promotionplus

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Network News

Girls and Women in Physical Activity and Sport

Message from the Executive Director

It has been a really busy time for Promotion Plus during these last few months. I would like to introduce you to Lesley Magnus who joined Promotion Plus in September as the Administrative Coordinator. Lesley is not only a fabulous addition to our staff but she also plays Field Hockey on Canada's National Team and coaches young players. Welcome Lesley!

October was Women in History Month and this year the theme was Women in Sport – Champions Forever. Promotion Plus worked hard to produce an amazing event that was held at the BC Sports Hall of Fame on October 21st. It was called Celebrating BC Women in Sport – Leaders and Legends. We have also had WISRAN breakfast meetings in Prince George, Kelowna and Victoria since the last newsletter and the turnouts were great.

Promotion Plus is a proud supporter of the Vancouver 2010 Olympic Bid. The Olympics are one of the rare events where media coverage for women almost equals that of men. Typically, only 5% of sports coverage covers women's sports. At the 2002 Winter Games in Salt Lake City, 47% of events were women's and coverage was proportional. The games are a great vehicle for girls and women to see their role models and champions in action. If you also support the bid we encourage you to make your support known by logging on to **www.winter2010.com** and registering as a supporter, writing to your local media and writing to the IOC.

We continue to build our paid membership program and want to thank those of you who have taken the time to show your support for Promotion Plus. I encourage you to become a member of Promotion Plus today if you have not yet done so. Your membership allows us to continue to offer our great programs and services in support of our vision. Membership forms and other information can be found on our website **www.promotionplus.org.**

We have many exciting events coming in the New Year. Our big event is the Promotion Plus Leadership Awards on March 7th. More details and a nomination form can be found inside the newsletter. We are looking for volunteers and sponsors for this event so please contact the office if you are interested. Another event that we are very excited about is our UBC Women's Varsity Team Ticket Raffle. Promotion Plus in partnership with UBC is holding a ticket raffle to raise money for 5 Women's Varsity Athletic Teams. There are many great prizes including two Air Canada tickets anywhere in North America. Contact the office to get your tickets today. They are $2 each or 3 for $5.

We have been busy reorganizing our website so it will be easier for you to use. Check us out at **www.promotionplus.org** to see what's new. If you ever have an event or announcement that you would like us to include please don't hesitate to contact our office at **info@promotionplus.org**.

Promotion Plus is very lucky to be working with our newest partner: Saatchi Drum Advertising Agency. The team at Saatchi Drum is helping us with all components of our profile as well as with an awareness campaign. It is organizations like Saatchi Drum that make it possible for us to extend our reach. We would like to say thanks to everyone at Saatchi Drum for the great work so far!

Finally, we just wanted to extend our congratulations to Promotion Plus Board Member Colleen Reid for recently completing her PhD in Interdisciplinary Studies in Health Promotion Research at UBC. Her dissertation examined the relationship between exclusion, poverty, and women's health, and she explored the ideals and realities of engaging in community-based feminist research. Congratulations Dr. Reid.

Thank you again for you continued support and enthusiasm for our organization. Please don't hesitate to contact the office if you ever need information or want to share your comments. Our very best of the holiday season to you and your families. Cheers!

Gina Mollicone Long
Executive Director

British Columbia
Ministry of Community, Aboriginal And Women's Services
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This Issue

The theme of this issue is **Past Accomplishments, Future Opportunities: Girls and Women in Physical Activity and Sport.** Find out about initiatives currently being undertaken by the Olympic bid committee, and about new developments and opportunities in sport. Celebrate women's history month with a look at some amazing leaders and legends in women's sport. Enjoy!

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.

