

Get More Girls in the Game

Action Points from the Girls' Leadership Workshop, WickFest 2018



#ShellGrowIntolt #LeadOnCanada



School

1. Do a bottle drive for a gym that doesn't have equipment.
2. Have the option of nutrition classes at school.
3. Do a class presentation to showcase girls who do "non-traditional" girls sports.
4. Have a female athlete come present at my school.

Raising Awareness



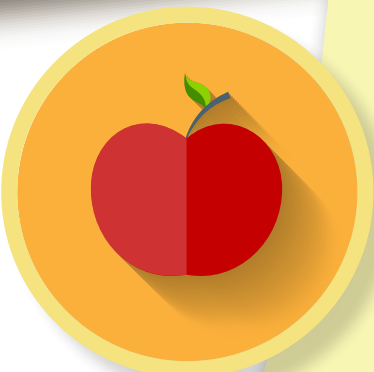
1. Encourage Bantam age players to volunteer on younger teams so that they could share their stories on their hockey careers and raise awareness about nutrition.
2. Share your story to inspire others.
3. Encourage others to step out of their comfort zone and join male dominated sports.
4. Encourage hockey clubs to have the same rules for boys and girls.
5. Have a day to bring awareness on girls' malnutrition.



Sports

1. Have more girl sports on TV.
2. If you grow out of hockey equipment, donate to people that aren't very active and teach them how to play sports.
3. Encourage hockey clubs to have the same rules for boys and girls.
4. Have more days like WickFest and other activities for girls about nutrition.

Nutrition



1. Do a food drive.
2. Start a breakfast club at my school.
3. Share knowledge about nutrition with other people.
4. Have a food donation box at my school with healthy food for girls (and boys) who need it most.
5. Tell others stories about the benefits of healthy eating.
6. Host a neighborhood run to raise money for food.
7. Start a social media account to bring awareness to nutrition problems.