

Workshops facilitated by female role models.

LIKE A GIRL

SPORT DEVELOPMENT CLINICS & EMPOWERMENT WORKSHOPS

Featuring current and former CIS, Provincial & National Athletes, Coaches, and Educators.

EMPOWERING GIRLS TO BE GIRLS

This innovative program will raise awareness and empower girls through a unique series of interactive and engaging workshops, specially designed 'by girls for girls', and carefully combined with multi-sport development and promotion clinics. This unique and AGE APPROPRIATE approach to youth and sport development, along with FUN and innovative MULTI-SPORT drills, skills, and challenges, is guaranteed to help girls DEVELOP a love for SPORT, while developing physical literacy and improving confidence through all aspects of their GAMES!



Through exploring their interest and by taking advantage of all the program has to offer, female participants will build and strengthen self-esteem & confidence, through sport.

MULTI SPORT CLINICS

- ✓ BASKETBALL
- ✓ SPEED
- ✓ VOLLEYBALL
- ✓ AGILITY
- ✓ FUNDAMENTALS
- ✓ HOCKEY
- ✓ STRENGTH
- ✓ SOFTBALL
- ✓ MECHANICS
- ✓ SOCCER

Female role models (National, Provincial, and/or Elite CIS/NCAA athletes, coaches, and professionals) from Rising Stars Athletics & Education Inc., will deliver a special series of clinics and workshops while promoting healthy active living and mentoring young girls in the process.

WORKSHOP SERIES:

*6 - 2 Hour Sessions (Hour #1: Sport Development (Multi-Sport); Hour #2: Female Awareness & Empowerment Series (Like A Girl)).

1. MULTI-SPORT CLINICS
2. LEADERSHIP & EMPOWERMENT
3. INNER STRENGTH/INNER BEAUTY
4. SELF ADVOCACY & VOICE
5. THE FIT FEMALE
6. HEALTHY BALANCES—BODY, MIND, SPIRIT

Be a stronger and more confident GIRL!