



# The Best A Girl Can Be

*Thanks to Title 9, any young woman who once thought 10 was best can now be an 11!*

**D**id you know that school athletic programs were not uniformly available to young women before the mid-1970s? But with congressional approval of Title IX in 1972, public schools had to provide equal opportunities, equipment, funding and facilities for athletic programs to both genders. Title IX opened many sports to young women and offered them new opportunities to develop physical strength and athletic skills.

However, many issues uniquely related to young women, such as body image and self-esteem, remain inadequately addressed in our schools and our media-dominated culture. There is a great need for programs that help young women boost their confidence and enhance their capabilities.

The Be an 11! program is just such a program. It is designed to help teens sort through the confusing issues they face and give them the tools to choose the best path in life. Be an 11! has already reached thousands of young men and women with its message: *You can be all you want to be; and if 10 is the best you thought you could be, you can be an 11!*

## A Sporting Chance

The idea to help young women accomplish their goals specifically through sports is a natural. Most women excel in groups, teams and clubs. Ever notice that group aerobic classes are predominantly a female activity?

Joining a team sport can provide young women with new friendships and a sense of camaraderie and can spur individual excellence from the competitive spirit. Even so, team sports are not for everyone.

There are other options for boosting confidence and well-being through physical activity. Embarking on an exercise regimen is a one-woman task. In the weightroom you compete only against yourself. The choice of team- or self-competition is yours,



but either way, you will enhance your self-esteem, your appearance and your future.

It's a fact that young women who participate in sports in high school . . .

- Have higher academic scores



Student photos courtesy Trinity Episcopal School

- Have higher self-esteem
- Have lower rates of teen pregnancy
- Are less likely to take drugs and alcohol
- Are more likely to attend college
- Are more likely to achieve higher-income jobs
- Are less concerned with appearance than performance

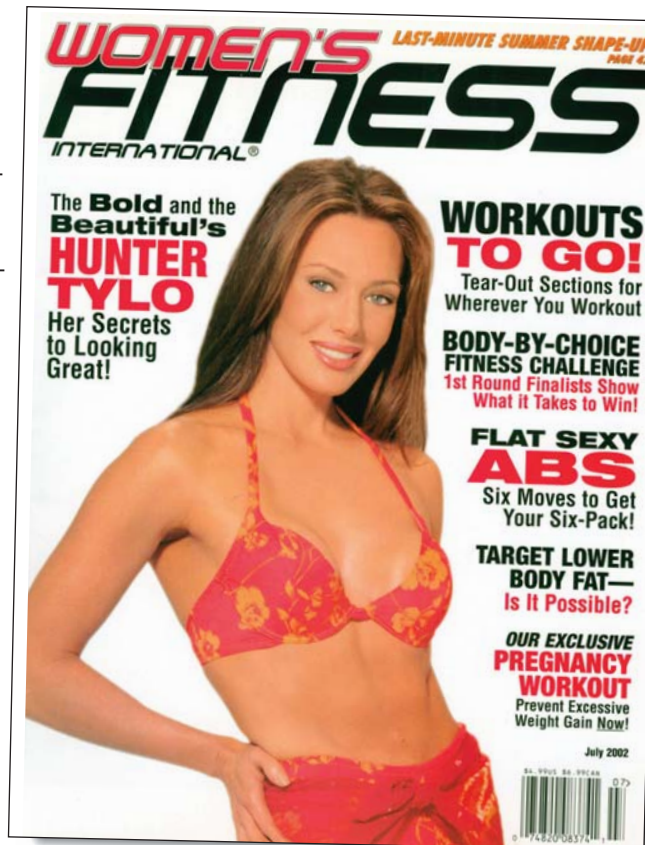
## Unmixing the Messages

One of the most important issues that Be an 11! addresses is self-doubt. Young women have been struggling with confusing and conflicting social expectations for generations because cultural, religious and political opinion all continue to send mixed messages. How do young women identify their role in life when they're told to be all they can be, but they should also tend the home, the family and their men? Why try to be the best, when weak women are perceived as more sexually appealing than strong women, and talented, deserving women still receive less pay than men? The media tell women they need to be beautiful and sexy. But their own peers attack them when they are too beautiful or too sexy.

