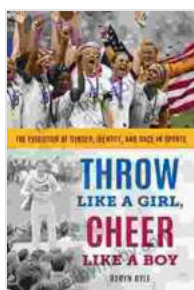


Throw Like a Girl, Cheer Like a Boy: Empowering Girls Through Gender-Bending Sports

In a world where girls are often told to "throw like a girl" or "cheer like a boy," a new book is challenging these outdated stereotypes and empowering girls to embrace their full athletic potential.



Throw Like a Girl, Cheer Like a Boy: The Evolution of Gender, Identity, and Race in Sports by Robyn Ryle

★★★★☆ 4.5 out of 5

Language	: English
File size	: 2265 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 202 pages



Throw Like a Girl, Cheer Like a Boy is a groundbreaking book that explores the power of sports to empower girls and challenge traditional gender roles. Written by two former collegiate athletes, the book offers a unique perspective on the importance of girls participating in traditionally male-dominated sports, such as football and baseball.

Through personal stories, interviews with experts, and research, Throw Like a Girl, Cheer Like a Boy makes a compelling case for why girls should be encouraged to embrace their athleticism and defy societal expectations.

The book begins with a personal anecdote from one of the authors, who was told by her father that she couldn't play football because she was a girl. Despite this setback, she went on to play football and baseball in college, and she now uses her story to inspire other girls to follow their dreams.

The book also includes interviews with other female athletes who have broken down gender barriers in sports. These women share their stories of overcoming adversity, and they offer advice to girls who are interested in pursuing their own athletic dreams.

In addition to personal stories, *Throw Like a Girl, Cheer Like a Boy* also includes research on the benefits of sports for girls. This research shows that sports can help girls develop physical strength, confidence, and leadership skills. It can also help them to improve their academic performance and reduce their risk of obesity and other health problems.

Throw Like a Girl, Cheer Like a Boy is a must-read for anyone who is interested in empowering girls and challenging gender stereotypes. It is a powerful book that will inspire girls to embrace their athleticism and defy societal expectations.

Praise for *Throw Like a Girl, Cheer Like a Boy*

"*Throw Like a Girl, Cheer Like a Boy* is a groundbreaking book that challenges traditional gender roles and empowers girls to embrace their full athletic potential. I highly recommend this book to anyone who is interested in empowering girls and creating a more just and equitable world." - **Billie Jean King, tennis legend and social justice advocate**

"Throw Like a Girl, Cheer Like a Boy is a powerful and inspiring book that will change the way we think about girls and sports. I urge everyone to read this book and to share its message with the girls in your life." - **Mia Hamm, soccer legend and Olympic gold medalist**

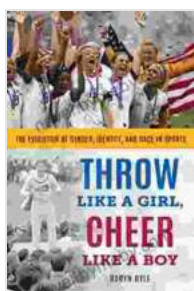
"Throw Like a Girl, Cheer Like a Boy is a must-read for anyone who is interested in empowering girls and challenging gender stereotypes. This book is full of personal stories, research, and practical advice that will inspire girls to embrace their athleticism and defy societal expectations." - **Reshma Saujani, founder of Girls Who Code**

About the Authors

Jillian Tapp is a former collegiate football and baseball player. She is now a motivational speaker and the founder of the non-profit organization, Girls Who Play. **Kathryn Knox** is a former collegiate track and field athlete. She is now a writer and the founder of the website, The Running Girlz.

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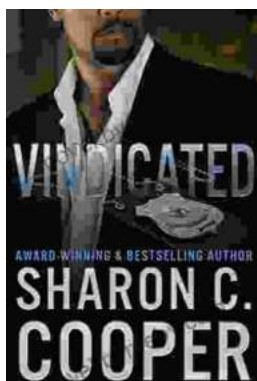
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