

Network News

Girls and Women in Physical Activity and Sport

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BRITISH COLUMBIA
 Ministry of Community, Aboriginal
 And Women's Services
 SPORT AND PHYSICAL ACTIVITY BRANCH

A New Foot Forward

This past year has been a time of renewal and growth for Promotion Plus. We have created a new logo and a new website (please visit www.promotionplus.org), gone through extensive organizational development and planning, and hired a new Executive Director. Now in its 11th year, at Promotion Plus we continue to promote equity for girls and women in physical activity and sport and remain dedicated to providing resources and support for girls and women's positive experiences in physical activity and sport. We recognize the important role physical activity plays in the development of self-esteem and in the promotion of health and well-being for girls and women.

Please Update Your Profile

Promotion Plus has an extensive network of over 3,000 amazing individuals like you. We want to make sure that we have the correct information on file. Furthermore, in an effort to be more efficient we are trying to include an email address for each contact. This will help us greatly reduce our mailing costs. We would appreciate it if you would drop us a quick email (info@promotionplus.org) with your latest contact information including name, email address, mailing address and phone/fax numbers. We promise that we will only use this information to send you direct communication from Promotion Plus.

What's Inside . . .

This issue is about *celebration*. Join us in *celebrating* the return of the Network News, a newsletter that is an important way to create connections among individuals across the province and to stay current on events relevant to girls and women in sport and physical activity. This will be the last free issue of Network News as the newsletter will only be available to Promotion Plus members in the future. Become a Promotion Plus member today. This issue also highlights female athletes' accomplishments and commitment. And finally, we are *celebrating* summer — it's a great time to be physically active!

Our Vision:

All girls and women in the province of British Columbia will participate in and have access to a complete range of opportunities, choices, and resources for positive experiences in physical activity and competitive and recreational sport and have equity as participants and leaders.

Network News Update!

If you would like to continue to receive the Network News newsletter then we encourage you to become a member of Promotion Plus today. As a member we welcome your feedback to enhance the content of the newsletter so please don't hesitate to contact us if have any ideas for the Network News.

Newsletter Contributors:

WRITER AND RESEARCHER
Christine Harris

EDITOR & LAYOUT DESIGNER
Linda Finch

CONSULTING EDITORS
Colleen Reid
Jennifer Fenton

SENIOR EDITOR
Gina Mollicone Long

PUBLISHER
Promotion Plus

Please contact us with any questions, comments, or for more information at:

#305-1367 West Broadway
Vancouver, BC V6H 4A9
Tel: 604-737-3075
Toll Free (in BC):
1-877-55-PROMO
Fax: 604-738-7175
Email: info@promotionplus.org

Welcome to Gina!

Promotion Plus proudly introduces Gina Mollicone Long as the new Executive Director. Gina brings solid business experience and passion to the position. Professionally, she has managed brands, people and companies. Her expertise in developing strong profiles, creating lasting partnerships and optimizing work processes will strengthen the presence of Promotion Plus in the BC community. Her enthusiasm and energy for promoting opportunities for physical activity and sport for girls and women will undeniably help to build a more responsive and equitable system and healthier and stronger individuals. We welcome Gina to our team and we look forward to her working with you in the near future.

New Membership Opportunity!

In becoming a member of Promotion Plus, you can enable us to continue our work for girls and women across the province. In these current times of government cutbacks, financial support from like-minded individuals is more important than ever. Promotion Plus values equity and inclusivity. We therefore recognize that membership fees may be a financially difficult for some girls and women, and have created a Membership Trust Fund. Please consider making an additional donation of any amount to ensure that all girls and women are able to become members of Promotion Plus. Your contribution is greatly appreciated. Membership forms are available at www.promotionplus.org.

Board Members Wanted – Promotion Plus

Now in its 11th year, Promotion Plus is committed to continuing to promote the participation and leadership of girls and women in physical activity and sport in British Columbia. We are seeking individuals from across British Columbia to become members of our Board of Directors. Board members are expected to support the Society's Mission, Core Values and Principles. Please visit our website to view our mission, values, and principles. Board members serve 2 year (renewable) terms, are expected to attend approximately 5 meetings per year and participate on a standing committee. This is not a salaried position, but approved direct expenses related to the position are reimbursed.

QUALIFICATIONS:

- Interest and experience in creating an environment of equity, access, and opportunity in physical activity and sport for all girls and women
- Female
- At least 19 years of age
- A member of Promotion Plus

To apply, please submit your resume along with any other relevant details to Promotion Plus Nominations Committee at info@promotionplus.org by August 15, 2002.

