



REGISTRATION

- Visit www.udspartans.com and click on the "Inside Athletics" tab.
- Find "Camps" under "General Information."
- Locate the link for "National Girls & Women in Sports Day" toward the bottom of the page.
- Click the "Register" button to begin the registration process.
- Registration is due by Monday, January 5th.
 - Late registration will be available in person on the day of the camp, pending capacity.

CONTACT US



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National
Girls & Women
in Sports Day®
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**SATURDAY,
JANUARY
17TH, 2026**



JOIN US

The University of Dubuque Athletic Department invites you to join us on Saturday, January 17th as we celebrate the 40th annual National Girls and Women in Sports Day! Throughout the day, girls (K–8th) will have the opportunity to explore and learn about a variety of sports. Our very own coaches, staff, and student-athletes will guide and teach participants as they gain fundamental skills and experience in the sports of cheer, basketball, volleyball, soccer, golf, tennis, softball, hockey, wrestling, cross-country, plus track and field. We hope to see you there!

SCHEDULE

Drop Off – Chlapaty Recreation and Wellness Center (CRWC)
10:15–10:45 | Registration

- Participants may register in person on the day of the camp, pending capacity.

11:00–1:00 | Clinic

1:00–2:00 | Lunch & Autograph Signing

2:00 | UD Women's Basketball Game

- At 2:00, participants, coaches, staff, and student-athletes will walk to the Stoltz Sports Center to watch the women's basketball game against Simpson College.

2:00–3:00 | Pick-Up – Stoltz Sports Center

- All participants must be checked out or picked up before 3:00, even if you plan to watch the remainder of the game.

OVERVIEW

For \$25, Participants Will..

- Experience a two-hour “clinic” lead by our coaches, staff, and student-athletes from a variety of sports.
- Receive a special “The Future is Female” T-shirt (participants must be registered by January 5th to guarantee they receive a shirt).
- Enjoy a complimentary lunch consisting of pizza, fruit, and water, which they will eat alongside student-athletes.
- Meet with and talk to our coaches and student-athletes during an autograph signing session.
- See UD Women's Basketball play against Simpson College for free at 2:00 PM on January 17th, after the conclusion of the camp.
- See UD Women's Basketball play against Central College for free at 2:00 PM on February 7th.

This year, National Girls and Women in Sports Day (NGWSD) is Wednesday, February 4th, 2026. We're celebrating a few weeks early with our camp on Saturday, January 17th!