



***Increasing the participation of girls and young women
in physical activity and sport***

Saskatchewan *in motion* with the Canadian Association for the Advancement of Women and Sport and Physical Activity (CAAWS) would like to invite interested leaders to attend the:

***On the Move Program Facilitator Workshop
November 6 & 7, 2008
Saskatoon SK.***

On the Move is a national initiative to increase opportunities for inactive girls and young women (ages 9-18) to participate in sport and physical activity. *On the Move* is coordinated by CAAWS, the Canadian Association for the Advancement of Women and Sport and Physical Activity.

During the interactive, issue-based ***On the Move Program Facilitator Workshop***, participants will:

- Learn about the national *On the Move* initiative, CAAWS and other exciting initiatives, such as *Aboriginal Girls On the Move*.
- Discuss the value of physical activity and sport for girls and young women and the barriers they confront to their participation.
- Hear about best practices, successes and challenges from your community and others across the country.
- Identify practical tips and program ideas to engage inactive girls and young women and to create positive programs that support their participation.
- Network with individuals and community organizations to discuss collaboration and local action to enhance existing programs or plan something new.

The *On the Move* Workshop is appropriate for everyone from practitioners to policy makers – anyone interested in the health and well-being of girls and young women in the community.

Expression of Interest for *On the Move* Program Facilitators:

Saskatchewan *in motion*, along with the Canadian Association for the Advancement of Women and Sport and Physical Activity (CAAWS) are seeking motivated and qualified individuals to be trained as ***On the Move* facilitators**. Each interested facilitator will receive comprehensive training in the delivery of the *On the Move* Program. They will partner with Saskatchewan *in motion* and CAAWS to deliver the workshops to interested communities, organizations, professionals and networks involved in physical activity in the province of Saskatchewan.

Recommended qualifications for Program Facilitators:

- Past or present leadership role in sport, physical education, recreation, physical activity
- Experience in delivering workshops, seminars/training sessions or teaching
- Confident public speaker with an ability to engage participants in discussion
- Have a women centred approach and personal commitment to engaging girls and women in sport and physical activity
- Have strong working relationship and access to existing network of girls and women aged 9-18 years old (sports team, school environment, community recreation centre, health centre etc)

Saskatchewan ***in motion*** with CAAWS agrees to:

- Coordinate with CAAWS the *On the Move* Program and the On the Move Program Facilitator Workshop in Saskatchewan
- Ensure comprehensive training to all participants that includes theory and interactive sessions
- Provide workshop materials
- Provide marketing and promotion of the *On the Move* Program
- Provide logistical information and guidelines to interested workshop hosts
- Provide an opportunity for post training follow up (conference call) following the training session, as well as ongoing support of the CAAWS Master Facilitator.
- Coordinate facilitators to deliver workshops on their behalf.

On the Move Program Facilitators agrees to:

- Attend and fully participate in all aspects of the training session (details below)
- Commit to deliver two workshops within two years of training
- Deliver content as provided
- Promote *On the Move* Program through networks
- Complete reports in a timely manner following each workshop
- Participate in ongoing communication with Saskatchewan ***in motion*** and CAAWS.

Workshop Facilitator – Sydney Millar

Sydney works for the Canadian Association for the Advancement of Women and Sport and Physical Activity (CAAWS) as the National Project Manager for *On the Move*, *Team Spirit: Aboriginal Girls in Sport*, and *Aboriginal Girls On the Move*. Sydney has delivered workshops and presentations across the country about creating inclusive physical activity programs and environments that address the unique needs, interests and experiences of girls and young women. Sydney has recently moved to Ottawa ON.

The Workshop will take place:

November 6, 2008 – Willows Golf Club – 8:30am – 7:30pm
and

November 7, 2008 – University of Saskatchewan – 8:30am - noon

Number of Participants: 8 max.

There will be no fee to attend the workshop.

All materials, meals, accommodations and mileage will be covered.

Interested individuals will complete the attached application form and send to Saskatchewan ***in motion*** no later than **October 31, 2008**. All interested parties will receive confirmation and a schedule of events once their applications have been received.

For more information please contact Saskatchewan ***in motion*** – **1.866.888.3648**

For more information about CAAWS and *On the Move* visit www.caaws.ca.

On the Move Workshops have been made possible through a financial contribution from the Public Health Agency of Canada.

