

To Whom It May Concern,

My name is Emanuel Rose. I am a 27-year-old aspiring fitness instructor and also serve as a Deacon and Youth Group Leader for Pittsfield First Baptist Church. I have been in the fitness industry for over 8 years, with 4 years of high school football on top of that. Today, I am writing in support of LD 2239 for a multitude of reasons, including the distinct biological differences between males and females as well as safety concerns on the field and in the locker Rooms.

In my studies to become a personal trainer, a key component in developing effective training plans is understanding the clear biological differences between males and females. The primary hormonal difference comes down to testosterone and estrogen. Testosterone is a leading factor in the development of skeletal muscle mass, lean body mass, and overall strength. Males have on average 10-15 times more testosterone than females, creating a significant gap in strength, speed, and power. This gap cannot be overlooked, as studies show males possess substantially higher upper-body strength, often 40-50% or more, and greater overall power output compared to females of similar training status and body size.

Not only do these differences create an unfair advantage for males in girls' sports, they also raise serious safety concerns both on the field and off it. In recent years, there have been numerous reports of biological males competing in girls' sports causing injuries such as concussions, fractures, and knocked-out teeth in volleyball, basketball, and field hockey due to these physical differences.

Additionally, allowing biological males into girls' locker rooms and changing areas raises important privacy and safety concerns, as it can cause discomfort and undermine the sense of security that female athletes deserve in these private spaces. In fact, as a youth leader, I have seen several parents at our church begin homeschooling their children because of these very concerns.

These issues are also driving a rising sense of unfairness in girls' sports, leading many teenagers to feel dissatisfied and even back out of competition altogether. This shows that these problems are not distant issues, but instead are right at our doorsteps here in Maine.

In conclusion, passing LD 2239 would protect the integrity and safety of girls' sports by reserving female categories for biological females, while also providing co-ed teams where Everyone, regardless of gender, can participate together. This balanced approach ensures fairness, safety, and opportunity for all without undermining anyone's ability to play.

Please vote in favor of LD 2239