



Go, Girl: How Sports Fuel Success

By Elisa Ryan Manny '99
Director of Competitive Activities

Athletics have always been part of my life. I was fortunate to attend Visitation in the 1990s where it was the norm, not the exception, for girls to play sports. In college, I played four years of varsity tennis and one of basketball, then went on to work in two Division I athletic departments as well as a prominent independent school before returning to Visitation. Now, as Visitation's Director of Competitive Activities, I am able to enthusiastically support

all thirteen sports that this exceptional school offers. There are countless ways that involvement in organized athletic programs can benefit females; here are just a few notable examples from the Women's Sports Foundation:

1. **Girls who play sports do better in school.** Exercise improves learning, memory and concentration, which can give active girls an advantage when it comes to the classroom.
2. **Girls who play sports learn teamwork and goal setting.** Being a team player can make it easier to work with others and solve problems, whether on the field or in the workplace.
3. **Sports have hidden health benefits.** Some benefits of sports are obvious, like improving fitness and maintaining a healthy weight. But girls who play sports are also less likely to smoke and have a reduced chance of getting breast cancer, high blood pressure, diabetes and osteoporosis later in life.
4. **Playing sports builds self-confidence.** Girls involved in athletics feel better about themselves, both physically and socially. It helps to build confidence when you see your skills improving and your goals becoming reality.
5. **Exercise can cut the pressure.** Pressure is a big part of life. Playing sports can help you deal with it, since exercise is a natural mood lifter and a great way to relieve stress and fight depression. Plus, when you are on a team, you have friends who support you both on and off the field.

Just the Facts, Ma'am

- Last year, girls' participation in high school sports increased for the 27th year in a row, with an all-time high of 3,324,326 girls. At Visitation, 74% of the Upper School students participate on at least one athletic team.
- About 55 percent of women in top executive jobs played sports in college – presumably after playing in high school – compared with 39 percent of other female managers.





2016 Fall Sports Wrap-Up

Cross Country

1st place finish in the Tri-Metro Conference Championships
4th place finish in the Section 3AA Championship Meet

Soccer

7-6-2 overall season record
4-4-1 Tri-Metro Conference record
8-7-2 overall record, including post-season play

Swim/Dive

1st place finish in the Tri-Metro Conference True Team Section 1A Champions
True Team Class A State Champions
MSHSL Section 1A Champions
MSHSL Class A State Champions
6-0-0 dual meet record

Tennis

14-5 overall record
3rd place finish in Tri-Metro Conference

Volleyball

19-11-0 overall season record
6-2-0 Tri-Metro Conference record
20-12-0 overall record, including post-season play

2017 Winter Sports Wrap-Up

Alpine Ski

12th place out of 22 teams in Section 4
500 record in IMAC races

Basketball

8-17 overall season record
Won first sectional game, lost semifinals

Hockey

21-7-2 overall record
Section 4A / Metro East Conference
Section 4A Champions
Second place at Class A State Hockey Tournament

Nordic Ski

Tenth place out of thirteen teams in Section 3
6th place in the Conference



Visitation athlete alums *Caroline Gaertner '15*, *Heather Farley '14* and *Emily Conners '16*.

Recent alums making collegiate splash

Three recent alumnae of the Blazer Swim/Dive program were setting records and winning medals at the BIG EAST Swim Championships held in New York in February.

The Villanova women's team won its fourth consecutive BIG EAST title with the help of **Heather Farley '14**. Farley came in second in both the 100 and 200 yard breaststroke and helped set a new school record as a member of the 200 and 400 medley relay.

For Xavier University, **Emily Conners '16** finished third in the 100 free, setting a Xavier school record of 50.40, breaking the record she set earlier in the day. Conners also set a school record in the 50 free. **Caroline Gaertner '15** also set a pair of school records, winning the BIG EAST Championship in the 100 fly and coming in second in the 100 back.

Gaertner and **Conners** paired up on the 400 free relay for a second place finish and a Xavier record. They also set school records as members of the 200 medley relay, the 200 free relay and the 400 medley relay teams.