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Celebrating Women's Accomplishments in Physical Activity and Sport

Women's History Month

October 21, 2002 marked the unveiling of an important exhibit at the BC Sports Hall of Fame. "Celebrating BC Women in Sport – Leaders and Legends" recognizes the accomplishments and contributions of 31 amazing women athletes and teams. October was Women's History Month and this year's national theme was "Women in Sport – Champions Forever." The women were chosen by a committee of respected leaders in the sport community and was funded by the Ministry of Community, Aboriginal and Women's Services. These outstanding women are:

1930 UBC Women's Basketball Team
BC Members of '02 Canada Under-19 Soccer Team
Kelley Law Curling Rink, *curling*
Irene MacDonald [deceased], *diving*
Marni Abbott, *wheelchair basketball*
Karen Magnussen, *figure skating*
Lynne Beecroft, *field hockey*
Ann Mundigel Meraw, *marathon swimming*
Lori Bowden, *triathalon*
Diane Nelson, *hockey*
Debbie Brill, *high jump*
Nancy Greene Raine, *skiing*
Isabell Cavallin, *Special Olympics*
Erminia Russo, *volleyball*
Angela Chalmers, *track and field*
Claire Sharpe, *badminton*
Charmaine Crooks, *track and field*
Bev Smith, *basketball*
Norma Foster, *karate*
Donalda Smith [deceased], *synchronized swimming*
Lori Fung, *rhythmic gymnastics*
Violet Pooley Sweeny [deceased], *golf*
Kerrin Lee-Gartner, *skiing*
Alison Sydor, *cycling*
Kathleen Heddle, *rowing*
Elaine Tanner, *swimming*
Silken Laumann, *rowing*
Ruth Wilson [deceased], *all-round athlete*
Marjorie Leeming [deceased], *tennis*
Tracy Wilson, *figure skating*
Ljlijana Ljubisic, *track and field*

This project for Women's history month goes a long way to recognize the accomplishments of 31 women and to inspire many others to greatness. The website created to commemorate these leaders and their legends includes extensive biographies for each woman. For more details visit www.mcaws.gov.bc.ca/whm/women_sport/athlete_index.htm

Speaking of history...

M. Ann Hall has recently published a new book on the history of women's organized sport in Canada called *The Girl and the Game* (Broadview Press, 2002). The book covers the development of amateur and professional sports for women and recognizes the resistance many female athletes have faced in the past and continue to face today while at the same time celebrating their accomplishments. For a full review of the book, go to www.caaws.ca

Here are some recent accomplishments by Canadian female athletes:

Women's Soccer brings pride to Canada. September 1, 2002 was an important day for women's soccer in Canada; it was the day of the final of the FIFA U-19 Women's World Cup in Edmonton. The match featured Canada and the USA in a tough game that ended in a 0-0 draw after 90 minutes. Unfortunately for Team Canada, the USA scored in extra minutes to secure the victory. Despite the heartbreaking loss, the tournament was a huge success for women's soccer in Canada. Over 47,000 fans attended the final game and several matches were shown on TSN, bringing high calibre women's soccer into the homes of over 900,000 Canadians and inspiring young girls to become champions. Congratulations to the BC members of this team: Clare Rustad, Christine Sinclair (who won the prestigious Golden Boot), Heather Smith, Brittany Timko and Katie Thorlakson.

The **Canadian senior women's soccer team**, featuring some of the U-19 players, recently qualified for the World Cup by finishing first in their pool at the Gold Cup in November. In a game that mirrored the FIFA U-19 final, Canada met the U.S. in the final game and lost 2-1 in extra minutes, this time on a goal by Mia Hamm. Christine Sinclair finished in a three-way tie for most goals scored in the tournament.

The **UBC women's varsity soccer team** won the CIS national championships on November 9. The UBC Thunderbirds faced the Alberta Pandas in the final. North Vancouver's Ros Hicks scored the winning goal in extra time to give UBC the 2-1 win. UBC striker Sarah Regan from North Vancouver was named as tournament MVP. Other BC stars include Hicks, co-captain Kristine Jack from New Westminster and Lianne McHardy from Vancouver who were named to the all-star team.

The **UBC women's varsity field hockey team** placed second at the CIS national championships, losing 2-0 to the University of Victoria on November 3. The Thunderbirds have now finished on the podium 4 times in the last 5 years.

