



*Increasing the participation of girls and young women
in physical activity and sport*

WORKSHOP INVITATION

On the Move is a national initiative to increase opportunities for inactive girls and young women (ages 9-18) to participate in sport and physical activity. *On the Move* is coordinated by CAAWS, the Canadian Association for the Advancement of Women and Sport and Physical Activity.

During this interactive, issue-based *On the Move* Workshop, participants will:

- ☑ Learn about the national *On the Move* initiative, CAAWS, and other exciting initiatives, such as *Aboriginal Girls On the Move*.
- ☑ Discuss the value of physical activity and sport for girls and young women, and the barriers they confront to their participation.
- ☑ Hear about best practices, successes and challenges from your community, and others across the country.
- ☑ Discover practical tips and program ideas to engage inactive girls and young women and create positive programs that support their participation.
- ☑ Network with individuals and community organizations, and discuss collaboration and local action to enhance existing programs or plan something new.

Practitioners, policy makers and volunteers involved in the sport, physical activity, health, education and social service sectors are invited to attend – e.g. municipal recreation staff, coaches, health promoters, teachers, school administrators, staff from friendship centres or settlement agencies, and parents. Workshop participants will receive a complimentary copy of the *On the Move* Handbook and other CAAWS resources.

COST: FREE!

WHEN: March 16, 2010, 5:00pm to 8:00pm

WHERE: E.S. Laird Middle School, 4808-45 Avenue, Lloydminster, SK

R.S.V.P. to: Monique Puech (306) 820-6096 or inmotion@pnrha.ca

Registration deadline is March 12, 2010

About the Workshop Facilitator

Chantelle Rouault-Gibson's background is playing, coaching, officiating and programming predominately female sports; including volleyball, softball, and gymnastics. Chantelle most recently is working on a project with the goal of incorporating more physical activity into the school day, identifying the importance of looking beyond traditional sport programming to meet the needs of individual teachers and students. Chantelle welcomes the opportunity to expand the dialogue about the importance of physical activity and ways to increase the participation of young women and girls.

For more information about CAAWS and *On the Move* visit www.caaws.ca.

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the Public Health Agency of Canada.***

