



*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.
- ☑ 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 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.

Addressing the Needs of Newcomer Girls and Young Women: The Northeastern Ontario Recreation Association is collaborating with CAAWS to develop and implement a healthy living program for newcomer girls and young women in North Bay. The last hour of the workshop will be dedicated to discussing barriers and opportunities to engage newcomer girls and young women, and creating a development and implementation strategy for a new program for this target group.

COST: FREE!

WHEN: Friday, February 26, 2010 12:00pm–4:30pm *Lunch will be provided

WHERE: Sam Jacks Arena (West Ferris Arena) – Upstairs Auditorium, 42 Gertrude St. East, North Bay

R.S.V.P. to: Darlene Cormier – 495.2363 - dcormier1@vianet.ca

Registration deadline is Friday, February 19, 2010

About the Workshop Facilitator

Sydney Millar works as the National Project Manager for the Canadian Association for the Advancement of Women and Sport and Physical Activity (CAAWS). Sydney has delivered workshops and presentations across the country about creating inclusive physical activity programs and positive environments that address the unique needs, interests and experiences of girls and young women. Sydney lives in Ottawa, ON.

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

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