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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 solution­­Creating 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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