

Canadian Association for the
Advancement of Women in
Sport & Physical Activity



ACTIVELY ENGAGING GIRLS IN SPORT

Lumsden Centennial Hall
October 11th 7:00-8:30pm

Parents, Coaches, Teachers and Recreation Leaders are invited to a presentation by three-time Olympic Coach/Team Member, Carla Nicholls, focusing on several key issues central to supporting girls and young women as athletes and leaders. Discussion will center around the benefits of sport and recreation for girls and young women, positive role models, "on and off ramps", training environments, injury prevention and positive self image.



THE TOWN OF
LUMSDEN



During the presentation, girls will be invited downstairs to participate in a group workout led by Lumsden's GO Fitness with the World Class Saskatchewan Athlete Kia Schollar!

Following the workout the girls will take part in an inspirational conversation and Q&A session with Kia.



Pre-registration requested
prior to October 5th
by calling or emailing Aileen Martin
aileen.pdsr@sasktel.net
1-306-726-2087 ext 1

For more
information on
CAAWS and/or
Carla Nicholls
please visit
www.prairiecentral.ca