

RETURNING TO SPORT: FOCUS ON GIRLS

In a crisis, we look for leadership from our leaders.

We either respect and love them or become disengaged them for the way they handle and communicate change. Your club is no different, in a girl and her parents eyes.

So how can you ensure you are loved and respected? Read on for some tips.

FACTS

- Age group most likely not to come back: **13 - 15 year old girls.**
- Girls want to be and feel part of something, a tribe, this for many is their team/squad/club.
- Girls want **fun**, friendship and to see/feel/hear they are respected and cared for.
- Your role? To provide an environment where girls can connect

EMPOWER THEIR HERO

- Girls look up to role models, for many this will be their **coach**, or another **prominent person at the club** who knows their name, asks how they are and shows respect and care for them as a person.
- Where possible make sure **this person** is around the group to boost confidence, help the girls flourish and feel valued.

SEND THEM INFO!

- They might not know at the start if they want to commit beyond a week or two, take care before thrusting a registration form in front of them/their parents.
- Girls will be conscious of **body image**, how 'fit/good' they are and where they fit in socially. Do you really care if they wear the uniform at the moment, if they don't want to?

TRAINING SESSIONS

- Make sure their group is easily identifiable on the ground/pitch/court.
- Give them a **chance to talk**/catch up without penalty (warm up, early in the session is ideal.)
- Focus on fun, relearning skills and loads of encouragement, **seeking perfection should be avoided.**
 - Girls are likely to be dealing with a whole range of emotions (not seeing classmates for months, returning to school, not having the same friendship alliances, parental pressure, feeling embarrassed for any reason!) **reaffirm that it is ok to feel this way!**
- **Ask the girls** how they felt about the session and act on their feedback.