



*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: Thursday March 25, 2010 5:30pm–8:30pm

WHERE: Royal Arbutus Room (Building 300: Upper Cafeteria) at Vancouver Island University

Registration Required: Parks, Recreation & Culture, 250-756-5200, Course #94141

Space is Limited! Register by March 18, 2010

About the Workshop Facilitator

Jennifer Fenton is a member of JW Sporta: Health, Physical Activity and Sport Education Consultants, the Team responsible for the creation of the Premier's Sport Awards Program (p.s.a.p.), a physical education resource program designed to help teachers and instructors teach children their basic sport skills; and the development and delivery of Action Schools! BC, a provincial initiative designed to assist schools in creating individualized action plans to promote healthy living. Jennifer has played a leadership role with both CAAWS and ProMOTION Plus. She is a member of the West Vancouver Healthy Schools Committee and coaches her daughter in cross-country skiing and field hockey, and her son in volleyball.

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

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