



UNIVERSITY OF SAINT JOSEPH

CONNECTICUT

FOR IMMEDIATE RELEASE – January 23, 2013

Contact: Laura Sheehan, Interim Director of Marketing and Communications

Telephone: 860.231.5297

Email: lsheehan@usj.edu

GIRLS AND WOMEN IN SPORTS CELEBRATION AT THE UNIVERSITY OF SAINT JOSEPH

February 16: Girls in Sports Day (ages 8 through 14)

February 17: 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. – The University of Saint Joseph's Athletics Department will host two community events, on February 16 and 17, in celebration of the Annual National Girls and Women in Sports Day (NGWSD). The event promotes the continued expansion of opportunities for girls and women to play sports and live physically active lives, drawing on the support of thousands of sports educators, coaches, athletic directors, students and parents throughout the United States.

The University of Saint Joseph is proud to sponsor a variety of activities to encourage participation for female athletes and women interested in fitness/recreation opportunities.

Prospective participants are encouraged to register in advance for any of the events listed below; contact Debbie Fiske, associate athletic director at The O'Connell Athletic Center at 860.231.5423 or dfiske@usj.edu. The full line-up includes:

SATURDAY, FEBRUARY 16 – GIRLS IN SPORTS DAY: A full day of activities for girls only, ages 8 through 14. The event consists of interactive skill sessions of various sports taught by the University's coaches and student athletes which will include: lacrosse, volleyball, cheerleading, softball, soccer, swimming, basketball, athletic training and cross-country running. Contests and lunch will follow the sports clinics and an NCAA basketball game – University of Saint Joseph vs. Rivier College – wraps up the afternoon festivities. Participants are to come dressed and ready to take an active part in each session. For complete details, view http://www.usjbluejays.com/2013_GISD.pdf. **The event will begin at 9:00 a.m. at The University of Saint Joseph O'Connell Athletic Center, 1678 Asylum Avenue, West Hartford. Admission: free of charge; advance registration required.** Contact Debbie Fiske, associate athletic director at The O'Connell Athletic Center at 860.231.5423 or dfiske@usj.edu.

SUNDAY, FEBRUARY 17 – THE 7th ANNUAL UNIVERSITY OF SAINT JOSEPH INDOOR SPRINT TRIATHLON: University of Saint Joseph is partnering with Team Training New England for a **women-only** indoor sprint triathlon! 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 - 14 laps to a mile). Women ages 14 and above are welcome to participate. For complete details, view <http://www.usjbluejays.com/fitness/Triathalon>. **The event will begin at 8:45 a.m. at University of Saint Joseph's O'Connell Athletic Center, 1678 Asylum Avenue, West Hartford. Admission: \$25 adults; \$10 for students, and \$15 for USJ faculty, staff and alumni. Advance registration required.** Contact Debbie Fiske, associate athletic director at The O'Connell Athletic Center at 860.231.5423 or dfiske@usj.edu. All proceeds benefit the Sandy Hook Elementary School.

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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 22 majors and six 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

1678 Asylum Avenue ♦ West Hartford, Connecticut 06117-2791 ♦ Tel: 860.231.5334 ♦ Fax: 860.233.5695