The **Canadian women's hockey team** recently won the Four Nations cup for the sixth time in seven years. It was a close game against the U.S.; Hayley Wickenhauser scored with under one minute left in the game to give Canada a 3-2 lead and Caroline Ouellette finished it off with an empty net goal. The next challenge for the women's team is the World Cup in Beijing in April 2003.

The **Canadian women's water polo team** finished fourth in the Thetis Cup held in Kitchener, Ont., losing 7-5 to the U.S. North Vancouver's Sue Gardiner contributed 4 goals during the tournament and was one of the team's top scorers. The team attended this tournament in preparation for the World Cup in December.

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Girls and Women in Physical Activity and Sport

Promotion Plus Leadership Awards

– March 7th, 2003 –

Promotion Plus, the BC Organization for Girls and Women in Physical Activity and Sport, is pleased to be holding our Leadership Awards again this spring.

The Promotion Plus vision is that all girls and women in BC 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 have participants and leaders.

As we strive to increase opportunities for girls and women in physical activity and sport, it is imperative that we recognize those individuals and groups who are contributing to this process.

Please take time to nominate an individual or group for this honour (the nomination form is on page 7).

Awards Presentation

The Promotion Plus Leadership Awards
will be presented at an evening reception on
Friday, March 7th, 2003
6:00 – 9:00 pm at
Heritage Hall
3102 Main Street, Vancouver, BC

Join us for a fun, inspiring evening that includes:
Reception
Silent Auction
Keynote Speaker (TBA)
Awards Presentation

Everyone is welcome to attend!

All nominees will be invited to attend as a guest of Promotion Plus.
Tickets are available from the Promotion Plus office by calling:

(604) 737-3075 or 1-877-55-promo

New Developments and Opportunities in Physical Activity and Sport

Olympic bid brings great opportunities to British Columbia

This summer, Vancouver/Whistler was selected as a finalist candidate to host the 2010 Winter Olympics. This is a time of much excitement and opportunity for British Columbians. The bid is a chance to celebrate the achievements of BC's best athletes and to develop up-and-coming athletes into Olympic contenders. The foundations that will be laid in place for the Olympics will go a long way to develop self-esteem and a lifelong enjoyment of physical activity and sport for young people in BC The Bid Corporation is dedicated to providing a legacy for the Olympics before the games begin.

Building legacies and creating an inclusive Olympic games are two recurring themes through much of the information available on the Bid Corporation's web site. Promotion Plus has benefited from this dedication to inclusion through the LegaciesNow 2010 program which has provided an $8,000 grant for Promotion Plus' Girls Only Program. The goal of the Girls Only project is to facilitate the development of new recreational programs that are tailored specifically to the needs of girls in communities across BC. The project will be modelled after the On The Move program to implement "girls-only" physical activity programs in recreation centres across BC. Promotion Plus will continue to provide gender equity expertise in the development of BC's bid for the 2010 Winter Olympic Games and looks forward to continued cooperation with LegaciesNow to create lasting legacies for women and girls.

The 2010 Vancouver/Whistler Bid Corporation is also committed to hosting an "inclusive" Winter Olympics, one that will provide lasting benefits to all British Columbians. The Bid Corporation has released a statement of intent regarding the inner-city of Vancouver that speaks to many issues raised by community groups and activists concerned about the potentially negative impact of the Olympics. This statement promotes "participation and equity" for all, including people with low and moderate incomes. It also outlines a series of goals and objectives intended to "identify, develop and build positive legacies now for the inner-city neighbourhoods." Other items covered in this statement of intent include: reasonable access to venues for people with disabilities, affordable ticket prices, opportunities for local inner-city businesses and artisans, maximizing access by inner-city residents, at-risk youth and children to sport and recreational initiatives.

Some other 2010 initiatives include:

■ KidSport™

Love of sport starts early. Sometimes all it takes is the opportunity to join a team or hit a ball to spark a lifetime interest in sport. Kidsport™ funds a season of sport for youngsters who would not otherwise have a chance to play.

