

The Voice of Women's Sports in Colorado

Melanie Troxel Has The Need For Speed

Inside This Issue:

Walden Valedictorian Heading to Naval Academy **1**

"Tiger" Inducted in Colorado Hall of Fame **3**

Almost any kind of encouragement on the part of parents is effective in increasing their daughter's physical activity. A national survey of preadolescent and adolescent girls showed that the girls who are most active report being encouraged by their parents. Girls who were active at the highest levels also had parents who were currently physically active and/or shared an interest in their daughter's sport. *Women's Sports and Fitness Facts and Statistics.*



Joy Nameth pulls fellow student during training



Colorado Sportswoman of the Year, Melanie Troxel, is the world's fastest female drag racer. Her career best for the quarter mile lap at the Texas Motorplex was 4.458 seconds,

beating her previous record of 4.509 seconds. She became the fastest female driver in NHRA history, reaching a speed of 330.31 mph.

"While being the fastest and quickest female in history is an interesting and noteworthy item, our big goal is to go out there and be the best team and win some races, and with any luck, be in the chase for the championship at the end of the season," she told the Don Schumacher Racing News.

Melanie was born in Littleton, Colorado and now lives in Avon, Indiana with her husband driver Tommy Johnson, Jr. Being married to another driver and being together so much works well for Melanie.

"We spend a lot of time together. I work from the house. Actually we spend less time together at the race. Really, both of us at the

track races is like a must for us, because I don't think our relationship would work if one of us was off to the races and the other one was staying home," Melanie says about the two of them.

"One of the best things is someone else who understands the pressures of what's going on out there, the traveling demands and everything else. It's nice to have someone who is as passionate about it as you are and it's never easy with all the demands on my time. He completely understands what I'm going through because he's going through the same thing. If you've had a bad day, he knows when to kind of leave you alone," Troxel told Racing News.

About her future goals, Melanie is focused on winning.

"Anytime you can have continuity and build a relationship with one team, you just get better and better. If we can keep this group together, part of Don Schumacher Racing, where we have all of the equipment, resources and people, we can win a championship. And that's what the next goal is, to win championships. If it doesn't happen this year, then that's what we'll continue to work on next year," she says like a true champion.

Walden, CO Student Heading to Annapolis

Walden, Colorado is not easy to find, but Joy Nameth drives 22 miles to her high school in the northwestern part of the state every day. She arrived there in 2002 after living in more than a dozen states in eight years with her mother and brother since she was six.

The constant moving was hard on this three-sport athlete who has since become the star

at her school in track, basketball and volleyball. To cope with the constant moving, poverty, and loss of new friends, she read.

"It was like my escape. I wasn't here any more. I was in the book, in the story," she told the Denver Post. She had taught herself

(Continued on page 2)

Make A Young Girl's Summer



Joan Birkland,
Executive Director

Our Sportswomen banquet in March showed once again what tremendous female athletes Colorado

continues to nurture. Melanie Troxel was our Sportswoman of the Year, the fastest female drag racer in the world. We also heard from astrophysicist and Olympic Medalist Susan Williams with her two-year old, four-month-old baby, and husband looking on as she talked about the dedication and perseverance required to achieve one's goals.

After thirty-three years of our awards banquets, I am proud to say that Sportswomen of Colorado continues to achieve its goals of recognizing and publicly honoring outstanding female athletes in Colorado and providing visible role models for young women.

As we continue to encourage lifelong participation and enjoyment in girls and women's

sports, I'm asking all of you to help support our summer camps program so that all the girls of Colorado, not just those who can afford it, can be exposed to the fun and excitement of participating in sports.

Jack Meehan, our camp coordinator, received requests for 304 camp spots for girls ages nine to fourteen after three radio spots promoting our scholarship program. We were stunned by this response since we only have funding to send about 100 girls to a summer camp program in a variety of sports such as basketball, soccer, and track and field. We would love to send all of these young girls to camp. Young Colorado girls and their parents want and need these sports camp experiences as we saw in the overwhelming response we got in just two days.

We want to give them the opportunity to start the journey of an athlete that so many of us have experienced; making new friends, learning a new skill and feeling that sense of accomplishment that goes with working for a team to achieve

the team's goals as well as the individual's. And we want them to just have some fun.

As one of our ten-year-old campers wrote after her summer experience, "Camp was good. I learned how to swim the breast and fly stroke and personally it was my first time ever!" We'd like more Colorado girls to



Campers participate in 2006 summer sports camp

experience that "first time ever" feeling.

We hope you'll support our camp programs. Through your help and the continued donations from our universities and many supporting programs throughout the state, we can give so many Colorado girls a great summer camp experience.

