Making Sport Fit for Women & Girls

Fit4Women

National Insight, Local Strategies

#fit4women
CONFERENCE PROGRAMME
COVENTRY – 24th February 2014
Ricoh Arena Community Space – 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
Tony Costello and Emma O'Dowd, CSW Sport

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
Debbi Rawson, Aston Villa FC
Villa in the community
Dan Newton, Rounders England
Chuck it, Whack it, Leg it, Smile...

12.00 – 12.45pm  Lunch and networking

12.45 – 1.30pm  Local case studies
Caroline Johnson, Rugby Borough Council and Marian Allen, Rugby and Northampton Athletics Club
Ready, Steady, Run project
Ian Duckmanton and Naomi Bird, Sport Across Staffordshire and Stoke on Trent
A CSP approach to sport and delivering to equity groups

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**
**COVENTRY – 24th February 2014**
*Ricoh Arena Community Space - 6 to 9pm*

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

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>6.00 – 6.30pm</td>
<td>Welcome</td>
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<tr>
<td></td>
<td><em>Radha Balani, Head of Insight and Innovation, WSFF</em></td>
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<td>6.30 – 7.15pm</td>
<td>sports coach UK</td>
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<td><em>Sarah Cohen, Diversity and Inclusion Lead</em></td>
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<td>Introducing the coaching landscape</td>
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<td>Women and qualifications research</td>
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<td>Interactive session</td>
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<td>7.15 – 7.45pm</td>
<td>Panel Q &amp; A</td>
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<td><em>An opportunity to pose your burning coaching questions to:</em></td>
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<td><em>WSFF, sports coach UK, CSW Sport and Rachel Brown - RFU</em></td>
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<td>7.45 – 8.00pm</td>
<td>Break and networking</td>
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<td>8.00 – 8.40pm</td>
<td>Meet the deliverers</td>
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<td>1. <em>Sarah Biggs, Coventry Dynamite Cheerleaders</em></td>
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<td><em>CSW Coach of the Year 2013</em></td>
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<td>2. <em>Anna Robertson, Herefordshire Cricket Limited</em></td>
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<td><em>From the cage to the oval</em></td>
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<td>8.40 – 9.00pm</td>
<td>Closing summary and pledge</td>
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