



Where are they now? Read what two of our scholarship recipients have been up to!

Meika Mosby

Santa Barbara High School, 2000

Meika is still managing to fit water polo into her schedule as she goes into her junior year at UC Berkeley! "It has been a lot of fun, but hard work," she says.

"... During the fall we have preseason that consists of water polo, swimming, conditioning, and weight lifting workouts, too.

When season starts so do the games and tournaments, which is obviously the best part because that's when all the hard work from before falls into place."

Playing sports at the college level has been quite a change for this seasoned athlete.

"I thought in high school I had nerves, but going up against some players that play for the Olympic team is a whole new experience. Overall, it's a blast, and the girls on my team are great too because they're not only teammates, but friends."

Meika is majoring in Psychology, a discipline she finds fulfilling and intellectually stimulating. When asked what her plans are after graduation, Meika says she's hoping to start a career using her Psychology major. And will she continue to play sports? "After graduation, I cannot really see water polo fitting into my life except for maybe alumni games, and I would really enjoy teaching youth camps like I've done in the past."



Wanda Truong

Bishop Garcia Diego High School, 2001

"It is so odd how every time I talk about college I appreciate it more and more . . . When it all comes down to it, I am so glad I got a chance to go, and I am trying to live every day of it to the fullest; experiencing it all; doing as much as I can."

Wanda has just finished her freshman year at Berkeley, and has spent most of that year adjusting to her new independence and responsibility. "Things were no longer mapped out for me, and that was scary. I needed to make my own decisions, and do what was right for me."

As for participating in collegiate sports, "Cal is Pac 10, and there isn't much of a chance of me making that team... I still attend the gym regularly, but I do miss being a part of a team."

She says about her career path, "After graduation I want to go to med school. I plan on being a pediatric oncologist or an OB/GYN."

"After college, I am not too sure how sports will fit in. Eventually, I want to coach a soccer or volleyball team, but for the time being, I am going to focus on getting through all the schooling required for what I want to do in life. I am thinking about joining an intramural volleyball team maybe next year when my schedule is going to be a little looser."



THANK YOU! This special edition of *The Buzz* sponsored in part by Julie Harris and Russell Ghitteman.

Women's sports continue to evolve, as Olympics, professional sports lead the way

"You've come a long way, baby!" There has been an enormous change in women's sports, not only since 1972, when Title IX was passed, but over the entire last century. Historically, women's involvement in athletics had been limited by societal constraints based on physiology, fashion, and social expectations. When society recognized that maintaining health required

physical activity, women's sporting opportunities gradually improved.

By the 1900's, women could participate in riding, croquet, archery, golf, and tennis without public censure. Swimming and bicycling were also socially acceptable. The 1900 Olympics were the first that allowed women to participate.

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<p>May 1997</p> <p>Lisa Braithwaite and Brenda Britsch, BE co-founders, meet for the first time, realize a need for an organization to promote sports, physical activity and gender equity for women and girls</p>	<p>August 1997</p> <p>First meeting with original members to discuss how to start an organization</p>	<p>September 1997</p> <p>"Body Electric" is chosen as our name, suggested by Kim Reese, original board member along with Jana Johnston and Kira Ansthofer</p>	<p>October 1997</p> <p>First issue of The Buzz is published!</p>	<p>February 1998</p> <p>First Body Electric Athletic Scholarship recipient is announced - fundraising for scholarship begins!</p>
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Women’s sports continue to evolve, continued from page 1

Nineteen women competed in the only events open to them: croquet, tennis, and golf. The 1908 Olympics had 36 women competing in gymnastics, tennis, archery, and figure skating, while 57 women competed in the 1912 Olympic swimming, diving, and tennis events. The 1928 Olympics saw the debut of women’s track and field.

In the early 1930’s, when Eleanor Heister was in high school, sports available to women were still limited. In her physical education classes, Ms. Heister played some basketball and softball, but mostly did gymnastics, calisthenics, and running circles around the gym. Her PE uniform was a skirt, as pants were taboo. Even so, her PE experiences were positive because she was able to do things that she couldn’t at home. In fact, her father did not allow her to join a girls’ softball team because it wasn’t “ladylike.”

In 1932, America had its first female Olympic track star, Babe Didrikson. She was the only athlete, man or woman, to win an Olympic medal in a running event (80-m hurdles), a throwing event (javelin), and a field event (high jump). With baseball and softball becoming more popular, Phillip Wrigley, owner of the Chicago Cubs, established the All-American Girls Softball League to keep up morale on the home front during World War II. The AAGSL was the forerunner of the All-American Girls

Baseball League (depicted in the movie *A League of Their Own*).

The Olympics continued to be an important arena for women, with Alice

Additional sporting options were available for girls in high school in the 1950’s. Vonny Champion had the opportunity to play girls’ hockey, basketball, softball, and swimming for PE. Her PE uniform was a sleeveless blue blouse, knee-length blue bloomers, and white tennis shoes. Ms. Champion also played extracurricular sports and won a letter playing catcher on the softball team. PE classes were boring, however, and sporting equipment was not available to the girls. There was no mixing of the sexes in PE as there were in regular classes. Boys and girls had separate PE classes and used different gyms.