■ SportFit

This online sport education program helps young people in schools and communities identify sports they are most likely to excel in. It will focus on sports included in the Winter Olympic and Paralympic Games. Sportfit will promote a lifelong enjoyment of sport and physical activity. Available February 2003.

■ Provincial Outreach

BC's top athletes tour the province talking to school students, sport clubs and community groups about the exhilaration of competing in the race and playing the game, and share their dream of hearing the Canadian anthem in Vancouver and Whistler in 2010. The provincial outreach program is increasing awareness of the Bid and the legacies and benefits hosting the Games in 2010 will bring to the entire province.

For more information about the Bid, go to **www.winter2010.com**

2010 LEGACIES NOW™

Surrey develops gender equity policy

In May of this year the Surrey Department of Parks, Recreation and Culture (SPRC) passed a gender equity policy. Surrey joins Vancouver, Coquitlam, the BCRPA and other districts across the country in providing equal access, in principle and in practice, for women and men to facilities and programs. The policy states that the "Surrey Department of Parks, Recreation and Culture is committed to achieving gender equity in its administration, policies and programs/services." The policy also includes guidelines to develop welcoming environments for women and men as coaches, officials, participants and board members. A group of representatives from various areas of SPRC has come together to form GET IT! (Gender Equity Team for Implementation and Training). GET IT! is responsible for overseeing policy implementation and is currently involved in assessing where SPRC stands in relation to the gender equity policy. They also provide resources, education and advocate for gender equity.

Here are some ways to get active!

■ Outdoor Adventures
Gaia Adventures offers some exciting winter events for women including snow-shoeing, cross-country skiing, ball classes and osteofit. Personal fitness consultations are also available. Christmas Gift Certificates are for sale for Adventures and Personal Training. For more information on these and other activities, contact GAIA Adventures at 604 875-0066 or http://www.gaiaadventures.com

■ Workshops for Girls
The Real Power Youth Society has begun another successful season of Power Camps. These interactive workshops are geared towards girls in grades 8 and 9 and include activities on self-esteem, body image, racism and active living. The camps are currently being held in 3 high schools in Vancouver and Burnaby and another session will begin in January 2003. For more information or to get involved, call 604-605-1190 or visit their website at www.vcn.bc.ca/~rpys

■ Big Sisters gets Little Sisters active
Big Sisters recognizes the importance of physical activity and active living. To this end, they have a Sports Club that organizes fun activities for Big and Little Sisters to experience new physical activities they may not have otherwise had the chance to. The Health Promotion Committee is designed to promote a healthy lifestyle and positive lifestyle choices around nutrition and physical activity. For more information or to get involved, call 604-873-4525 or visit www.bigsisters.bc.ca

Other Women's Only Sport and 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

■ The Vancouver Griffins have begun their 3rd season in the NWHL. This year two members of the U.S. Olympic team, Cammi Granato and Shelley Looney have joined the Griffins. You can attend a game for the low price of $8 and see some of the world's best hockey players. Practices are open to the public and are held at Queens Park Arena in New Westminster. For a full schedule of games and practices, see www.vancouvergriffins.com. For up to date statistics on the Griffins and other teams in the NWHL, go to www.nwhlhockey.com

■ Go Girls Go in Kelowna
Girls just want to have FUN!!! With this program, girls get a chance to try different activities each week and learn about themselves. They will also learn how to incorporate Steps Against Violent Encounters (Teen SAVE Program). Girls can help plan the program & special events. There may be special fees for special events (which will be discounted for registered particpants). Offered by the Kelowna Y. Contact Annette or Charity at the Kelowna Family Y at 250-765-4191 for more information. The program is held Wed. Jan. 15-Mar. 26 from 3:30-5:20 PM Cost: $17.00 or $2.00 drop-in. This program is also being offered in Rutland by the YM-YWCA. For more information contact Annette at yfitness@ymca-ywca.com

■ SAVE PROGRAM for Teen Girls
Steps Against Violent Encounters provides a FUN & SAFE environment in which teens will learn to identify and protect their personal boundaries. Girls will learn more about themselves and how to react to different situations. This program is offered by Kelowna Rec Services from Mon. Jan 13-Mar 24 from 4-5:30 PM Cost. $50.00 Contact Wendy at 1-259-869-5828 ext #110 for more information.