With all these conflicting messages, most young women leave puberty feeling they are in a no-win sit-

uation. Society tells us as much. But the Be An 11! program has a different message: *Young women, today you don't have to be victims of your parents, your peers or the media. You can define who you are, how you act, how you think, dress and look, and what you want to become.*

These choices don't all have to be made now, and certainly some of your ideas will change. There are lots of women who reinvent themselves at the rate most of us change our socks. The ability to adapt is in our nature and helps



Young women often feel pressured by media-induced images that realistically are unattainable. In fact, many of the women you see on magazine covers you wouldn't recognize on the street without makeup.

us to survive. Besides, it can be a lot of fun!

What is important is that you think big and dream big. Believing is the first step to achieving. Accomplishing any goal, no matter how gargantuan,

is done in little steps. You can do it!



## The Media Influence

Today's media and music is filled with demeaning images of women. "She looks like a slut" is not a wholesome message for young people of either gender to buy into.

Magazines portray women as picture-perfect. Did you know that most of these pictures are air-brushed and computer enhanced? You wouldn't recognize most of these models if you met them on the street without makeup. In fact, actress Jamie Lee Curtis, considered to have one of the best figures in Hollywood, did a photo layout in the September 2002 issue of *More* magazine showing what she had to go through to "create" her movie star look. The before-and-after photos were startling and revealed the truth about false media images.

Most of the "super models" are genetic freaks. They can eat Ritz crackers with Cheese Whiz and still not gain a pound. They were born with bone structures that lend themselves to makeup—most often transforming rather horsy-looking faces into American beauties—and slumped in the makeup chair, they have all the sags and cellulite that normal women deal with.

We all feel pressured by a media-induced image that is often unattainable. When we feel we fall short of these unrealistic expectations, we are filled with a sense of failure leading to insecurities. Many of us began our journey to women feeling inadequate and substandard because of these unattainable images presented in the media.



Photo by Shawn S. Scivally (shawn@photographyyou.com)

**Utah's Jessica Horton, who is posing with Katie Krall on page 71, is a former senior-level figure skater. She is now training for the Olympics in speed skating.**

Many young women hide behind makeup. Makeup is just that: a false face you put on for the world. Many women put on makeup hoping to hide something humiliating in their past. Others try to reinvent themselves behind a mask. Is that what you want for yourself?

If you choose to wear makeup, use it to enhance your natural beauty, not disguise it. The best makeup appears to be no makeup at all. If you want to recreate yourself, do it creatively with clothes, not by painting your face and disguising your true being.

## Who's Your Best Friend?

While many women unfortunately might feel much of their self-worth comes from the attention and "landing" of a man, a lot of the insecurity plaguing them comes from other women who are quick to incriminate, chastise and alienate their own.

Female friendships can be our greatest source of security; but in our teenage years, they can be our greatest source of grief. When this happens, our best help is a more reliable support network of people who really care about us.

There is no greater bond than between a mother and a daughter. In most cases, a daughter's mom is her best friend, and later in life, the daughter is the

mom's best friend. We both lean on and support one another.

When mothers are not there for daughters, the potential for tragedy looms. Young women need female mentors. If your mom is not available as a mentor, seek out female role models from teachers, the church and even the business community. Women are the nurturers of the world. If your own mom doesn't fill those shoes, find a woman who does. There are plenty of us out there.

If your mom does fill the shoes, enjoy her love and support. Run to her often, listen to her and let her

Not every daughter has a mom who is an 11 like Katie Krall's. Every mother, however, is an 11 when she brings a new life into the world. Your mom may not have competed in the Olympics, but she was an 11 at least once in her life: the day she gave birth to you.

If your mother is not your greatest inspiration now, she may be when you grow older and wiser. Never underestimate her capacity to love, forgive and support you.

## Taking Control

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**She was a 16-year-old competitive figure skater living in Sunnyvale, Texas, but in the summer of 2000 Melissa Housel was diagnosed with leukemia. She spent almost three years in chemotherapy and had to quit skating. Melissa could have felt sorry for herself, but she didn't. She graduated with her class and this May will graduate from Dallas Baptist University with a double major in kinesiology and psychology. Melissa is currently an intern at the Cooper Fitness Center in Dallas and this fall will be working on her master of science degree in kinesiology.**

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Photo by Bob Thickman

You are not alone: Every young woman feels insecure, inadequate and often at fault for things that she has no control over. Society has set us up for those feelings. Yet each of us can take control by knowing that there are support networks and programs to enable us to become anything we want to be.

Right now your body seems to be your worst enemy: It is going through changes that you may not anticipate or welcome. But your body is actually your greatest asset: Your immune system, your recovery, your strength potential and your ability to transform are at the highest levels they will ever be.

