



**GIRLS ATHLETIC
LEADERSHIP SCHOOLS**
DENVER

GALS Marks National Girls & Women in Sports Day Ahead of 2026 Winter Olympics

Interactive event highlights leadership, movement, and the growing momentum of women's sports

Denver, CO – January 26, 2026 – As the world prepares to celebrate the opening of the 2026 Winter Olympics, Girls Athletic Leadership School (GALS) is marking a powerful full-circle moment by celebrating National Girls & Women in Sports Day—an event rooted in Olympic history and dedicated to empowering the next generation of girls through sport.

During an on-campus event, GALS students will participate in interactive sessions with community partners including University of Denver Women's Soccer, Metro State University Softball, Women's Premier League Rugby and First Tee Golf, exposing them to a wide range of sports, leadership pathways, and career possibilities.

“One of my biggest goals as Director of Athletics has always been to give students opportunities they may not otherwise have access to,” said Danielle Ennis. “These experiences help girls discover new interests and see themselves as leaders in spaces where women’s sports are thriving.”

As a part of the celebration, students will also engage in leadership and empowerment programming led by the Olympic & Paralympic Museum and create their own Olympic torches, each designed to symbolize how they will help #LeadHerForward—a visual and symbolic connection between past Olympic pioneers and future leaders.

Event Details:

What: GALS National Girls & Women in Sports Day Celebration

Who: GALS students, First Tee Golf, U.S. Olympic & Paralympic Museum and community sports partners and leaders

Where: GALS School: 750 Galapago St, Denver, CO 80204

When: Wednesday, February 4 | 10:30 a.m. to 12:00 p.m.

Visuals: Students creating olympic torches, participating in interactive sports activities, and learning about leadership and career pathways in sports

At GALS, sport, play, and movement are foundational to the school’s mission: helping girls thrive physically, lead confidently, live boldly, and succeed academically.

National Girls & Women in Sports Day was originally created more than 40 years ago to honor Olympic volleyball player Flo Hyman and draw attention to equity, access and opportunity for girls and women in sports. It grew into a nationwide celebration of girls and women in sport—making this year’s Olympic timing especially meaningful.

“There’s something incredibly powerful about celebrating National Girls & Women in Sports Day just days before the Olympics,” said Ennis. “It’s a reminder that the visibility, opportunity, and leadership we see on the world’s biggest stage starts with girls believing they belong in sport.”

About GALS Denver

GALS Denver, the first free public all-girls school in Colorado, opened in 2010. As part of the Denver Public Schools (DPS) family, GALS empowers students to excel academically, lead confidently, and thrive physically.

With a college-prep curriculum in a supportive environment, GALS fosters academic mastery and personal growth, preparing students to be strong advocates and community leaders. The school’s unique model integrates daily movement classes, movement-based learning, therapeutic counseling, and a dedicated “GALS Series” course focused on social-emotional health and leadership. Learn more at GALSdenver.org.

GALS Denver is the flagship school of GALS Inc., which encompasses a GALS middle school in LA and Ohio.