

Basketball Skills Clinic for Girls

Molly Lombardi has been a Girl Scout for nine years and is in Troop 3032 in Service Unit 620. She is currently a freshman at Bishop Miege High School.

Molly's Gold Award project addressed the issue of a lack of encouragement for girls to participate in sports. In the urban core especially, girls do not receive the same type of encouragement to participate in activities like basketball as boys. When they do participate, boys typically dominate the sport and are less likely to share and give girls a chance to love the sport. Molly addressed this by establishing a girls only basketball clinic for girls in kindergarten and first grade. Each girl also got a basketball to take home to encourage her to continue playing.

Molly worked with the Cleaver YMCA and Girl Scout troops in the urban core to hold the clinic, gather participants and donations of basketballs. By encouraging girls to play basketball at a young age, Molly hopes to overcome gender barriers to physical fitness activities that can enrich their lives for years to come. Beyond the health benefits of sports, girls also learn skills like teamwork and leadership, especially for girls in the urban core.

Because of Girl Scouts... I have learned how to plan, promote and execute an event. I have improved my communication skills, including email, phone and person discussions.



Molly Lombardi

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