

VERNON PUBLIC SCHOOLS



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Rockville High School Athletic Department Hosts First ‘Vernon Girls and Women in Sports Day’

Goal is to Encourage Elementary and Middle Schools Girls to try Sports

Rockville High School athletes and coaches are inviting Vernon elementary and middle school girls to the high school gym on May 16 for Vernon Girls and Women in Sport Day.

The special event, hosted by the Rockville High Athletic Department and featuring members of several girls’ sports teams, is free and designed to introduce girls to sports, celebrate their participation and encourage them to continue in athletics at the high school.

The younger athletes will get to meet high school athletes, ask them questions and participate in a variety of sports, Rockville High School Athletic Director Jeff Farrell said.

The program runs from 5 to 8 p.m. Girls in grades 3 through 5 check in from 5 to 5:30 p.m., then participate in activities. Girls in grades 6 through 8 check in from 6 to 6:30 p.m.

Several sports will be featured and members of the girls’ teams will put their younger counterparts through drills and introduce them to sports they might not know about.

“I think it’s important to see more girls in sports,” said Anaya Tolton, a Rockville High School senior who is a member of the volleyball, basketball and track and field teams. “I know some girls look for female role models before they think about trying something. It’s important for them to have someone to look up to, to inspire them to get involved.”

The Vernon Public Schools, in partnership with family and community, is committed to provide a quality education, with high expectations, in a safe environment where all students become independent learners and productive contributors to society.

Farrell said this year's program will feature basketball, soccer, lacrosse and cheerleading. The goal is to add more sports to the event next year, he said.

"The whole point is to promote young girls and young women in sports, being active and having fun," Farrell said. "Girls will rotate through a couple different sports. If it's something new to them, they can try it out. And we can connect our younger kids to our high school athletes."

Lily Hollworth, an RHS senior who plays soccer and runs indoor and outdoor track, said participating in athletics is about much more than competing.

"It's a great way to meet new people and find something you enjoy and can become passionate about," she said.

Isabel Cintron, a senior who runs cross county and indoor and outdoor track, agreed. She said she was very shy in elementary school. Sports allowed her to meet new people and become part of a community.

"Some of my closest friends came from running," she said. "It feels like a family."

To register, please copy and paste this link into a browser, bit.ly/3ny8Uty, or use the QR code in the event flyer.