

TESTIMONY SUBMITTED BY CAROL HENRY

(former track athlete at the University of North Carolina - Chapel Hill,
Canadian record holder, NCAA bronze medalist and 10-time all American)

Testimony for the North Carolina State Legislature

Tuesday, April 18, 2023

Dear North Carolina Lawmakers,

My name is Carol Henry, a former UNC Division 1 track and field athlete, Canadian National Record Holder, NCAA bronze medalist and 10 time all american.

My experience competing in sports as a female athlete has been invaluable and provided me with many opportunities that I otherwise would not have had. It taught me at a young age that hard work and self discipline pay off and instilled a sense of confidence that has allowed me to excel beyond sports. Additionally, many of my closest friendships were formed during my athletic career with other female athletes working towards a common goal, supporting one another - a bond that has proved to be irreplaceable.

Competing and excelling in sports has had such a positive impact on my life. I urge you to keep women sports fair and give young girls of today the same opportunities and experiences I was so fortunate to have.

Thank you,
Carol