

CONCERNED
WOMEN *for* **AMERICA**
LEGISLATIVE ACTION COMMITTEE

YOUNG WOMEN FOR AMERICA

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Delivered March 1, 2022

Missouri Senate Education Committee Hearing on SB 781

I am one in 10,000. There is a saying that for every 10,000 people that begin martial arts, half will drop out within the first six months; 10 will earn their First Degree Black Belt; and just one or two out of the original 10,000 will earn their Second Degree Black Belt. My name is Sara Smith, and I am a Second Degree Black Belt in Taekwondo. It is an honor to be advocating in support of Senate Bill 781, the “Save Women’s Sports Act,” not only for myself but also representing thousands of young women around the country, as a leader of Concerned Women for America’s Young Women for America college chapters. I would like to thank Sen. Moon for sponsoring this bill, as well as Chairman O’Laughlin and the members of this committee for giving me the opportunity to speak.

I have spent countless hours training to earn my Second Degree Black Belt and ensure that I have the skills and physical fitness necessary to defend myself and others. Because of this, I am extremely passionate about defending the right for women to compete in sports without an inherent disadvantage before they even begin.

When I first began Taekwondo, I was only eight years old. In the 12 years since I have competed with and alongside many males. Martial arts is a dangerous sport. It only takes one uncontrolled kick or punch for a person to be seriously injured or knocked unconscious. In my journey to becoming a Black Belt, I have practiced self-defense techniques and engaged in sparring matches with both males and

females. I can tell you, as a 5'7" female, I would much rather face a similarly sized female than a similarly sized male.

I have seen first-hand the inherent biological difference between a male and a female of similar size. Why is this? Well, according to Dr. Michelle Cretelle the answer is found in genetics. In a [statement published by the American College of Pediatricians](#), Dr. Cretelle says, "Genetics is the reason a male who self-identifies as female remains male and explains why giving estrogen to a male does not transform him into a female. While it is true that a male who uses estrogen after puberty will lose muscle strength and impair other aspects of his physiology, he does not alter his genetics; he remains male at the cellular level in all body systems. [...] Similarly, just as a female doping testosterone would be prohibited from competing against other females, so too should all males be barred from competing against females. The risk for harm to females from ignoring biological sex in these scenarios is both obvious and documented." In other words, my experience and that of fellow female athletes align with scientific evidence, common sense, and the well-researched opinions of so many in the medical field.

As I watch biological males who self-identify as female, such as the University of Pennsylvania swimmer Lia Thomas, break records and win medals, I imagine the absolute defeat the women competing against them must feel before the race even begins. I imagine walking into my Second Degree Black Belt test after over eight years of training and knowing that the person I was competing against had a genetic advantage over me - an advantage that even my years of hard work and training could not overcome.

Allowing biological males to compete in female sports is a denial of reality. It is fundamentally unfair. Scientific studies continue to find that using hormones does not erase the inherent biological differences between males and females. Because of this, female athletes who are forced to compete against biological males are really being forced to compete with an inherent disadvantage that they cannot overcome. In many ways, the outcome is predetermined before the competition even begins. It is because allowing biological males to compete in female sports is harmful to women and denies scientific evidence and reality, that I strongly, but respectfully, ask you to support the "Save Women's Sports Act." Thank you for your time today.