



Parent Guide

Dear Parent/Guardian,

Welcome to Her Time To Play! Her Time To Play is a national initiative created by the WNBA and NBA to inspire the next generation of girls, ages 7-14, to play basketball in a positive and healthy way. Girls who play sports and do other activities have a healthier body image. And playing sports has lots of social benefits, too. Besides building friendships, girls learn teamwork and how to strive toward goals. Sports provide experiences in leadership, independence, and assertiveness. Girls who play sports also do better in school. But the number-one reason girls participate is to have fun!

What is Her Time To Play?

Her Time To Play is a free 8-12-week program that organizations register to run. Each organization that registers will receive a program kit which includes the following items:

- Administrator Curriculum
- Jr. NBA basketballs
- WNBA Posters
- Headbands, workbooks, and wristbands for all girl participants

Another focus of Her Time To Play is to encourage organizations to incorporate female mentors and role models into their program. The presence of female mentors can help break down barriers that prevent a greater number of girls from actively participating in sports and provide a safe experience for all participants.

When will my organization begin to run Her Time To Play sessions?

Please follow up with your host organizer about details regarding program specifics, including scheduling, start and end dates, etc.

How can I ensure my daughter gets a program kit?

To ensure your daughter receives a program kit, you must register for Her Time To Play under your organization's dashboard by their deadline date. You will receive email communication from your organization with a unique link on how to register under their program. Each registered girl participant will receive a headband, wristband, and participant workbook.

What topics are covered in the Her Time To Play curriculum?

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| • Building Confidence | • Bullying |
| • Dealing with Difficult Feelings | • Community Service |
| • Nutrition | • Strong Body/Strong Mind |
| • Smoking and Substance Abuse | • Dating and Sex* |
| • Body Image | • Digital Media Smarts* |
| • Self-Care | • Family Issues* |
| • Teamwork/Cooperation | • Stress Management* |
| • Playing Fair | • Pay It Forward* |
| • Diversity | |

**topic is covered by 11-14 age group only*





Her Time To Play



What if I don't feel comfortable with a topic covered?

The administrator curriculum provides facilitation tips and guidance for your organization on how to lead safe discussions about sensitive issues with the participants. However, if you do not feel comfortable with your daughter learning about a specific topic, talk to her coach to discuss further or ask that your daughter not attend that session.

How can I motivate my daughter to be physically active?

You've already taken the first step by enrolling your daughter in a program that uses the Her Time To Play curriculum. It is a unique education program that uses WNBA role models to educate girls about being physically active and avoiding health-risk behaviors. It is designed to be presented by adult leaders in a physical activity environment. You can learn more about the Her Time To Play program, the Women's Sports Foundation, the Jr. NBA and WNBA at JrNBA.com/HerTimeToPlay.

You can help your daughter build physical activity into her life outside of the Her Time To Play program. Help your daughter to stay active, every day, all year round. Here are some ways to motivate girls to be physically active:

- **Break down the barriers to activity:** Let her know that it's OK to sweat and be athletic. Encourage her friends to join in. When she sees them doing activity and having fun, she may be persuaded that it's cool after all. If she doesn't know anything about sports, start to watch different sports together so she can understand the rules and how different games are played.
- **Emphasize the non-aesthetic benefits of exercise:** Many girls are preoccupied with their bodies and physical appearance, but physical activity has many benefits that don't just have to do with looks, like strength, stamina, flexibility, and improved self-esteem. If she improves in these areas, she'll enjoy the activities and want to continue.
- **Introduce her to role models:** Let her see you working out, sweating, and making physical activity part of your life. Take her to girls' and women's sports events, like the WNBA.
- **Discover activities that fit her personality and body type:** Suggest activities in which she can be successful and challenged, that play on existing abilities, and through which she will learn new skills. Find a challenge for her skill level and body type.
- **Get with the program:** Once she has chosen a few activities she's interested in, find a program for her to participate in. Many girls' organizations have sports and physical activities—the YWCA, community recreation centers, local park and recreation departments, Boys and Girls Clubs, etc. Even a 10-minute "active" break while doing homework or watching TV helps. Check with local colleges for basketball camps or clinics held by women's basketball teams.
- **Buddy up:** Don't just tell her—show her! Be active together and set a good example. Start an activity bracelet (a charm bracelet will work) that includes balls and activity charms that commemorate the activities you tried and did together. Take a class together or show her your moves! Set up a basketball system in your backyard or your neighborhood where you can organize pick up games or plan fun oncourt activities.





Her Time To Play



- **Keep it fun:** Make a sports scrapbook. Each time you and your daughter try a new activity together or attend a sports event, create a new page in your scrapbook. Include pictures, ticket stubs, magazine clippings, etc. The possibilities are endless! Be creative!
- **Praise and reward her efforts:** A smile, a nod of the head, or some kind words of encouragement can be powerful.
- **Mix it up:** Make sure you are doing a wide variety of activities to keep her interested. Instead of focusing on one sport, try multiple sports on a variety of surfaces throughout the year. Each season try a weather-appropriate sport.
- **Encourage her to stick with it:** Help her schedule the time to be active by keeping a fitness calendar or putting your activities on a calendar. Sneak notes into her lunch or her clothes with words of inspiration or praise. Organize a trip to a WNBA game for her and her friends.
- **Take it to the next level:** If your daughter wants to join a sports team, she will need your support and encouragement in this pursuit. Learn the language and the rules of her sport. Cheer for her. Give her a pat on the back for her accomplishments and a shoulder to cry on for her disappointments. The great thing about sports and physical activity is how you get the chance to try again. You can be there to remind her that she has another chance. If you cannot afford program fees ask about the availability of scholarships.

We've come a long way in the past several decades. The physical possibilities for females today are endless. Girls can train and sweat and push themselves to their limits with pride. Best of all, girls who are active and play sports are more likely to have higher self-esteem and self-confidence. Giving your daughter the gift of sport and physical activity is a great way to ensure she leads a happy, healthy life. Don't let the opportunity pass you by!

