

RESEARCH HIGHLIGHTS

- Black women student-athletes are only 5% of the NCAA student-athlete population (NCAA, 2018), and may experience isolation, exclusion and silencing based on their race and gender.
- Participation in a race, gender, and athletics focused program increased Black women student-athletes' confidence, decreased feelings of isolation, and enhanced their connection to the broader campus community.
- Sister circle programs in athletics serve as a medium of empowerment, a catalyst for Black women student-athletes to amplify their impact as friends, students, family members, and citizens.
- Athletics, coupled with thoughtful programming, can be affirming and inclusive spaces that disrupt negative experiences in Black women student-athletes' lives, combating loneliness, stereotype threat, and exclusion.

Sister circle programming empowers Black women student-athletes, that in turn fosters positive learning outcomes.

QUESTIONS FOR PRACTICE

1. What are the physical, emotional, intellectual, academic, and social needs of Black women student-athletes at my institution?
2. In what ways does my athletic department demonstrate responsiveness to and our value of Black women student-athletes?
3. How do we create equitable and inclusive spaces for Black women student-athletes in leadership opportunities, programming, and the classroom?
4. Will a sister circle program dismantle silos that Black women student-athletes experience on my campus?



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Additional resource:

- [NASPA Student-Athlete Learning Community Blog](#)

Reference:

- [NCAA Sport Sponsorship, Participation & Demographics](#)

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