■ BCEDA 3rd Annual 'Women on the Move'
This one-day event offers women the opportunity to learn more about body awareness/acceptance through movement in various sessions such as belly dancing, meditation, kickboxing, yoga, tai chi and dance. This event is an excellent opportunity to hear more about the importance of movement to one's health and well being. It is also a great opportunity to try something new and support the BC Eating Disorders Association at the same time. 'Women on the Move' will be held on February 22, 2003 at UVic. Cost: $20 for students/members, $25 for non-members. To sign up, call 250-383-2755 or e-mail bceda@direct.ca

Congratulations to these Community Sport Hero Nominees:
Lisa Desjardins – Kelowna Adult Softball Association, Norma Lundgren – Tennis, Gayle Turlock – Kelowna Ringette, Cheryl Kokayko – Kelowna Track and Field, Kim Gilhooly – Promotion Plus, Jean Miles – Orienteering.

Special Offer for Promotion Plus members

Vancouver Board of Parks and Recreation Offers a 25% Discount On Flexipass

The Flexipass provides admission to any Park Board operated Fitness Centre during operating hours and to any Park Board operated indoor or outdoor swimming pool during public swim sessions. Passes are not transferable and are issued for 1, 3, 6, or 12 month periods. You can purchase a Flexipass at any Vancouver Park Board operated fitness centre or swimming pool. Picture ID is required along with Promotion Plus membership cards. Interested members can contact the Promotion Plus office to receive a membership card. Membership information is located on the back page of the newsletter. Anyone 65 years or older is not eligible for this special offer. This offer is applicable only in Vancouver.

New ideas and expressions of women's physicality

Movie reviews

It is true that it can be difficult to find positive images and stories about female athletes in the newspaper and on television. What about on the big screen? Here is a selection of recent movies featuring strong female athletes who excel at their chosen sport:

Girlfight **(2000):** This movie is about Diana Guzman, a young woman who is counting the days until she finishes high school. Often getting into fights, she is tough and "unfeminine" compared to her female classmates. Raised by her single father, Diana discovers boxing and begins taking lessons knowing her father will disapprove. She struggles to convince the coach that girls can fight and quickly gains his praise as a quick study and talented fighter. Central to the movie is the introduction of a "gender blind" policy which permits women and men in the same weight class to fight each other. It is clear that this policy is necessary because of a lack of women fighters. Diana soon finds herself competing in the championship match against her boyfriend. This movie challenges traditional ideas of what female athletes are capable of and opens up the macho sport of boxing to women.

Blue Crush **(2002):** Released this summer, ***Blue Crush*** is similar to ***Girlfight*** in that it focuses on another traditionally male sport, surfing. It is a story about Anne-Marie and her dream to compete in a major surfing competition. Anne-Marie and her friends are struggling to pay the bills and begin giving surfing lessons to a group of professional football players in order to make ends meet. In order to compete in the competition, Anne Marie must overcome her fear of drowning at the same beach where she previously almost died. Adding another twist to the mix, she also has the attention of the star quarterback to deal with and not let become a distraction to her training. Despite the fact that this movie is formulaic and contains many of the requisite women in skimpy string bikinis, the physical strength and power of the women surfers are evident as they continually struggle to ride the treacherous waves. Blue Crush also provides an opportunity to exposing viewers to a little-known subculture of talented female surfers.

Love and Basketball **(2000):** This movie follows the lives of friends Monica and Quincy as they both strive to become the best basketball players. From a young age, Monica is chided by her mother for not being feminine and for spending too much time playing basketball. Quincy, on the other hand, is the only child of a NBA player and does not have to justify his love of the game. Monica quickly proves herself as a powerful player and the movie follows her and Quincy's journeys through high school, college and professional basketball. Though they both play the same game, each has different experiences with the sport due to gender, as Monica eventually must leave the country in order to play professionally while Quincy is a star in the NBA. Too much of this movie is spent on love, and not enough on basketball, but as with the other movies, it shows a strong athlete who doesn't give up on her dreams.

