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DEFINING A CHAMPION: I AM A WOMXN



Institute for Women's Leadership

The Leadership Scholars Certificate Program is a two-year selective, interdisciplinary certificate program that prepares Rutgers undergraduate women to be informed, innovative, and socially responsible leaders.

Leadership Scholars design and implement social action projects to expand their understanding of issues and problems and to develop leadership skills.

This project gives Scholars the opportunity to apply the theoretical knowledge they have gained about leadership, advocacy, and social change with the practical and experiential knowledge they have developed about a particular policy issue or problem through the field site placement. It also further develops leadership skills by giving undergraduates the opportunity to *practice* leadership *through* action.

To find out more please visit the Institute for Women's Leadership's website at <http://iwl.rutgers.edu>.

WHAT IS 'DEFINING A CHAMPION'?

Defining a Champion: I Am a Womxn (DAC) is an investigation of the equality amendment Title IX and its impact on Division I collegiate athletic programs and their athletes. Research investigating the National Collegiate Athletic Association (NCAA) at large and Rutgers University specifically culminated in a blog project available to the public eye. The purpose of DAC is to explore the true consequences of Title IX, provide a platform for athletes to share their experiences, invite all people, regardless of athletic ability, to educate themselves about Title IX, and advocate for equality within sports.



DEFINING A CHAMPION

I Am A Womxn

COACH SAYS YOU'RE IN

December 3, 2019

christinafroelich

Leave a comment

Welcome to Defining a Champion! This blog is dedicated to understanding the societal pressures and norms that allow for inequality in sport to persist. We will look at sport on all levels through a gendered lens as we advocate for an equal playing field. For the whole spiel, check out the about page. The first... [Continue reading](#) →

- definingachampion.com
- First series of posts, entitled “Yes, I Do Play Sports in College” will be the exploration of Title IX
- The blog allows for a continuation of my SAP
- I hope to work with other athletes, sport administrators, and businesspeople in collaborations for future pieces

TRANSLATING SUPPORT TO ACTION



Beginning a scholarship fund



Communicating with R Fund, the main way to donate Rutgers Athletics



Investigating possible sponsors who can continue the scholarship

WHERE IT ALL BEGAN

We exist to unlock the possibilities in every girl and woman through the power of sport.

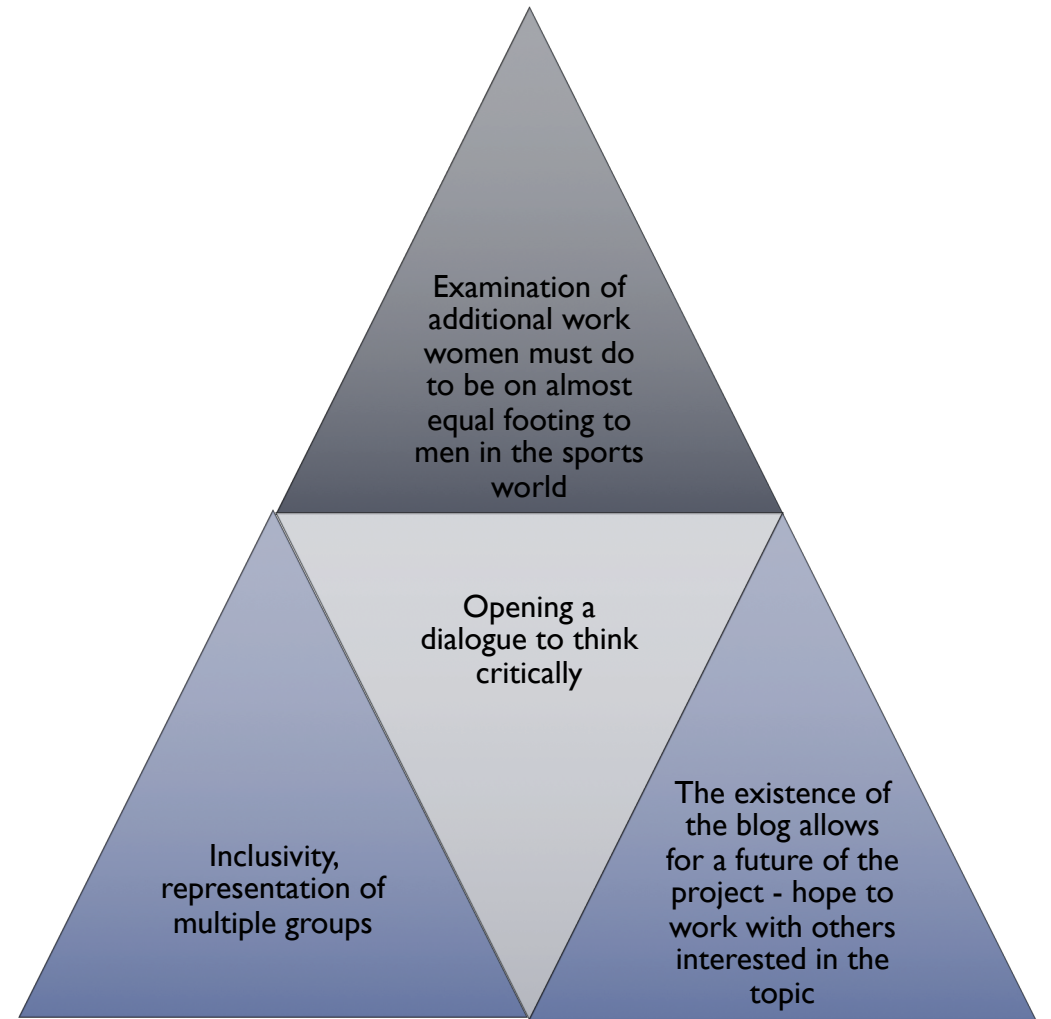
Women's Sports Foundation internship



Collegiate athlete, women's equality advocate, feminist

- Girls are not given the same opportunities to access sport, and as they age, girls are much more likely to quit due to lack of social and economic support
- Young women who do go on to play at the college level continue to face disparate opportunities within their universities
- The implementation of Title IX has accounted for massive success at the collegiate level, but has also left room for huge disparities across racial groups
- The three-prong test – a system set up to help ensure need is met for women's athletics – does not push universities hard enough and often allows for women's athletics to be brushed aside still

FEMINIST LEADERSHIP AND THE FUTURE OF DAC



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