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Discussion Guide

General Questions

- If you could ask anyone in the film a single question, who would you ask and what would you ask?
- Did anything in the film surprise you? If so, what? Why was it surprising?
- What insights or inspiration did you gain from this film? What did you learn about the film's subjects and/or yourself?
- Describe a moment in the film that you found to be moving or particularly memorable. What was it about that moment that impressed you?
- Which of the six women did you identify with the most? Why?
- Did any of the women remind you of any of your own family members? How did/does your family member stay active doing what he or she loved?

Women's Equality in Sports

- Did you play basketball or know anyone who played six-on-six basketball? Why do you think the rules were modified for women back then?
- Sarah talks about how her husband, Twig, gets frustrated with the team because they lack his extensive basketball knowledge. How does the women's lack of opportunities and playing by different rules in their youth affect them today?
- What effect did Title IX have on these women? Do you think there would have been women's sports in the senior games without it?
- What do you think of comparisons between men and women's basketball today?

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Aging and Exercise

- How did the soundtrack and editing of the games affect how you perceive the women? Do you think they are athletes? What does it mean to be an athlete?
- Did seeing this film change the way you view aging or what it means to be retired now?
- Do you think the women would have continued to play basketball without the structure of the senior games? How important is it to play with and compete against other players that are the same age?
- What changes to the game of basketball have been made for seniors? Can modifications be made to the rules of other sports so people can continue to play in their later years? When is it time to stop playing?
- The team only practices two hours a week. Is this enough exercise? How do you think the weekly practice carries over into the rest of their lives?

Team and Community

- How did having the team and tournaments affect Judy's outlook about her cancer?
- Why is it important for girls to play team sports? How does being part of a team overcome personality differences?
- Do you think part of the team's camaraderie is because its leading scorer, Mary, has such a sweet personality?
- Judy and Liz have been friends for many years. In the film, Liz calls Judy "Mother Superior" and Judy refers to Liz as a "ball hog". There is obvious tension between them after the final play goes wrong in Houston. What do you think of their relationship? Does it work? Why or why not?
- Jo's mobility continues to decline because of her post-polio syndrome. Do you think it is helpful to her to attend practices and games with the team? Or does it make it harder for her to be reminded of something that she loved but can no longer do? What advice or encouragement would you give Jo?

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