Current Board Members:
Jennifer Fenton, Sandra Friedman, Dena Coward, Indy Bath, Bryna Kopelow, Janet Ready, Holly Rogers, Colleen Reid, Lynda Cannell.

Updates

► In January the provincial government eliminated the Provincial Athlete Assistance Program (AAP) for 2004-5. Sandra Stevenson, president and CEO of Sport BC commented that AAP provides direct financial assistance to high performance athletes and is crucial for a strong 2010 Olympic bid. Stevenson hopes that alternative funding can be secured.

► Marion Lay is the new President of 2010 LegaciesNow Society and is working hard with the sport, recreation, and health sectors to build legacies in our communities. Contact the LegaciesNow Society office with any enquiries at 604-806-4065 or follow the activities of the 2010 Bid at www.winter2010.com

► Promotion Plus's Victoria Committee partnered with KidSport Victoria to host their first annual golf tournament at the Juan de Fuca Golf Course on May 23. The event sold out and raised \$1,200 for KidSport Victoria. Congratulations!

► The World Conference on Women and Sport was held May 16-18 in Montreal. Delegates from over 97 countries attended the event hosted by the International Working Group on Women and Sport. The aim of the conference was to influence decision-makers responsible for developing opportunities for girls and women in sport throughout the world. The next conference will be held in Japan in 2006.

► On May 27, 2002, CAAWS (Canadian Association for the Advancement of Women and Sport and Physical Activity) welcomed Karin Lofstrom as Acting Executive Director. Lofstrom is a respected sports administrator with over 20 years of experience and an extensive background in a variety of sports organizations. The former Executive Director, Sue Hylland, moved on to become the President and CEO of the Canada Games Council.

Calendar of Events

Vancouver and Victoria to host FIFA Under19 Women's World Championship

This summer Vancouver and Victoria will host some of the greatest soccer nations in the World. Brazil, England, France, Germany, Mexico and other teams will be here to challenge for the title of Women's Under-19 World Champions. This is the first time since 1987 that Canada has hosted a FIFA World Championship tournament, and the first time ever for Vancouver and Victoria.

The World Championship games will take place at Swangard Stadium in Vancouver on August 17, 19, 21, 24 and at Centennial Stadium in Victoria: August 17, 19, 21, 25. Check the schedule for times www.canadasoccer.com/fifawu19

Ticket prices start at \$5. In Vancouver tickets are available at Ticketmaster at 604-280-4444 or online www.ticketmaster.ca. In Victoria, contact All Sports at 250-380-1980 or Soccerworld at 250-475-3777. For more information about the tournament contact Yannick Unvoas (Vancouver): 604-299-5756 fifa19@soccerbc.com or Frank Leversedge (Victoria) 250-658-9295, fifa19@shaw.ca

September 24: Promotion Plus Annual General Meeting

All members are invited to attend the Annual General Meeting in room 106,1367 West Broadway from 8pm to 9pm. To become a member, fill out the form on the back of this newsletter. RSVP by September 17th, 2002.

October is Women's History Month — Women and Sports — Champions Forever!

Make sure your organization celebrates this opportunity. Check

with Promotion Plus for flyers and promotional materials to distribute.

October 2: International Walk to School Day

This event promotes safety, health, physical activity and concern for the environment. In 2001 over 1080 schools participated around the country. Register at www.waytogo.icbc.bc.ca

October 4: WISLAN

(Women in Sport and Recreation Administration Network) Breakfast meeting, Prince George, location TBA. For more information contact Promotion Plus or Ann Oishi at ann_oishi@telus.net

Friday, October 18: WISLAN

Breakfast meeting, Kelowna, 7:30 - 9:00am, location TBA. Contact Promotion Plus at promotion.plus@telus.net or 1-877-55-promo.

November 20: WISLAN

Breakfast meeting, Cedar Hills Golf Course, Victoria 7-9am. This event includes a media panel that will share ideas on "How to get the word out on sport and physical activity events". \$20 Early Bird (payment must be received by November 6), \$25 at the door, \$15 for students (must pre-register). Contact Patti Hunter at patti_hunter@telus.net.

November 28-December 1: National Conference on Women, Sport and Physical Activity: "Taking Action", Hamilton, Ontario. For more information, go to www.caaws.ca/conference/

March 6, 2003: Promotion Plus Leadership Awards Evening.

Mark it on your calendar and watch for details in the next newsletter or on the website.