Interestingly, both ***Girlfight*** and ***Love and Basketball*** were written and directed by women. It's possible that in order to get positive images of women and girls in action, we must create them ourselves!

Underwater Hockey

by Christine Harris

Underwater hockey is not a spectator sport. It is played at the bottom of the pool with players wearing caps, snorkels, masks, fins and a protective glove. Teams are distinguished by differently coloured sticks. I recently attended a UBC Thunderducks' practice to get a feel for this sport. I was welcomed by the eager team members who quickly suited me up with appropriate gear. This required rooting around in their equipment bin for matching fins and assorted goods. A left-handed stick and glove were donated by a generous lefty. I donned my snorkel, mask and fins and jumped into the water. The game began quickly, but it took a while before I was able to follow the play, even though the puck is green. The game is fast-paced and the players must be fast, agile and sometimes sneaky, as with many sports. Being able to hold your breath for a long time also comes in handy. Players hover at the top and swim to the bottom to join in the play, returning to the surface of the water when they run out of air.

Though this unique and challenging sport is relatively unknown, Vancouver is home to some of the best female underwater hockey players in the world. The women's national team placed second to Australia at the world championships in Calgary this summer. This is an excellent result, especially considering the women do not practice together regularly. They are looking forward to the next world championships in 2004.

Join Promotion Plus Today
Become a Member at
www.promotionplus.org

Promotion Plus Leadership Awards

NOMINATION FORM

Leadership Awards Criteria:

To identify, recognize and celebrate the accomplishment(s) of an individual or group in BC who has challenged the traditional limits attributed to women and girls in physical activity and sport, and in doing so has encouraged them to participate more fully in physical activity and sport as participants, competitors, and leaders.

Categories for Awards (please select one):

☐ Individual ☐ Team ☐ Organization/Club ☐ Young Woman (Under 19)

☐ *On the Move* – Increasing the Participation of Non-active Girls ☐ Media ☐ Lifetime Contribution

Nominee's Name (please print) _____

Address _____ City _____

Postal Code _____ E-mail _____ Fax _____ Tel. (h) _____ Tel.(w) _____

Organization or Affiliation _____ Position _____

Nominator's Name (please print) _____

Address _____ City _____

Postal Code _____ E-mail _____ Fax _____ Tel. (h) _____ Tel.(w) _____

Nominator's Signature _____ Date: _____

Additional Reference:

Name _____ E-mail _____ Tel. (h) _____ Tel. (w) _____

Please answer the following questions on a separate piece of paper to provide details on how the individual or group has fulfilled the award criteria. (max. 2 pages)

1. Describe the accomplishment(s) for which this individual/organization is being nominated.
2. Outline how these accomplishments have encouraged girls and women to be physically active or involved in sport.
3. Highlight any challenges/barriers/stereotypes faced in pursuit of the accomplishment(s).
4. In the long term, what effect will this accomplishment have on girls and women?

All nominations must be typed or clearly written. Please include a resume or CV if available, or any other supporting documentation (max. 3 pages)

Deadline for Nomination: January 31st, 2003, 4:30 pm

Please return your completed nomination to Promotion Plus Office.

Membership Application and Donations

☐ **Membership:** ☐ Adult $35.00 ☐ Student/Senior $20.00 ☐ Organization $55.00

☐ **Donation:** ☐ $100 ☐ $50 ☐ $35 ☐ $_____

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.***
Donations of $100 or more are eligible for a tax receipt: 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

Promotion Plus Resources – For Resource Order please contact the office.

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

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. Addresses the implications of poverty for the recreation services offered in the community. **$10.00**

4. When Girls Feel Fat: Helping Girls Through Adolescence. Clear and proven strategies on dealing with conflict and recognizing the worries about weight that can lead to more serious problems. **$19.95**

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 and 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. **$29.95**

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. Addresses the present crisis of childhood obesity with strategies that teach girls how to get off diets and become physically active. **$19.95**