



**GARY COMER
YOUTH CENTER**

ON THE
COMER
EDUCATION CAMPUS

MEDIA ALERT: Gary Comer Youth Center Launching All Girls Sports and Wellness Program on Chicago's South Side

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FOR IMMEDIATE RELEASE: May 22th, 2023

With support from Nike, Gary Comer Youth Center (GCYC) is honored to celebrate the launch of our innovative female focused sports and wellness program PLAY LIKE A GIRL together on our one-of-a-kind youth campus with special guests from our community and beyond this **Friday, May 26th @ 1:00P**

Humbled to be serving as a partner for their Well Through Sport initiative, we're thrilled to kick off our multi-year partnership with Nike, leading organizations, experts, coaches, and collegiate athletes to help us increase participation, self awareness, and the active practice of wellness among the female identifying members we serve.

57% of teen girls said they felt hopeless, up 19% from a decade ago

During Gary Comer Youth Center's launch celebration of PLAY LIKE A GIRL on Friday, May 26th, @ 1:00P, special guests and community leaders can participate with Nike Master Trainer, David Carson, and GCYC coaches who will be leading a number of wellness sessions centered on yoga, meditation, mindfulness and more. Additionally, experts at ChiByDesign will lead our PLAY LIKE A GIRL participants through design thinking activities and guide our ongoing dialogue about wellness with our community.

PLAY LIKE A GIRL incorporates sports and play to build empowered and healthy young female athletes. Sport is proven to build self-confidence, improve academic performance, and help manage stress. Research also shows by age 14 **girls are twice as likely to drop out of sports than boys**. We carefully craft brave spaces for girls to get active, explore new sports, learn from mentors, and build leadership skills through physical activity to encourage their sustained participation.

Thank you for helping us provide the joy and power of sport and wellness every girl deserves. Please visit femalefocused.org or email Remington Price rprice@gcycchome.org to get involved, support, attend, or learn more.



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About Gary Comer Youth Center

We are a state-of-the-art development and enrichment center on a one-of-a-kind youth campus. Our goal is to help our young members discover, learn, and grow while feeling supported and connected with caring adults and respectful peers. We help our youth discover their interests, build new skills, and forge their personal pathway through our enrichment, career exploration, enterprise learning, and entrepreneurship programs. We believe our young people can be anything they want to be and are holistically helping them become global citizens who reach their full potential.

<http://garycomeryouthcenter.org>