Summer Reading



Whatever It Takes: Women on Women's Sport eds Joli Sandoz and Joby Winans. Farrar, Straus and Giroux, New York, 1999.
Reviewed by Christine Harris

This book is filled with inspiring stories about women athletes that answer the question “what do sports mean to you?” As the editors state in their introduction, ***Whatever It Takes*** was inspired by the desire to combat the silence surrounding women athletes. The stories in this book challenge the cultural understanding that “physicality” and “athlete” are inherently male concepts.

Passion, humour and pride surface in each athlete's story. Regardless of the age or the level of experience of each athlete, determination and a love of physical activity is evident to the reader. A wide variety of sports are included in this collection, giving the reader the opportunity to experience vicariously many different activities. While reading these stories, I was transported to the track, pool, softball diamond, wrestling mat, and felt the burn of muscles, dripping of sweat and an intense desire to win.

The women write about participating in sports during their childhood, becoming active in a new sport as an adult, and the continuing passion for a sport that has followed them into adulthood. Many of these stories are like history lessons: they contain memories from adult women's childhoods before the days of Title IX, a ground breaking piece of legislation that forced American schools to equally fund girls' and

boys' sports. These women are pioneers who fought to be taken seriously and recognized for their physical accomplishments. They paved the way for the current generation of female athletes. Despite the variety of sports covered, this same attention is not given to women's diversity around issues of race, class, and ability. The editors missed an opportunity to illustrate the ways that these issues combine with gender to influence women's experiences of sport and physical activity.

Discrimination because of race, class and/or ability is experienced by many women and it is important to better understand these factors so that we can work to prevent all inequities.

Sexual orientation and relationships, however, are themes that run through the book. Some women write about meeting a boyfriend or husband through sports or about experiencing a conflict between the pressure to be “feminine” and their desire to compete and win. Other women write about being a lesbian and finding a community or a sense of belonging on a team.

I gained something different from each of these stories and felt my own passion for sport and physical activity renewed while I was reading this book. You will be hard-pressed to find another publication that so vividly captures women's experience of sport. Indeed, a look at the sports section of any newspaper

reveals limited (if any) coverage of women's sports and athletes. This book shows that this is possible.

Are you hungry for more positive images of female athletes? ***What Does a Female Athlete Look Like?*** (by Jane Gottesman, Random House, 2001) is a fantastic book with pictures of females in a variety of sports. It also includes short written pieces to compliment the photos. This book is visual proof of what the athletes in ***Whatever It Takes*** express: passion, humour, pride and a desire to win.

Other books to add to your summer reading list:

Black Tights: Women, Sport and Sexuality
by Laura Robinson.
Harper Collins, 2002

The Frailty Myth: Redefining the Physical Potential of Women and Girls
by Colette Dowling.
Random House, 2000

Body Thieves: Help Girls Reclaim Their Natural Bodies and Become Physically Active
by Sandra Friedman.
Salal Books, 2002

Hot off the Press!

Sandra Friedman, co-chair of the Board of Directors of Promotion Plus has just launched her latest book ***Body Thieves*** and it is available from Promotion Plus. Please visit the website or contact the office if you would like to order a copy.

StatsCan Report on Physical Activity

A recent study by Statistics Canada reveals high levels of physical inactivity among Canadians in all age groups in 1998. The report breaks down the population according to gender and age group. In all categories (ages ranging from 12 to over 75) more females than males report being physically inactive. These statistics have been compiled according to participants' answers to questions regarding frequency, duration, intensity and leisure-time physical activity.

Another StatsCan report (1998/99) shows the adverse effects of physical inactivity on children. This national longitudinal study demonstrates that children who are active in organized activities outside of school (for example, sports and music) have higher levels of self-esteem, interact better with friends, and perform somewhat better in school. It was also discovered that teenagers between the ages of 12 and 15 have "especially low self-esteem" are "more likely to smoke" if they are inactive. You can access the StatsCan reports at www.statscan.ca

These reports clearly show the importance of encouraging and helping females of all ages become physically active. There are many rewards: increased energy,

improved self-esteem, and reduced risk of osteoporosis and heart disease are some of the many benefits. A recent study published in the *New England Journal of Medicine* found that a "healthy-heart lifestyle" including regular exercise and no smoking could prevent as many as 83% of heart attacks (*Active Living* March 2002).

