



THE DIGIT MURPHY CREDO

It's not about sports it's about life, this has been Digit Murphy's mantra throughout her career. She has always used sports as a platform for teaching life skills. Digits mission whether coaching in the NCAA or the Professional ranks or Internationally has never changed--it is to give girls and women opportunities in life specifically sports. Digit Murphy's "PRODUCTS" like her life skills camp have running themes throughout them. They are run for women by women!

"Women need to be in charge of their own destiny. The only way to do this is to have programs where women are the leading voice. This is why we have all of our Digit Murphy related program be run by women. Girls and boys need role models that are female and have a strong voice."

Digit Murphy

In all of our programs, we put a special emphasis on how girls think, lead, and communicate. We want girls and women as a part of our programs to forge friendships, allow for mentorship, and give participants access to connections and opportunities they have only dreamed of!

Digit and staff will help the girls and women understand themselves and how to successfully use their skills to build confidence while also empowering them to gain access to what they need as girls and women in life. The unique approach develops athletes physically mentally and teaches them how to act and be part of a team culture like they never have before! Digit has the ability to create an environment of learning and exploring new ways I was thinking while all the time having fun! Sports help to build relationships and lifetime memories for all involved.