE:** INTERNATIONALLY

**WHEN:** NOW!

**WHY:** WOMEN ATHLETES ALL OVER THE WORLD ARE PAID LESS THAN THEIR MEN COUNTERPARTS EVEN WHEN THEY PERFORM BETTER. FOR EXAMPLE, IN 2015 THE US WOMEN'S NATIONAL TEAM WON THE SOCCER WORLD CUP FINAL, BUT THE MEN'S TEAM (THAT DID NOT MAKE IT THROUGH THE QUALIFYING ROUND) GOT PAID MORE.

## REWARD: EQUALITY

## **NOTES FOR WANTED POSTER**

**THE IDEA FOR THE WANTED POSTER AROSE FROM THE FACT THAT MOST FEMALE ATHLETES RECEIVE SIGNIFICANTLY LOWER COMPENSATION THAN MALE ATHLETES DO. FOR ACCURATE INFORMATION ON THE WAGE GAP DIFFERENCE, I USED AN ARTICLE FROM NEWSWEEK MAGAZINE THAT DETAILED THE WAGE DIFFERENCE IN PARTICULAR SPORTS. ONE OF THE MORE WELL KNOWN ISSUES IS ON THE PAYMENT OF ATHLETES IS FROM THE UNITED STATES NATIONAL WOMEN'S SOCCER TEAM. I INCLUDED THIS EXAMPLE ON THE WANTED POSTER TO GIVE VIEWERS AN IDEA OF HOW VAST THE ATHLETIC PAY GAP ACTUALLY IS. ACCORDING TO NEWSWEEK, "IF THE MEN'S SOCCER TEAM WERE TO DO AS WELL AS THE WOMEN'S TEAM DOES IN A REGULAR SEASON; THEY WOULD RECEIVE AT LEAST \$263,320 MORE" (WALTERS). I WANTED TO PRESENT THIS ISSUE IN A WANTED POSTER FORMAT TO ADD AN UNDERLYING SATIRICAL VALUE TO THE PROBLEM. THE INFORMATION AT THE BOTTOM OF THE POSTER WAS IMPORTANT TO INCLUDE IN ORDER TO MAKE SURE PEOPLE KNOW THAT THIS IS A WORLDWIDE PROBLEM THAT NEEDS IMMEDIATE ATTENTION. ALTHOUGH THE ARTICLE DID SAY THAT "IN CERTAIN SPORTS, SUCH AS TENNIS, WOMEN CAN RECEIVE EQUAL OR SOMETIMES HIGHER PAY THAN MEN", THE GENERAL POPULATION OF FEMALE ATHLETES IS MADE UP OF THOSE WHO ARE UNDERCOMPENSATED FOR THEIR ACHIEVEMENTS.**

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