Coachman becoming the first African-American woman to win an Olympic gold medal in 1948. Women were also allowed to compete in the 10K cross-country (Nordic ski) as well as the first “open” (mixed sexes) equestrian events in 1952 Olympics.

The 1960’s and 70’s were two important decades of change in women’s sports. In 1964, volleyball was added as an Olympic women’s sport. In 1966, Robin Gibb Bingay became the first woman to run in the Boston Marathon — registered as a man and wearing a hooded sweatshirt to conceal her identity. Kathryn Switzer was the first woman to officially run the

Boston Marathon in 1967, registering as “K. Switzer.” Officials tried to pull her from the race, but her male friends came to her aid and she finished in 4:20. The five-player, full-court game and 30-second shot clock were introduced to women’s basketball in 1971. In 1972, Title IX was passed and the Boston Marathon allowed women to officially participate. Billie Jean King won the “Battle of the Sexes” tennis match against Bobby Riggs in 1973, and Ann Meyers was the first female recipient of a full athletic scholarship in 1974. Rowing, handball, and basketball became Olympic events for women in 1976.

Despite these changes, girls’ high school athletic experiences in the 1970’s were not that much different from the 1950’s.

Kim Cornell’s PE classes did not encourage her to participate in athletics. Boys’ and girls’ PE classes were segregated and sporting equipment was not available to girls. The PE uniforms were “hideous,” including a one-piece blue jumpsuit with airplane sleeves. There were athletic clubs, but the boys’ club consisted of team stars and aspiring athletes while the girls’ club was for girls with “service and sports interests.” Activities for the girls’ club included decorating the goal posts for Homecoming and visiting the local retirement home. The only extracurricular sports available to girls were tennis and track.

<p>April 1998</p> <p>We raise our first \$1,000 for scholarship</p>	<p>October 1998</p> <p>We have a bank account!</p>	<p>July 1999</p> <p>First volunteer meeting</p>	<p>December 1999</p> <p>Body Electric receives nonprofit status!</p>	<p>January 2000</p> <p>Whitney Scott joins the board</p>	<p>March 2000</p> <p>First Adventure Club event!</p>	<p>January 2001</p> <p>Body Electric has two meetings allowing us to publish the Index</p>
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Significant changes in women's athletics continued through the 1980's. The number of women competing in the Olympics continued to increase. Joan Benoit won the first women's Olympic marathon and Connie Carpenter won the first women's Olympic cycling event in 1984. The US women's national soccer team was formed in 1985.

The effects of Title IX also began to appear in girls' middle and high school PE programs during the 1980's.

In middle school, Leslie Turnbull still experienced segregated PE classes and the classes typically focused on a particular sport for a week or two. New sports were added to the classes to keep things interesting and current, such as jogging and aerobics. In high school, Ms. Turnbull was required to participate in a sport after school. Disparities continued to exist but in the form of "athletes" and "non-athletes" instead of men and women. Those who weren't athletic were intimidated into choosing "independent PE," which was an acknowledged way not to do anything. In addition, the school had excellent equipment, but only provided this equipment to the "good" athletes.

The Buzz wishes to thank Eleanor Heister, Vonny Champion, Kim Cornell, Leslie Turnbull, and Whitney Scott for their interviews regarding their PE experiences.

PE experiences continued to improve for girls in the 1990's, as indicated by Whitney Scott.

PE classes were primarily coed, though some activities were still segregated. Coed activities were volleyball, track and field, and golf. There was still a boy's gym and a girl's gym, so any coed activities required the girls to walk across campus to the boys' gym. There were also options for the girls to play a specific sport, and equipment was available to everyone. Ms. Scott wasn't required to wear a PE uniform, just t-shirts and shorts or sweats. Despite dreading to go to PE, getting undressed in front of other girls, and worrying about being late to class, Ms. Scott still wanted to be strong and stay active. She was also able to play with girls who were on the varsity teams and developed an appreciation for their skills.

Today, women can and, for the most part, are encouraged to participate in all types of sports. As demonstrated in the 2000 and 2002 Olympic Games, women were competitive in sports ranging from triathlon, to weight lifting, to skeleton. Though changes in girls' high school PE are still slower than indicated by the opportunities available outside of school, such as the Olympics, significant progress can be measured. By reviewing past sport inequalities we can ensure the future of women's sports.

By Karen Kistler

Five years ago, the first meetings of the group that would become Body Electric were filled with excitement and possibility. We not only talked about what we wanted to do, but within months had already attained our first goals. Did we think it would be easy? Did we know where the money would come from? Did we envision such widespread interest? Not exactly! But when you believe in something the way we believed that sports and physical activity can change girls' and women's lives, we knew we could make it happen. August 14 is Body Electric's fifth birthday. Our community of girls, women, dedicated volunteers and supporters has grown so much! We bring women together in celebration of physical activity, creating a network for advocacy, encouragement, and risk-taking. And we do it all with no paid staff! While we have built Body Electric with the generous assistance of our volunteers, we have now developed beyond the scope of our volunteer resources. What do we wish for as we blow out our five candles? Our wish is to find a full-time Executive Director! We're making great progress in our fundraising – but we still need your support. Please consider making a birthday contribution to Body Electric. If you know someone with a birthday this summer, consider a gift to BE in their honor. Thank you for supporting us over our first five years. We look forward to serving our community for many years to come and adding many more candles to our cake! Your friends at Body Electric

