

6TH

Annual

WOMEN

IN CONSTRUCTION
BREAKFAST

ASSOCIATED BUILDERS AND CONTRACTORS OF CONNECTICUT, INC. / 2026



Friday, March 6, 2026
Bristol Event Center - Bristol, CT
Keynote Speaker: *Jennifer Rizzotti*

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SCHEDULE

WELCOMING REMARKS

Chris Fryxell

KEYNOTE PRESENTATION

Jennifer Rizzotti

President, Connecticut Sun

SPONSOR ACKNOWLEDGMENT

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DOOR PRIZES

**Chris Fryxell &
Marcie Addy**

CLOSING REMARKS

Chris Fryxell



“I want to make sure I’m providing opportunity for women to take a leap of faith and grow into who they believe they can be.”

— Jennifer Rizzotti



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BUILDING THE FUTURE: WOMEN IN COMMERCIAL CONSTRUCTION

Connecticut's commercial construction industry is at a pivotal moment. Healthcare, education, manufacturing, and mixed-use projects are larger and more complex than ever. Delivering them requires skilled, collaborative teams — and a workforce that reflects the full range of talent in our communities.

This year marks the **6th Annual Women in Construction Breakfast** and celebrates **50 years of CT ABC** serving the commercial construction industry. These milestones highlight the chapter's ongoing commitment to workforce development, inclusion, and leadership.

Women now make up just over 10% of the U.S. construction workforce, though most occupy office or administrative roles.¹ Field-based trade positions remain predominantly male, highlighting a strategic opportunity. Expanding women's participation strengthens project teams, improves communication, and enhances problem-solving on every jobsite.²

Success in commercial construction depends on coordination among general contractors, subcontractors, specialty trades, suppliers, and owners. Women are increasingly taking leadership roles in project management, safety, estimating, and operations, bringing perspectives that improve efficiency, safety, and innovation.³

Mentorship programs, apprenticeships, and clear advancement pathways help Connecticut firms cultivate the next generation of field and office leaders.

This **Women in Construction Breakfast** is more than a celebration — *it's a call to action*. We are honored to welcome **Jennifer Rizzotti**, whose career as a professional athlete and coach exemplifies leadership, teamwork, and determination. Her journey reminds us that success is built on vision, preparation, and lifting others along the way — qualities that resonate strongly in commercial construction.

Connecticut's commercial construction community — from GCs to subcontractors and associate members — has the opportunity to lead by example. By fostering inclusion, supporting professional development, and cultivating leadership, we ensure the next generation of professionals is prepared, capable, and representative of the communities we serve.

Women are an essential part of that future — on our jobsites, in our offices, and in the leadership guiding the next era of the industry.

Sources: BLS (2024); ABC of Connecticut (2025); ENR (2024).

KEYNOTE

Jennifer Rizzotti - President, Connecticut Sun

Jennifer Rizzotti is a Connecticut native and the current President of the Connecticut Sun in the Women's National Basketball Association (WNBA). She joined the Sun after five seasons as the Head Women's Basketball Coach at George Washington University and 17 seasons as Head Coach of the University of Hartford Women's Basketball program, where she compiled a 316-216 (.594) record and was named America East Coach of the Year three times. Inducted into the Women's Basketball Hall of Fame in 2013, Rizzotti is well-known in basketball circles around the world, most notably as an assistant coach to the USA Basketball Women's National Team, with whom she won a gold medal at the 2020 Tokyo Olympics. Jen is also currently the USA Basketball 3x3 Women's National Team head coach and added 2023 USA Basketball 3x3 Coach of the Year to her resume after leading three 3x3 teams to gold at the 2023 FIBA 3x3 World Cup, the 2023 3x3 Women's Pan American Games, and the 2023 FIBA 3x3 Americup. In 2024, Rizzotti led the 2024 USA 3x3 Women's National Team to the Paris 2024 Olympic Games, where the team earned a bronze medal and won 2024 USA Basketball 3x3 Coach of the Year for her performance.

As a student at the University of Connecticut, Rizzotti first vaulted into the national spotlight as the starting point guard for the Huskies' first national championship team in 1995 with an undefeated 35-0 record.



A former All-American and the NCAA Regional Most Outstanding Player after her junior and senior seasons, in 1996 Rizzotti virtually swept the postseason awards as Big East Player of the Year, Big East Scholar-Athlete of the Year, the Associated Press Player of the Year, the Honda-Broderick Cup for Collegiate Woman Athlete of the Year, the Frances Pomeroy Naismith Award recipient, and the Wade Trophy winner. Rizzotti graduated as UConn's career leader in assists (637) and steals (349) and still ranks fourth and third all-time in those categories. Rizzotti played eight seasons of professional basketball following her graduation from UConn in 1996, winning two WNBA championships with the Houston Comets. Rizzotti and her husband, Bill Sullivan, have two sons, Holden and Conor.



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REFERENCES

Footnotes:

1. U.S. Bureau of Labor Statistics, Construction Labor Force Statistics, 2024. Provides national workforce data, including women's participation
2. in construction trades and office roles.
3. Associated Builders and Contractors (ABC of Connecticut), Workforce Development and Diversity in Commercial Construction, 2025. Highlights workforce programs, mentorship initiatives, and industry trends specific to ABC chapters and Connecticut commercial construction.
4. Engineering News-Record (ENR), Women in Construction: Leadership and Opportunity in Commercial Projects, 2024. Reports on the growing leadership roles of women and best practices for inclusion in commercial construction firms.
5. U.S. Department of Labor, Women in Construction Occupations, 2023. Provides statistical data on employment trends and occupational distribution for women in the construction industry.

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