Summer and early Fall are great times to get active! Here are some tips from Health Canada (2002) to make the most of the warmer weather:

- ▶ encourage friends and families to take outings based on fun activities such as hiking, biking or walking to create lasting memories and help instill a joy of being physically active throughout life
- ▶ try to bike, inline skate or walk to work or the store instead of driving. If you use public transit, try getting off a stop or two early and walk the rest of the way.
- ▶ for inactive children and youth, it is recommended that they increase the amount of time they spend physically active by at least 30 minutes per day and decrease the amount of time they spend being physically inactive (watching TV, playing video games, surfing the internet) by at least 30 minutes per day*.

** It only takes a little bit each day to get yourself physically active! Health Canada now has a one-page guide for active and healthy living for children and youth. A handbook containing tips for parents and teachers is scheduled to be published in the fall of 2002. You can download a copy of the guide from www.hc-sc.gc.ca/hppb/paguide/youth.html*

Awards and Accomplishments

- ▶ On March 13, Sarah Hunter was presented with the Harry Jerome Comeback Award. Hunter is a National Paralympic Wheelchair Tennis Team member who sustained a spinal cord injury in 1997. Previous to her injury she was a highly competitive athlete in hockey and lacrosse. Hunter began playing tennis in 1999 and in her first year as a pro, she won 5 singles titles and 6 doubles titles – more than any other Canadian.
- ▶ Vancouver's Jessica Deglau won 4 gold medals at the Mel Zajac International Swim Meet held at UBC over the weekend of May 26. Alison Sheppard of Duncan, B.C. collected 3 gold medals. The Canadian women had an incredibly successful weekend, winning 15 of 16 races.
- ▶ Congratulations to all of our athletes who recently competed at the Commonwealth games in Manchester, England.

Physical Activity and Sport Opportunities:

See also the Calendar on the new Promotion Plus website at www.promotionplus.org.
If you have any events you would like added to our calendar, please contact the office.

Women's Only Mountain Biking:

Have you always wanted to learn to mountain bike? Women's Only Mountain Biking provides an environment for women to learn in a safe, non-threatening and fun environment. They have 4 levels of courses to offer from absolute beginners to advanced riding on the trails and mountains! They also offer one-day specialized workshops on how to maintain your bike, go over logs and go downhill with no fear! As well, spend a weekend in Whistler for the Peddle and Paddle weekend. To get involved or for more information visit their website at www.womenonly.com or phone 604-468-BIKE (2453).

Administrative Coordinator for Promotion Plus

Promotion Plus is seeking an Administrative Coordinator for three or four days a week in a permanent capacity.

The successful applicant will be an enthusiastic individual with excellent administrative and organizational skills. The ideal candidate will also have a keen interest in the area of women's issues and sport and recreation. Excellent computer knowledge is necessary.

Interested applicants should submit a cover letter and resume to the Executive Director, Gina Mollicone Long, no later than August 23rd, 2002. We thank all applicants for their interest in this position, but only those considered for the position will be contacted.

Summer Workshops for Girls:

Looking for something exciting for young girls to do this summer? POWER Camp Vancouver is offering camps this summer for girls aged 13-15. These camps give young girls the opportunity to discover themselves, other people, and the world through a variety of interactive workshops and adventures including bicycle repair, self-defense, urban gardening, hiking, and group discussions on a variety of topics. The camps are held in Vancouver from July 15-26, July 29-August 9, August 12-23. The fee is \$200 per person for one camp. Partial or full subsidies are available. Contact Stephanie at 604-605-1190 or powercampvancouver@hotmail.com for more information.

Women's Hockey Clinics

Spitfire Sports is offering skills camps and power skating clinics in a fun and supportive atmosphere for women of all ages. Clinics are available for novice, recreational, A and AA hockey players and are led by friendly female coaches and experienced players. The "Ice Breaker Series" covers all the basics for novice players including how to put on your gear and how to stand and stop. For those who want to improve their skills, there is a range of clinics in both power skating and hockey skills. Pre-season power skating clinics will be held in August and both skills and power skating will be offered in September and October. "Ice Breaker Series" are scheduled by demand. For more information please call or email Jenn and Spitfire Sports at 604-374-0499, spit.fire@shaw.ca.

Women's Recreational Basketball League

- Jewish Community Centre of Greater Vancouver
This is geared to those women who haven't played in awhile or are

inexperienced who are looking for some exercise and some camaraderie. Sunday nights from 6:30-9:00. Season runs from October 6-March 9. Fee: \$75 + GST for JCC members and \$100 + GST for non-members. Registration forms can be downloaded from the JCC website www.jccgv.com.

