

Judy Williams
Belfast, ME
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Senator Carney, Representative Kuhn, and Honorable Members of the Judiciary Committee:

I am a member of The First Church in Belfast, Maine, UCC, here today in opposition to all of these bills, but especially LD 1134, LD 868, and LD 233, which would all deny transgender females the opportunity to play with other females on school sports teams. Those who support these bills say it's a matter of fairness—that females who have transitioned or are transitioning from male to female have an advantage over individuals who have been biologically female from birth. In fact, according to Dr. Bradley Anawalt, endocrinologist and professor at the University of Washington, "there's a general consensus that, before the age of puberty for boys and girls, there's not a significant competitive advantage between the two sexes."

<https://www.pbs.org/newshour/show/what-science-tells-us-about-transgender-athletes>

A 2024 study funded in part by the International Olympic Committee and published in the *British Journal of Sports Medicine*, concluded that "transgender women athletes may actually have several physical disadvantages when competing with cisgender women. This study found that transgender women:

- performed worse than cisgender women in tests measuring lower-body strength and lung function;
- had a higher percentage of fat mass, lower fat-free mass, and weaker handgrip strength compared to cisgender men;
- had an equivalent bone density to that of cisgender women, which is linked to muscle strength;
- and had hemoglobin profiles equal to cisgender women (a key factor in athletic performance.)"

I would urge you to resist the temptation to listen to fear mongering about the disadvantages posed by having transgender women on female sports teams and pay attention to credible scientific studies that dispute such rumors.

Consider also the damage done to a population already fragile due to bullying from so many in our society, especially since there are so few transgender athletes. NCAA President, Charlie Baker, recently testified that out of more than 500,000 college student athletes, fewer than 10 were transgender. In Maine, only about 1.5-4.5% of all athletes are transgender. <https://thehill.com/homenews/lgbtq/5046662-ncaa-president-transgender-athletes-college-sports/>

Sports are a lifeline for young people looking for a way to fit in. This is doubly so with children struggling with gender identity. I urge you to support the right of trans youth to participate on school sports teams in the way that is most appropriate for them, given their gender identity. Please vote "Out not to pass" on LD 1134, LD 868 and LD 233. Thank you.