



WEBINAR: Actively Engaging Women and Girls: Addressing the Psycho-Social Factors Promising Practices and Practical Ideas

LEADERS WEBINAR: October 8 @ 3:00 pm and October 9 @ 7:00 pm

(Boards, Executive Directors, Sport Consultants, Recreation Consultants, Municipalities, Sport Organizations)

FRONT LINE WORKERS WEBINAR: October 16 @ 3:00 pm and October 17 @ 7:00 pm

(Coaches, Dream Brokers, Teachers, Municipalities, Instructors, Sport and Recreation Consultants, Minor Sport Clubs or Organizations)

PRESENTER: Lori Johnstone - The resource's lead author and in partnership

DESCRIPTION: In 2012, Canadian Association for the Advancement of Women and Sport and Physical Activity (CAAWS) released a new Canadian Sport for Life (CS4L) resource – Actively Engaging Women and Girls: Addressing the Psycho-Social Factors, developed as a supplement to the CS4L foundation documents.

Women and girls, who account for more than 51 percent of the population of Canada, continue to be underrepresented in the Canadian sport and physical activity system. Awareness about biomechanical and physiological considerations unique to women and girls has increased, providing the foundation to improve training methods and competition programs for athletes. However, large gaps persist in knowledge and practice relating to the psycho-social factors that influence women and girls as participants, athletes, coaches, officials, leaders or administrators.

Drawing from CAAWS' CS4L resource, Lori Johnstone (the resource's lead author) will discuss enhancers and inhibitors to women's and girls' active involvement, and share promising practices designed to enhance female athlete development, leadership and life-long participation in sport and physical activity.

TARGET AUDIENCE: For Saskatchewan sport and recreation administrators, leaders and coaches from Provincial Sport Organizations, municipalities and communities, not for profit community organizations, educators, coaches, instructors.

This webinar is a valuable opportunity to:

- Better understand the experiences of women and girls
- Learn of promising practices from community, provincial/territorial and national sport organizations, coaches and administrators, and athletes collected during the development of the resource
- Identify targeted actions (including new or enhanced programs, projects, initiatives and individual actions) that parents, program leaders, coaches, and organizational decision makers can implement to make a difference
- Webinar participants will gather/collect practical ideas they can implement in their own organizations or programs, and/or with their athletes and participants, enhancing female athlete development, leadership and life- long participation in sport and physical activity
- Webinar participants can also share and seek feedback related to their own successes and challenges

CAAWS' Actively Engaging Women and Girls publication as well as targeted resources with recommendations for families, community leaders, schools, high performance coaches, and Provincial Sport Organizations can download at:

<http://www.caaws.ca/ActivelyEngaging>

TO REGISTER:

LEADERS WEBINAR: October 8 @ 3:00 pm

(SASK): <https://attendee.gotowebinar.com/register/2233409735005855488>

LEADERS WEBINAR: October 9 @ 7:00 pm

(SASK): <https://attendee.gotowebinar.com/register/2741746945875658240>

FRONT LINE WORKERS WEBINAR: October 16 @ 3:00 pm

(SASK): <https://attendee.gotowebinar.com/register/3300481371716120320>

FRONT LINE WORKERS WEBINAR: October 17 @ 7:00 pm

(SASK): <https://attendee.gotowebinar.com/register/722806102767410688>

FOR MORE INFORMATION CONTACT:

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