



# UNIVERSITY OF SAINT JOSEPH

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**FOR IMMEDIATE RELEASE**

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

Telephone: 860.231.5297

Email: [lsheehan@usj.edu](mailto:lsheehan@usj.edu)

## **USJ HOSTS GIRLS SPORTS CLINIC FOR NATIONAL GIRLS AND WOMEN SPORTS DAY**

WEST HARTFORD, Conn. (January 21, 2014) – The University of Saint Joseph Athletics Department will host a girls and women community sports clinic to celebrate the annual National Girls and Women in Sports Day (NGWSD). Girl in Sport Day, free of charge, will be held on Saturday, February 8, 2014, from 8:45 a.m. to 1:00 p.m. at USJ's O'Connell Athletic Center, 1678, Asylum Avenue in West Hartford.

The University will offer girls, ages 8-14, interactive skill sessions of various sports taught by USJ coaches and student athletes. The sports will include: tennis, volleyball, track, cheerleading, soccer, softball, basketball, Zumba, cross country, yoga, lacrosse, as well as sessions in team building and agility training. Lunch, contests, and a USJ basketball make for a full day of athletics. To register, or for more information, contact Debbie Fiske, associate athletic director, at 860.231.5423 or [dfiske@usj.edu](mailto:dfiske@usj.edu).

NGWSD 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. NGWSD began in 1987 as a day to remember Olympic volleyball player Flo Hyman for her athletic achievements and her work to assure equality for women in sports.

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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](http://www.usj.edu).*

OFFICE OF MARKETING AND COMMUNICATIONS

1678 Asylum Avenue ♦ West Hartford, Connecticut 06117-2791 ♦ Tel: 860-231-5204 ♦ Fax: 860-231-5882