



UNIVERSITY OF SAINT JOSEPH

CONNECTICUT

FOR IMMEDIATE RELEASE

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**GIRLS AND WOMEN IN SPORTS CELEBRATION
AT THE UNIVERSITY OF SAINT JOSEPH**
February 14: Girls in Sports Day (ages 8 through 14)
February 15: Indoor Sprint Triathlon (14 years of age and up)

**University of Saint Joseph O'Connell Athletic Center
1678 Asylum Avenue, West Hartford, Conn.
www.usjbluejays.com**

WEST HARTFORD, Conn. (January 28, 2015) – The University of Saint Joseph will celebrate the Annual National Girls and Women in Sports Day (NGWSD) on Saturday, February 14, 2015 and an indoor Triathlon, Sunday, February 15, 2015. Both events take place at the O'Connell Athletic Center at 1678 Asylum Avenue, West Hartford. The public is invited to participate.

SATURDAY, FEBRUARY 14 – GIRLS IN SPORTS DAY: 8:45 a.m. to 1:00 p.m.

Girls and Women in Sports Day consists of interactive skill sessions of various sports for girls ages 8-14 designed to encourage participation in athletics and fitness. Participants engage in four 40-minute sessions led by USJ coaches and student-athletes. Options include: lacrosse, volleyball, cheerleading, softball, soccer, swimming, basketball, athletic training and cross-country running. Lunch and a team challenge are also included. To sign up, or for more information, contact: Deb Fiske at dfiske@usj.edu or 860.231.5423.

**SUNDAY, FEBRUARY 15 – THE 9th ANNUAL UNIVERSITY OF SAINT JOSEPH
INDOOR SPRINT TRIATHLON: 9:00 a.m.**

Whether you are a seasoned veteran or a beginner looking to find a start in triathlons, this event is for you. The race will consist of three 20-minute legs (swimming, indoor biking, and running on an indoor track). Women and men ages 14 and above are welcome to participate. For complete details, view http://usjbluejays.com/2015_Indoor_Tri. Advanced registration is required and the participation fee is: \$25 for adults; \$15 for USJ staff and students; \$30 for relay teams. To sign up, or for more information, contact: Deb Fiske at dfiske@usj.edu or 860.231.5423.

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The University of Saint Joseph (USJ) offers a wide range of graduate, undergraduate, and certificate programs that combine a professional and liberal arts education with a focus on service. Coeducational graduate master's and doctoral degree programs are taught on the University's two campuses in West Hartford and Hartford, Connecticut; at off-campus locations throughout the state; and online. Undergraduate programs for women and for coeducational adult students take place on our beautiful suburban campus and include more than 25 majors and seven pre-professional programs, each of which provides personal attention in a caring environment. Founded in 1932 by the Sisters of Mercy, the University of Saint Joseph welcomes students from diverse backgrounds and religious traditions. To learn more, view our website at www.usj.edu.

OFFICE OF MARKETING AND COMMUNICATIONS

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