



Helping to create the next generation of female sports leaders and give our girls the best resources to be active



Parent Education Module

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Key topics: Benefits of playing sports, LTAD model, parent impact on the learning process.

Girls In Sports Alberta believes that parents play a huge role when it comes to kids' participation in sport. However, instead of the traditional parent module we take a different approach that we hope to proactively change the mindset of parents. Through this type of module, parents will begin to appreciate the whole process of sports and what kind of long-term impact it can have on their child. With this new understanding it can help the parent have more positive interactions with coaches, officials and club administrators.

Benefits of Sports

This section will review the positive traits and experience kids learn while participating in sports. We will also discuss how these can transfer to school and work and how powerful of an impact it has as the child grows older. During this section we can add girl specific statistics and information at the organizations request.

LTAD model

This section we will provide an overview of the LTAD model for both boys and girls. The key focus is not on the ages outlined in the model but the physical development, especially at the learn to train, train to train and train to compete stages.

Parent impact on the learning process

This section will be more interactive. Through discussion, it will focus on how the parents can aid in the learning process to help foster the traits learned by sport and how to encourage their child throughout their time in the league.

Details of the workshop

Time: 2 hours

Cost: \$110.00

If you have any other specific topics that you would like GISAB to cover please let us know. Any additional hour added to the workshop will be \$50.00 per hour.