

# Girls in Motion Grant Opportunity

## Bringing Girls in Motion to Your Community

InMotion Network is pleased to present the Girls in Motion program. This initiative provides an opportunity for Alberta municipalities and community organizations to apply for a grant to bring girls together to experience physical activity in a relaxed, fun and enjoyable atmosphere. The following information package provides the details required to understand the concept of Girls in Motion, assess the possibilities of taking on the role of Program Provider and to apply for grant funding.

Girls in Motion is a “girl-friendly” program that provides high-quality recreational, sport/physical activity programs specifically for girls ages 10-14 in Alberta. Girls in Motion programs are community run and organized and are made to order based on the needs of individual communities. Girls in Motion is striving to address the needs of inactive girls and those girls who are unable to access activity programs due to limitations of income, location, culture, family, perceived ability, etc.

## Goals

- To provide recreational and sport physical activity programs specifically for girls
- To encourage girls to participate in these and other recreational, sport/physical activities;
- To facilitate the effective delivery of quality physical activity opportunities for girls in safe/positive environments

## Objectives

**Program activities** for participants must:

- Allow for a combination of self-directed and staff/volunteer directed activities – with plenty of choice
- Encourage skill development
- Be considerate of cultural, racial and linguistic diversity, body types, abilities and individual uniqueness
- Be interspersed with opportunities for social interaction to encourage cooperation and friendship
- Ensure opportunities for girls to express their wants and needs within the program
- Provide leadership opportunities for girls where interest and readiness warrants

**Program Leaders** are expected to:

- Ensure all participants are treated with respect, honesty and trust
- Recognize and accept individual needs and circumstances
- Display enthusiasm and offer positive and accepting encouragement
- Be flexible and adaptive
- Employ positive behavior management strategies
- Work toward continuous personal improvement in leadership and program delivery

**Program Providers** are expected to:

- Hire female leaders with appropriate credentials and security clearance
- