



# Hello Parents....

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*Welcome to the **Keep Your Girls Playing** initiative*

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Why do we need this ?



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*In spite of the numerous benefits of sports for girls, 1 in 2 give up by the age of thirteen.*

*Fewer girls meet the physical activity guidelines than boys.*

*The move to secondary school can present extra challenges - in terms of time and social pressures.*

*We want to work with you to keep your girls playing!*

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## What's involved ?



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*Teamwork - you, the coaches, transition year students and your daughters all learning together about:*

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- *Being involved*
- *Developing great team chemistry*

- *Role models*
  - *Mindset*
  - *Supporting at matches*
  - *Benefits of playing sport*
  - *Reasons to stay and play*
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Each month...



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**Parents,**

*You will get a little slide show (just like this one) with helpful hints on how to support your daughter to continue to play, and benefit from sport.*

**Girls,**

*Transition years will join your girls once a month to add some extra fun to training and show them that it's possible to stay playing in secondary school.*

## Coaches,

*Coaches will support this initiative too, making extra efforts to keep the girls involved.*

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### What the experts say...



'This is a very important project aiming to support young girls, and their parents, manage the transition to secondary school and to maintain their sporting involvement. Unfortunately, drop off from sport typically occurs during this time and it is great to see a project address this by involving all the important stakeholders – parents, players and coaches.'

Dr. Áine MacNamara, Associate Professor in Elite Performance, Dublin City University



Our Aim.....



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*To give the girls every opportunity to enjoy their sport, make great friends and make the choice themselves to continue to play.*

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A message from Laura...



To kick off the project, here's a little message from Ireland Rugby International, Laura Sheehan, for you to share with your daughter...

