

GIRLS L.E.A.D

LEARNING EMPOWERMENT THROUGH ATHLETIC DEVELOPMENT



Our Mission

Girls L.E.A.D provides young women and girls, of all ages, the opportunity to freely participate and actively engage in sports-related activities in a safe and inclusive environment. Along with allowing participants to engage in a healthy and active life-style, Girls L.E.A.D also teaches the importance of having confidence and love for yourself and those around you. Additionally, the Girls L.E.A.D program makes it a priority to tackle and sheds light on important female related topics.



Site Registration Link

<https://forms.gle/KNLRttNguXFgFzi77>

new
york
edge

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Fall Curriculum Overview

September

- Welcome to Girls L.E.A.D
 - Setting Personal Goals.
- Learning the basics of yoga and mindfulness

October

- Women's Health
 - Higiene
 - Building and Establishing Healthy Relationships
 - Fall Ball
 - Flag football
 - Volleyball
 - Basketball
 - Handball

November

Origin of traditional Native American games lacrosse

- The Hand game
- Archery
- Chunky

How to express one's feelings

How to communicate effectively

December

The most Successful Sports Teams:

What made them successful?

Team building activities

human knot

- Pass the Hula-Hoop
- Pictionary
- Charades
- Hot-Dog Tag



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No Girls L.E.A.D. Specialist, No Problem!

You can offer Girls L.E.A.D at your site without a Girls L.E.A.D Specialist. It is important that the specialist assigned to conducting the Girls L.E.A.D program should have experience in sports/physical activity, as well as experience working with and/or coaching girls.



Site Director Evaluation Sheet

https://drive.google.com/drive/u/1/folders/1yY51ZXJFvQI8YdfR9DsPqFNONV-G1b_Y



Contact Information

Have further questions or concerns regarding Girls L.E.A.D? Please reach out to the Girls L.E.A.D Coordinator Rachel Florek

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