



UNIVERSITY OF SAINT JOSEPH

CONNECTICUT

FOR IMMEDIATE RELEASE

Contact: Laura Sheehan, Associate Vice President for Marketing, Media and Communications

Telephone: 860.231.5297

Email: lsheehan@usj.edu

USJ CELEBRATES GIRLS AND WOMEN IN SPORTS DAY WITH WORKSHOPS AND INDOOR TRIATHLON

WEST HARTFORD, Conn. (January 18, 2016) – The University of Saint Joseph will celebrate National Girls and Women in Sports Day (NGWSD) on Saturday, February 13 with a series of skill development workshops for girls ages 8-14 and on Sunday, February 14, 2016 with an indoor Triathlon. Both events take place at the O'Connell Athletic Center, located on the University's main campus at 1678 Asylum Avenue, West Hartford, Conn.

The public is invited to participate. To register or learn more on either event, contact Jackie Piscitelli at jpiscitelli@usj.edu or 860.231.5423.

SATURDAY, FEBRUARY 13 – GIRLS IN SPORTS DAY

9:30 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, softball, soccer, swimming, basketball, and cross-country running. Lunch is also included.

SUNDAY, FEBRUARY 14 – 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. Advanced registration is required and the participation fee is: \$25 for adults; \$15 for USJ staff and students; \$30 for relay teams.

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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

1678 Asylum Avenue | West Hartford, Connecticut 06117-2791 | Tel: 860.231.5602 | Fax: 860.231.5882