Strong Girl
Summer
Programme

STR®NG SQUAD CROSSFIT IRSN.DUKE

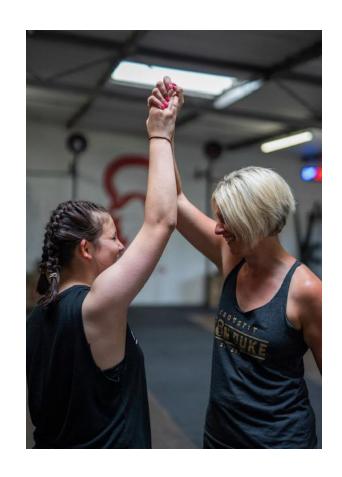
Aims of the programme

- 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



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

When??



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





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.



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 <u>stronggirlsquad@crossfitironduke.com</u> to book a place



