

Title IX in Lamorinda

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I wanted the players to have a voice for themselves and then the ability to communicate effectively. These are both keys in professional life as well."

For Carey Schuler, it was "learning how to handle defeat and victories in the right way and learning how to use time management, from having to fit in classes, practices, a social life and being a good teammate, sharing time and encouraging others. For some it was a struggle when their sport was out of season because they've gotten so used to a certain regiment and schedule."

"My wife (an all-American softball player at Cornell), works in commercial real estate, an extremely male dominated field and is still highly successful, becoming a partner at her firm," Schuler said. There's no doubt that the lessons she learned in sports led

to the success she's had in her career. "There's just so many lessons learned that you take out in the world that makes you a much more well-rounded human being."

"Sports was my whole life," Kim Bachman said. "I learned how to work together on a team, finding discipline, and utilizing the adrenalin I got from competing. My whole life has been doing stuff in male-dominated fields, starting with playing sports. From 1987 to 1996, I worked for the California Highway Patrol and discovered that my experience in competing head-to-head with boys growing up facilitated the transition to working in law enforcement. I had to work twice as hard to be able to feel equal with my male peers and my playing sports helped me get through the police academy."

For those athletes who had to battle gender inequities, it is important that the next genera-

tion understand what their predecessors struggled to achieve. "Because I and many of my peers were in the thick of it, I share my stories with the athletes that I coach at Berkeley," Petri said. "It's important for young women to know the history behind the opportunities that are there for them now. I tell them my story and many of them can't understand how things were different than they are today. There is a lot of education that is needed but you start where you can and keep sharing."

For Everist, at times she has to remind herself how far women's sports have come. "I would say, honestly, even I have to review the history and see how things have changed and where they stand now. Today's female athletes have a general idea of what Title IX is, but they don't know enough about it."

Sopak wants his players to do more than just speaking up

when they are witness to double standards. "With Lamorinda being so equal with the boys and girls, our players will sometimes see an inequality between the boys' and girls' sports outside of our area and see we have a long way to go," Sopak said. "I will point out these things to my team when they see those inequalities. It's how you make a difference about it and not just complain about it. There needs to be action behind it. Often, there doesn't seem to be a lot of thought in how things impact the women as far as the men."

Bachman's two daughters, both who swam and one who played lacrosse, did not seem to appreciate what their mother went through. "It's so far removed for them," Bachman said. "I don't know how much the kids know what it was like then and how much different it is now though they do know what I went through."

Schuler appreciates the access to so many sports that her daughter Grace will have as she grows up. "Grace (2 years old) will be able to play and do anything," Schuler said. "We're going to open up every opportunity to her and it's wonderful that we're in a time where she can pick and choose. She may not be an athlete, but she is not going to be limited by a lack of possibilities and she will have every option available to her, which is amazing."

There is still room for greater opportunities, according to Scott Brown: "I think we're doing really well in communities where sports are important but there are still schools outside of Lamorinda where the girls are not getting their fair share; whether they don't have the time, or the facilities and I feel bad about that. I would love to see the state of California level the entire playing field."

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