

Del Norte student-athlete organizing local Girls and Women in Sports Day

March 5, 2025



One Del Norte High School student-athlete wants to show young girls on the North Coast just how much of a positive influence competing in sports can be in their lives.

Junior three-sport standout Bliss Blackburn is organizing a North Coast National Girls and Women in Sports Day, which will be held at the College of the Redwoods Eureka campus on March 8.

The event is free of charge and open to girls in Del Norte and Humboldt counties in fifth through 12th grade.

“There are a lot of benefits (to competing in sports), like physical health, mental health, better body image and more involvement in the community,” Blackburn said.

The Warriors Junior is a member of the H-DN Student Athlete Advisory Council (SAAC), which is made up of two representatives from all 11 schools in the league and meets several times a year to discuss relevant topics that impact the lives of H-DNL student-athletes.

Blackburn got the idea to host the event while working towards her Girls Scout Gold Award and talking to Fortuna High Assistant Principal and Athletic Director Kristie Christiansen, who oversees SAAC.

“I started brainstorming with Mrs. Christiansen and that’s how the idea came about,” she said.

The event will run from 10:30 a.m. to 2:30 p.m. and will include guest speakers, current topics, games and prizes and a free lunch and free sweatshirt for all participants.

“We’re going to have a keynote speaker and hopefully she can inspire young girls and older girls,” Blackburn added. “(The event will feature) women coaches, women refs, assistant coaches and role models for girls to ask questions and some prizes and activities focusing on current topics in sports.”

“This is about how sports are about so much more than wins and losses. I think teaching young girls the importance of sports will really impact their lives. “

“What they’ll get from it is a day to see and learn how positive sports can be in a girl’s life, and have fun.”

Blackburn should know.

During her time at Del Norte High School, the ambitious junior has competed in three seasons of volleyball and three seasons of basketball and she is getting ready for her third season of softball.

Next year, she hopes to graduate as a 12-letter high school athlete.

Multiple Del Norte businesses have been supporting the event financially, including the Duncan family and Red Sky Roofing, Seafront Bakery, Fog Bank Clothing and Soroptimist International of Del Norte, as well as “all the people who have bought Girl Scout Cookies from me for the last 12 years,” Blackburn added.

While she prepares for the upcoming high school softball season, the busy Blackburn has been publicizing the event by visiting middle schools in Del Norte and she has been getting help from the other members of SAAC, who are getting the word out in their own communities.

Christiansen says it is the first time a local girls and women in sports event like this has been held in the area in about 20 years.

“It’s a great opportunity for young student-athletes to join together and we would also encourage parents of the student-athletes to join as well,” Christiansen said.

Any student-athletes interested in participating can scan the attached QR code for registration.