



## Learn to Soar

There will be three Learn to Soar pre-game workshops in the Sky's 2008 season. Following each workshop at a nearby Marriott, girls will be driven by trolley to the UIC Pavilion for an unforgettable Sky game experience. They will have early access to the arena to watch player warm-ups and have their photos taken on the court with a player; they will eat dinner together and then watch an exciting game featuring the best women athletes in the world.

### Workshop #1: Teamwork and Conflict Resolution

Saturday, June 7, 1:30-5 p.m., Chicago Sky v. Atlanta Dream at 7 p.m.

Carla McGee, former WNBA great, Olympic gold medalist and two-time NCAA Champion, will kick off the workshop with her inspiring story of overcoming a near fatal car crash to become a legendary basketball player. Girls will watch the stirring basketball documentary "The Heart of the Game" and will be led through a highly-regarded curriculum built around the themes of teamwork, character and conflict resolution. They will learn strategies like taking time to calm down, taking turns to explain each person's side, asking for clarification, brainstorming, and following up to see whether the solution enabled the participants to overcome conflict. Carla's life experiences demonstrate the success of these strategies and importance of building a strong character while relying on support from a positive inner circle.

### Workshop #2: Health and Body Image

Saturday, June 28, 2-5 p.m., Chicago Sky v. Detroit Shock at 7 p.m.

Time Magazine named award-winning author Jean Kilbourne one of the three most popular speakers on college campuses today. Her powerful presentation "The Naked Truth: Advertising's Image of Women" will help girls reject unrealistic media images in favor of their own positive self-image. Advertising sells values, images, and concepts of success and worth, love, popularity and normalcy – a powerful form of cultural conditioning that can have a negative effect on girls and women. Girls will learn to be aware of this conditioning and how to take action in their own interests. Kilbourne's emphasis is on "health and freedom – freedom from rigid sex roles, freedom from addiction, freedom from denial, and freedom from manipulation and censorship."

### Workshop #3: Leadership and Goal Setting

Friday, July 18, 2:30-5:30 p.m., Chicago Sky v. Connecticut Sun at 7:30 p.m.

Julie Foudy, co-captain of the US Women's National Soccer Team for ten years, two-time Olympic gold medalist and two-time FIFA World Champion, now runs a leadership camp for girls. Her workshop will give girls practical leadership tools for their team, school, community and life. They will learn to develop the confidence to lead through discussions, hands-on activities and team-building exercises.