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2/1/2021

Save Women's Sports

XX and XY, only one letter difference but immeasurable amount of changes. We have worked very hard to bridge the gap between male and female sports, letting biological males play in female athletics is taking many steps backwards.

The genetic differences between males and females are clear. I am going to talk about what I see every day as a personal trainer in my facility working with both male and female athletes of all ages. Through experience I have learned to offer separate male and female athlete classes. The first reason I do that is because to young females, or females in general, lifting weights is scary and very intimidating because it is stereotypically "a guy thing." Females tend to hold back potential when competing against males. Any female knows that males are naturally stronger so to compete against a male is not a fair playing field. Going into an event with biological males and females playing against each other is going to cause a mindset shift from a fair, even playing field to "why try because the games aren't fair anymore." The mind set shift will cause females to be more discouraged and not want to try out for the sports. Due to Title IX, High Schools have worked very hard to get the same number of male and female sports offered to give females the same opportunities as males. Yes, the sports may not be the same, but the point is that the opportunity is there for females to participate. When a female plays a male dominated sport, the males have the option to say "no" to competing against them (females). For example: Wrestling. It is a male dominate sport in high schools, but females can compete if they'd like. If the male participant doesn't want to wrestle the female the match is forfeited. So how/why is it fair for males to play female sports without the option of saying no.

Secondly: Female safety from an injury standpoint. Males tend to be "bigger" humans in general, which leads to more aggressive sports due to the increase in bone and muscle size. From an injury stand point, females will be more likely to get injured under the pressure of playing at an unfair level. In youth sports, we have different age groups for kids to play in to keep it fair and safe for those participating. If you are always getting hurt in a sport because your opponents are able to play more aggressively, you are going to be discouraged to keep playing.

Thirdly: Female safety from a sexualization standpoint. Female athletes are sexualized differently than male athletes. Females, more times than not, are highlighted for their sex appeal and not their athletic abilities. Putting biological males in female locker rooms is not creating a safe environment for females.

We need to keep female sports only biological female sports. Adding males into female sports is going to change the dynamics of the sports and most importantly making it unfair for females. Females already have an uphill climb in sports compared to males. Let's not discourage females from being in sports more than what they already are.