

Name: Laila Harrick

School: Franklin Learning Center

Circle category: 1Y 2Y 3Y 5N 6N 7N **9E** 10L 12B

Sarah Higgins and the need for more young women in sports

Penn State's newest athletics director may be bubbly and declare she has the "soul of an 8-year old," but that does not mean she should be underestimated. Higgins has a Bachelor's degree in journalism and a master's in Film. For a job requiring the reporting and recording of young, non-medical-trained athletes, her prerequisites seem like enough to make her perfect for her job, but there's more qualifying features about her. Higgins is a woman in a male-dominated field, which already proves her resilience. She mentions being told no many times because of her gender, denied opportunities because of the way she was born. Higgins argues that it taught her to push back and have more confidence. It was the only way she could make space for herself in the environment. Not only is she an inspiration to several young girls aspiring for a place in sports, she is actively opening doors for others

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who are already in her field, just slightly behind her. Sarah Higgins also has a unique perspective of social media and understands the importance of humanizing athletes. She isn't interested in how well someone can do their sport, but rather who that someone is and how they came to be who they are. For a university like Penn State, there is a lot of significance in marketing yourself to both prospective scouts and young recruits looking for an example of what their future could look like. There isn't anyone quite like a young woman in charge, like Sarah Higgins. For the sake of the student sports and the industry as a whole, we need to involve more young women.