Now is the time to ask your body for what you want of it, and it will deliver. You don't need to participate in group sports. You can take your body to whatever limits, capacity and shape you want. The means are all available because of Title IX.

If a Be an 11! program is available in your area, get involved. You'll find support for every challenge you face. The program will help you get strong and take control of choosing the path that's best for you. 

help you become all you can be. Christy Krall competed in the Olympics in 1964 alongside her teammate Peggy Fleming, who took home the gold in 1968. Christine's daughter Katie has followed in her mother's footsteps by becoming an elite athlete. Katie finished her kinesiology degree and is currently training to join BFS as a clinician.

*This article was prepared with the assistance of Julie Brooks, a student of journalism and club manager at Laura Dayton's Lady of America health club in Napa, California.*

# POSTERS & CHARTS

All BFS POSTERS & CHARTS are 22" wide by 28" high and are printed on a glossy thick paper (even thicker than the cover of this magazine)

## Motivational Charts

325025 4 Poster Set \$30  
individual posters \$8 each



- Charts progress for up to 70 athletes
- Yearly and school records for the top 10
- These posters are not laminated
- Set includes 4 posters: squat, clean, bench, deadlift

## Speed & Plyo Charts

325026 6 Poster Set \$35  
individual posters \$8 each



- Charts progress for up to 60 athletes
- Yearly and school records for the top 10
- These posters are not laminated
- Set includes 6 posters: total power ranking, vertical jump, long jump, 20 & 40 yard speed & the BFS dot drill

## BFS Training Posters

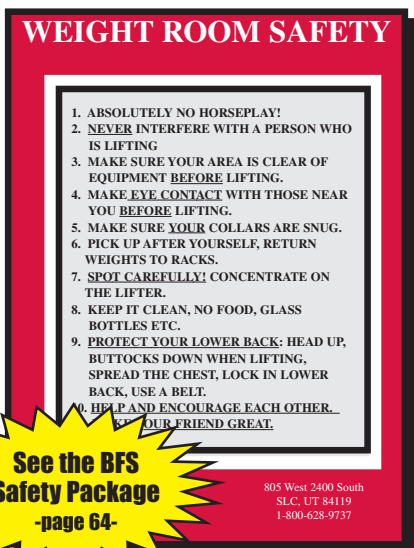
325080 5 Poster Set \$40  
individual posters \$12 each



- Covers all major core lifts
- Includes squat, bench, clean, deadlift and quick lifts
- Basic instructional
- Extremely motivational
- A must for every weight room!

## Weight Room Safety

325028 One Poster \$10



See the BFS Safety Package -page 64-

805 West 2400 South  
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This simple poster has the potential of preventing needless injury or even a lawsuit!

## BFS Standards

325070 Four Posters \$35

GRADE	5TH GRADE		10TH GRADE		11TH GRADE		12TH GRADE		
	Standard Score	Raw Score	Standard Score	Raw Score	Standard Score	Raw Score	Standard Score	Raw Score	
40 YARD DASH	Good	5.25	5.5	5.2	5.4	5.1	5.3	5.0	5.2
	Great	4.95	5.2	4.9	5.1	4.85	5.05	4.75	5.0
	All American	4.75	5.05	4.7	5.0	4.65	4.95	4.6	4.9
20 YARD DASH	Good	3.25	3.5	3.2	3.4	3.1	3.3	3.0	3.2
	Great	2.95	3.2	2.9	3.1	2.85	3.05	2.75	3.0
	All American	2.75	3.05	2.7	3.0	2.65	2.95	2.6	2.9
100 YARD DASH	Good	18	15	20	17	22	19	24	21
	Great	26	23	27	24	28	25	29	26
	All American	29	26	30	28	31	27	32	28
1/4 MILE	Good	7'6"	7'0"	7'9"	7'3"	8'0"	7'6"	8'3"	7'9"
	Great	8'3"	7'9"	8'6"	8'0"	8'9"	8'3"	9'0"	8'6"
	All American	8'9"	8'3"	9'1"	8'7"	9'6"	9'3"	10'0"	9'6"
1/2 MILE	Good	68	74	66	71	63	68	60	65
	Great	64	69	61	66	58	63	55	60
	All American	59	64	56	61	53	58	50	55

- Complete detailed BFS standards for all athletes, sports and grades 9-12
- Mens & women's jumping & speed
- Mens & women's strength & power

## BFS Safety Charts

325032 3 Poster Set \$30



- Each poster contains safety instruction
- Learn how to train safely
- Set includes 3 posters: knee safety, back safety, hamstring safety

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