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Sommario/riassunto	This perceptive, lively study explores US women's sport through historical 'points of change': particular products or trends that dramatically influenced both women's participation in sport and cultural responses to women athletes. Beginning with the seemingly innocent ponytail, the subject of the introduction, scholar Jaime Schultz challenges the reader to look at the historical and sociological significance of now-common items such as sports bras and tampons and ideas such as sex testing and competitive cheerleading.