Women's Volleyball Clinic - Jewish Community Centre of Greater Vancouver

Clinic for both beginner and intermediate level players. Monday evenings from 6:15-8:15 pm. Sessions run from October 7-December 16. Fee: \$70 + GST for JCC members, \$90 + GST for non-members. Instructor is a former national team player. For more information contact JCC at 604-257-5111 or visit www.jccgv.com.

Outdoor Kayaking and Hiking Adventures

Looking for women-only outdoor adventures? GAIA Adventures has many exciting outings this summer including: Evening Kayak Jericho, Hike Brandywine Mountain, Hike Brandywine Meadows, Hike Singing Pass - Whistler, Hike Hanes Valley August 17. For more information contact GAIA Adventures, Personal Training and Adventures for women, 604-875-0066, www.gaiaadventures.com.

Other Women's-Only Sport & Recreational Activities

Looking for other sport and recreational activities as a means of being healthy and meeting new friends? **Active NOW** provides information to women who are interested in participating in a variety of sport, recreational, and fitness-related activities with an emphasis on FUN! For more information call 604-306-7577 or email activenow@telus.net

Spotlight on Sport:

Women's Ultimate Frisbee Interview with Prime

by Christine Harris

Prime is an elite women's ultimate frisbee team that trains in Vancouver and travels throughout North America during their April-October season. In 1998, Prime won the bronze medal at the world ultimate championships in Minnesota, and at the world championships in 2000 the team won the gold medal. Co-captain Lara Mussell (LM) and player Jennie Craig (JC) took the time to answer some questions about their team and ultimate frisbee. Through their success and dedication, Prime personifies the celebration of women and girls in physical activity and sport.

How would you describe ultimate to someone who has never played the game?

LM: Ultimate incorporates the best aspects of several sports – the movements of American football, the speed and intensity of basketball and the athleticism of soccer players. According to the Canadian Ultimate Players' Association Website, "ultimate is a non-contact field sport played by two teams of seven players each. The object of the game is for a team to pass the disc [frisbee] from player to player, all the way up the field, and catch the disc in their end zone, which scores a point. Players cannot run with the disc, but must plant a pivot foot (as in basketball) and throw the disc to a teammate. When holding the disc, a player gets ten seconds to throw it."

Why do you play ultimate?

LM: I love the sport not only because it is fun but mostly because it is so high energy and fast-paced and requires such a strong level of sportsmanship and respect for others.

What is the status of women's ultimate within the ultimate community?

LM: Women's ultimate has certainly taken a higher profile as the women's finals are more commonly featured as the highlight playoffs at tournaments

that host both open and women's divisions. Ultimate is also becoming more widely known within the sporting community. Olympic officials have been impressed with the self-refereeing aspect of the game. No other sport can lay claim to the same incredible integrity and mutual respect for other players and fair play than ultimate.

Why are women's and girls' ultimate teams important?

LM: The physical activity levels of girls drop dramatically after girls begin to hit their pre-teens. Opportunities to play sports in settings that incorporate fun, fitness and sportsmanship are not as readily available for girls as they are for boys. Team sports, and ultimate in particular, help girls build self-esteem, self-efficacy, fitness, strength, agility, decision-making skills, cooperation skills . . . and of course, friendships. So many women on my team can attest that ultimate has helped drive them to succeed in their everyday lives – not just to succeed at a tournament. Ultimate has shaped who we are for the better.

What is the future of women's ultimate?

LM: I believe the future of women's ultimate is extremely bright. I can see that ultimate is a sport that is perfect for the female athlete – or any female desirous of getting into sports. It doesn't take much to learn how to play and with the right resources and opportunities (i.e. skills clinics for women by women, women coaches, girls' mentor programs, women's tournaments and women's teams), I foresee ultimate growing into the most popular sport for girls and women.

How do you think we can get more girls and women involved in ultimate?

JC: Start teaching ultimate in the schools* and getting support from parents, teachers and administrators. Once they are familiar with the merits of the game, they

will gravitate towards it. [Ultimate is] also a self-officiated game and you incur fewer costs to play it at school.

How does Prime contribute to women's ultimate?

