Making Sport Fit for Women & Girls

Fit4Women

National Insight, Local Strategies

#fit4women
CONFERENCE PROGRAMME
LONDON 21st February 2014
University of Greenwich – 10am to 4pm

By 4pm you will...

- be inspired by a new way of understanding women and girls and how this could impact your delivery of sport and physical activity
- feel capable of challenging the status quo around engaging women and girls
- be able to identify practical delivery methods and tools to take back to your workplace
- have seen how local women and girls have been successfully engaged and retained in sport
- have identified opportunities for partnership working

10.00 – 10.30am  Welcome
Radha Balani, Women’s Sport and Fitness Foundation
Jo Aitken, London Sport (formerly Pro-Active East London)

10.30 – 11.15am  Women’s Sport and Fitness Foundation
Radha Balani and Jennie Platt
Creating a Nation of Active Women
Understanding Women’s Lives and the Role of Sport and Physical Activity

11.15am – 12.00pm  Local case studies
London Sport and Essex FA
Goals 4 Girls project
Interactive
Engaging disabled women and girls in sport

12.00 – 12.45pm  Lunch and networking

12.45 – 1.30pm  Local case studies
Chris Anderson, London Sport and Odell Lewis, Fit West Essex
Female only Sportivate round and girls gym/fitness project
Tasnim Desai, Active Sisters
A chance to feel strong, confident and improve your well-being

1.30 – 3.30pm  Breakout sessions
Increasing sports participation amongst women and girls: The journey from project initiation to evaluation.
A team activity that will allow you to co-create a project with your peers in the room based on the new research you have heard about, and the best practice from today’s case studies. Be prepared to be innovative, creative and interactive

3.30 – 4.00pm  Summary and questions
CONFERENCE PROGRAMME
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By 9pm you will...

- have enhanced your understanding of the current coaching landscape and its relationship with female participation
- have seen insight that will help you think differently about your coaching
- be able to recognise what you can do to welcome more women into coaching
- be asked to make a pledge to help make a difference

6.00 – 6.20pm Welcome
Radha Balani, Women’s Sport and Fitness Foundation

6.20 – 7.00pm sports coach UK
Sarah Cohen, Diversity and Inclusion Lead
Introducing the coaching landscape
Women and qualifications research
Interactive session

7.00-7.20pm Meet the deliverers
1. Lesley Tischler, Performance Pathway Coach, England Netball
   It’s all about heart

7.20 – 7.45pm Panel Q & A
An opportunity to pose your burning coaching questions to....
WSFF, sports coach UK, London Sport (formally Pro-Active East London) and Katee Hui - Hackney Laces

7.45 – 8.00pm Break and networking

8.00 – 8.40pm Meet the deliverers
2. Katee Hui, Hackney Laces
   This is what a footballer looks like
3. Christine Dransfield, Tennis Head Coach, Greenhouse

8.40 – 9.00pm Closing summary and pledge