

Quality Sport for Girls

The goal of quality sport is to deliver a positive experience, laying the physical, mental, and social foundations to be inspired to stay active for life.



43% of adolescent girls say that the quality of a sport experience is a barrier to participation.

Here's a list of indicators of quality sport, defined by Canadian Sport for Life:



GOOD PROGRAMS ARE:

- Participant centered
- Progressive and challenging
- Designed with planned and meaningful competition
- Engaging and fun



GOOD PEOPLE INCLUDE:

- Trained coaches, officials, instructors, and teachers
- Knowledgeable parents
- Supportive partners
- Responsible leaders



GOOD PLACES ARE:

- Inclusive and welcoming
- Fun
- Fair
- Holistic
- Safe

NOTE!

Young girls have different training needs than adults or their male peers. Choose organizations that have specifically designed training programs for females.

For Parents:



Educate yourself.

Understand what makes up quality sport and advocate for your child. Ensure the sports and programs you register your child for meet quality standards and understand the goals of the program. Reach out to organizations and ask questions if answers aren't readily available.



Monitor your child's participation.

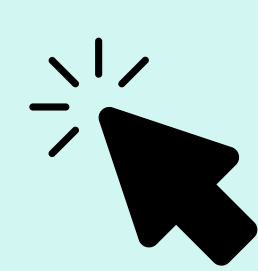
It's tempting to drop your child off and go, but check-in periodically, ensuring your child is having a good experience, and if not, why? When programs allow spectators, put down the phone and watch how your child interacts with coaches and other children.



Manage your expectations.

Understand what your child is capable of doing at their age and stage of development (including physical, emotional, and social). Ensure that the program and sport delivery matches your child's individual needs. Be a positive champion, win or lose.

Here's a tool to help assess the quality of sport programs and organizations:



Quality Sport Checklist