



Mayo Sports Partnership Women And Girls In Sport Seminar

WHY?



The purpose of this event was to encourage open discussion and thinking out loud the contributing factors why teenage girls and women were dropping out of training, teams or any form of physical activity.

An influential panel of speakers examined the issues of drop out in sport and physical activity through this seminar. The event dealt with various topics including the importance of staying active, the issues around drop out, barriers/facilitators to girl's/women's sport and positive change.

Also, through the Girls Active funding several girls post primary schools in Ballina had the opportunity to participate in activities that they had not previously experienced in the lead up to the event itself.

AIMS



- To create awareness as to what & why teenage girl's dropout of sport and physical activity
- To demonstrate the positive impact sport and physical activity can have on females later in their lives
- To encourage females to participate in sport and physical activity as a lifelong habit/hobby
- To motivate girls to try new sports whatever your age or ability.

IMPLEMENTATION

- Communication and collaboration with stakeholders/partners to plan the event
- Communication with National Governing Bodies of Sport seeking panel members for the event.



OUTCOMES

- 220 Females attended the event
- Local clubs and organisations were present at the event
- Girls were motivated to organise and develop some new programmes in their schools
- 2 of the females who participated in the Girls active programme that proceeded the event have developed an interest in outdoor activities and are hoping to continue this interest into further education
- Awareness around the Healthy Ireland programme was created.

22
LADIES AND
WOMEN
ATTENDED

12
ORGANISATIONS
WERE INVOLVED

2
SCHOOLS
PARTICIPATED

NEXT STEPS

Continually striving to address the issue of participation levels of women and girls in sport and physical activity in Mayo.

Delivering programmes for women only in Mayo, for example ladies 'Try a Tri'.

The girls were so motivated on the bus on the way home and they are even discussing starting up a girls Rugby team in the school asap!
Thank you very much for a very informative day.

-Teacher, St. Tiernan's College, Crossmolina.