Have a great summer, Joanie



Sports Superstitions

The last person to shoot a basket during warm-up will have a good game.

If a pitcher is throwing a perfect game or a no-hitter, never speak of it while it's going on.

It is bad luck for hockey sticks to lie crossed.

It is bad luck to say "shutout" in the locker room before a game.

Three-Sport Star & Valedictorian Heads to the Naval Academy

(Continued from page 1)

to read with a Hooked on Phonics book. She read and read. She says she thinks she read almost all the books in the Mount Vernon library when she lived in Oregon during a 45 day stopover.

When she came to Walden and lived with her dad, whom she hadn't seen since she was six, she had no idea how to shoot a basketball or even how much a

point was worth. Last year she led the team in rebounding and their team has finished second three of the four years she has been there. She's also an outside hitter in volleyball on a team that made the final four in state last year. She also holds the school record in track in shot put and discus and was the regional champion in pole vault.

Her friend Josie Goulette told the Post, "She's amazing. Most people with her kind of life

story usually take things for granted and maybe use it as an excuse to not try as hard or say that they can't do things. Joy is just completely opposite. She gives everything her all. She makes opportunity out of everything she can and she does it by working hard."

Joy's hard work has paid off as she heads to the Naval academy next Fall. She hopes to participate on their track and field team.



"Tiger" Carol Baily Inducted into the Colorado Hall of Fame

Where They Are Today, "Tiger" Carol Baily

Steamboat Springs resident and 1990 Colorado Sportswoman Hall of Fame inductee, Carol Baily, better known as Tiger Baily, dominated Colorado tennis for years and then entered the Senior Age Group tennis where she won 28 national titles. Carol was inducted into the Colorado Sports Hall of Fame at their 43rd annual awards banquet this year.

Baily won 28 national titles dominating her age group for 15 years.

Baily was a tennis fanatic, shoveling two feet of snow off the Rocky Mountain School courts in Carbondale when she was a teenager.

"My practice partner, Steve Hobson, and I shoveled between the service lines but it didn't help much because the ball kept landing in the snow," she told Marcia Neville of Fox TV.

Baily won a combined 41 singles and doubles titles in Colorado's

three major tournaments. But in the Senior Age Group tennis she won 28 national titles dominating her age group for 15 years. Throughout most of the 1990's she was ranked #1 in the nation in both singles and doubles for her age group. In both 1991 and 1995 she was ranked 31 in the world, according to Neville who introduced Ms. Baily at the Hall of Fame banquet.

Carol Baily got her inspiration from her mother, Edie Morris,

"She was a very good player and would take me with her to her matches," Baily told the Denver Post. "I got interested that way. I don't think I could beat her until I was 16."

Phyllis Lockwood, another Colorado tennis great, became Carol's mentor when Baily was ten years old. In her first tournament victory, the 12-year-old Baily teamed with Lockwood to win the Boulder Open doubles.

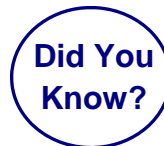
At 56, Baily is no longer playing competitive tennis, but still teaches. She is finishing her log house outside of Aspen that she



Tiger Baily hoists one of her many tennis championship trophies

started building 25 years ago and recovering from having her shoulder rebuilt, a partial knee replacement and is now facing a full knee replacement.

She told the Post in March, "I think I'd still be playing if it weren't for the injuries. But now it's definitely time to cross country ski and walk with my dogs."



Joseph Pilates invented this form of exercise named after him during the First World War. The exercises were devised to overcome injuries and postural problems. While he was interned in English camps, he began to train other prisoners of war in his mat work exercises. He devised makeshift exercise aids by attaching bed springs in various positions so patients recovering from injuries could exercise safely. Pilates then immigrated to New York and opened his first studio in a building that housed several dance groups who became his first U.S. students of Pilates.

Help Support Our Summer Camps

We appreciate any financial support you can give to our girls summer camp programs

Please send your donation to:

**Sportswomen of Colorado
Summer Sports Camps
100 South Madison Street,
Suite 3B
Denver, CO 80209**

History of Women in Sports Timeline

1887- First Women's French Tennis Championship is held.

1893- Katharine Lee Bates climbs to the top of Pike's Peak and is inspired to compose a poem, "America the Beautiful."

1894- The first ladies golf tournament is held on the 7-hole Morristown, New Jersey course on Oct. 17-18. Miss Hollard A. Ford won with a 97 scored on the double-7, 14 strokes under her nearest rival.

2007- Wimbledon has decided for the first time in its history to award equal prize money to men and women. Last year, Roger Federer received \$1,170,000 for winning the men's singles and Amelie Mauresmo took home \$1,117,000, a difference of \$53,000.

Supporting Women's Sports in Colorado



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