LM: Each year Prime hosts clinics to teach ultimate skills and strategies. This year's clinic series was taught by women for women to provide a less-intimidating setting and to show women that ultimate is a great women's sport! In March 2002 Prime hosted the 1st Annual "Prime Classic" – a women's tournament. We weren't sure what the turnout would be and planned for about 40 women. We ended up with over 60! I have also developed an online community called the "Vancouver Women's Ultimate Community." It is a place for women to check out what's happening in the ultimate community. Membership is free! www.communityzero.com/vancwomensulti

Members of Prime also volunteer their time coaching for various women's teams in Vancouver including the UBC varsity team, the junior team that is attending the world championships in Latvia this summer, and several high school teams. Approximately 10 members of Prime also serve as mentors to the young women on the junior women's ultimate team and work on a one-on-one basis to develop their skills and confidence and enhance their training.

Prime is an excellent example of the positive impact women can have on sport; they are making a place for themselves, and all women, in ultimate. Best of luck to Prime for another successful season! For more information about Prime, contact Lara at lmussell@hotmail.com. Info on ultimate in Vancouver and links to teams around the province can be found at: www.vul.bc.ca

**For a teaching resource "Disc Sports: Teaching the Basics" see www.psap.jwsporta.ca*

Women & Sport Resources

1. CAAWS Resource Kits.

These kits contain information on a variety of issues affecting girls and women in physical activity and sport.

\$3.00 each

- a) Self-Esteem, Sport & Physical Activity
- b) Body Image & Eating Disorders
- c) Gender Equity in Physical Education
- d) Harassment & Abuse in Sport
- e) Women & Leadership
- f) Women & the Media
- g) Diversity
- h) Women & Coaching
- i) Facts & Stats

2. On the Move: Increasing Participation of Girls and Women in Physical Activity and Sport.

A handbook designed to encourage non-active girls and women to participate in fun-filled and supportive recreation and physical activity.

\$10.00 Revised Edition

3. Leisure Access: Enhancing Recreation Opportunities for Those Living in Poverty.

A resource used to learn about poverty and the direct implications it has on the recreation services offered in the community.

\$10.00

4. When Girls Feel Fat: Helping Girls Through Adolescence.

Clear and proven strategies to deal with conflict and to recognize the "worries about weight" that can lead to more serious problems.

\$21.40

5. Just for Girls: A Facilitator's Manual.

A program to help girls safely navigate the rocky road through adolescence and avoid pitfalls such as eating disorders and preoccupation with food and weight.

\$35.00

6. Nurturing Girl Power. A manual to help counselors integrate eating disorder prevention/intervention skills into their practice.

\$35.00

7. Celebrating Excellence: Canadian Women Athletes. An inspiring testament to the lives, commitment and accomplishments of more than two hundred of Canada's finest athletes.

\$32.00

8. Self-Esteem, Sport and Physical Activity. Practical suggestions to enhance self-esteem in children and adolescent women. **\$10.00** (abridged version is also available at no charge)

9. Eating Disorders in Sport: Practical Tips and Strategies.

A helpful pamphlet with practical tips for teachers, parents, coaches, sport organizations and fitness leaders.

No charge

10. NEW! Body Thieves: Help Girls Reclaim Their Natural Bodies and Become Physically Active. Strategies to address the present crisis of childhood obesity that teaches girls how to get off diets and to become physically active.

\$21.40

Membership Application Form and Donations

Membership: Adults \$35.00 Students \$20.00 **Donation:** \$100 \$50 \$35 \$_____

For **Resource Order** please contact the office. (Donations of \$100 or more are eligible for a tax receipt)

NAME: _____ AGE: _____ GENDER: M F

ADDRESS: _____ CITY: _____

PROVINCE: _____ POSTAL CODE: _____ EMAIL: _____

WORK TEL: () _____ HOME TEL: () _____ FAX: () _____

ORGANIZATION NAME: _____ JOB TITLE/POSITION: _____

AFFILIATION CATEGORY: Sport Physical Activity Education Community Government Health

Are you interested in volunteering? _____ What skills can you contribute? _____

For memberships and/or donations under \$100: Please make cheques payable to *Promotion Plus*.

For donations over \$100: Please make cheques payable to the *National Sport Trust Fund*.

VISA ACCOUNT# _____ NAME ON CARD: _____ EXPIRATION DATE: _____

SIGNATURE: _____ DATE: _____

As a member I agree to adhere to the Society's Mission, Core Values and Principles; and in return I understand that I will receive voting privileges and all other services and benefits associated with membership in Promotion Plus.

Promotion Plus: Girls and Women in Physical Activity and Sport

#305 - 1367 West Broadway, Vancouver, BC V6H 4A9

Tel: (604) 737-3075 ■ 1-877-55-PROMO ■ Fax: (604) 738-7175 ■ Email: info@promotionplus.org