

Strong Girl
Summer
Programme

STRONG
GIRL
SQUAD
CROSSFIT IRON·DUKE

Aims of the programme

- To break down barriers around girls and sport
- Enhance self-esteem, promoting a focus on maintaining a healthy lifestyle, thereby improving overall health and well-being.
- Create a safe, supportive encouraging space for girls to learn to lift weights alongside life skills
- Meet material needs which can preclude some from sport
- Focus on nutrition, fitness and boosting confidence for girls



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What is the Strong Girl programme?



Typical day

- 11.30-12.00-Breakfast and checkin
- 12.00-12.30-Food prep
- 12.30-13.30-Enrichment Activities (Music, cooking, crafts)
- 13.30-14.30-Gym (CrossFit Training)
- 14.30-15.10-Lunch
- 15.10-15.30-The Shop
- 15.30-Close

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When??



The programme takes place from the 29 July to 23 August from 11.30-3.30



Mon, Tues, Thurs and Fri



Except w/c 12 August as it will be Mon, Tue, Wed & Thu

WHAT DO WE WANT TO LEARN?

- Develop new skills
- Courage
- Enjoyable exercise
- Confidence
- Excitement
- Nutrition
- Stop stage fright



What does the programme do for you?

WHAT DOES STRONG GIRLS MEAN?

- Confidence
- Willing to ask for help
- Perseverance
- Self-Control
- Being Brave
- Courtesy
- Being Mentally & Physically Strong
- Respectful
- Self-Belief
- Integrity
- Friendship
- Owning your mistakes
- Self-Love

I enjoy the lifting and learning about the importance of self care.

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SQUAD**
CREATED BY IRON DUKE

I want to build healthy habits and not just with food.

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Feedback from Easter

**I want to prove to myself
that I can do things.
I'm really proud of how
hard I tried not just with
the workout but also
with talking to people.**

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**I have enjoyed being here
and having fun with
all the activities!
I also loved doing the
workouts even though I
get tired sometimes.
But I don't like burpees!!**

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How to apply

- If you qualify for free school meals and aged between 11-16, you can attend for FREE!!!
- Limited paid places for £25 per person per session
- Check out Hampshire County Councils FISH page for more details
<https://fish.hants.gov.uk/kb5/hampshire/directory/service.page?id=tHlU-4RtzXc>
- Email into stronggirlsquad@crossfitironduke.com to book a place

