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|  |  | Benefits of girls hockey |
| What does the research say? The Women’s Sports Foundation’s [**Coaching Through a Gender Lens**](https://www.womenssportsfoundation.org/wp-content/uploads/2019/04/coaching-through-a-gender-lens-report-web.pdf) report looks at girls ages 7-13 and offers some insight on what girls want out of sports. “In terms of the underlying motivation girls have to play sports, the data makes it clear: It’s really a combination of that sense of belonging and their desire for competition and goal setting,” Issokson-Silver said. “It’s not one or the other. There’s been this long-held misperception that girls are solely motivated by social aspirations.”  But it’s not just spending time with friends and being on a team that girls like. It’s also things like “the ability to challenge oneself and learn from mistakes,” Issokson-Silver said. The solution­­ Creating a Co-op to ensure SHAW opportunities that are close to home and affordable.  Creating choices! A successful girls program will give the option to CHOOSE between SHAW or a more competitive team.  Pride in our program that our families have BELIEVED in, traveled hours for and showed trust in our organization.  \*Read our Communication to all families with SHAW girls players for more information |  | Factors influencing girls participation in sportsWhy they drop out?  * Lack of access * Limited opportunities to play sports in high school and college * Teams at higher levels usually   + not local   + more travel   + cost more * Safety and transportation issues * Social stigma- discrimination * Decreased quality of experience as they get older including coaching talent in their community * Training facilities not as good for girls sports as boys * Lack of female role models  Why they need to stay in  * Sports= important life skills and educational and career success   + Teamwork / social skills   + Leadership/ perseverance   + Confidence * Sports are an asset to families fostering communication and trust between parents and children. * Helps enhance self-image * Improves family satisfaction and connection * High school athletes have a more positive body image * Adolescents who play sports are 8 times more likely to be physically active at 24 than those who do not play sports.  Percentage of girls in hockey |
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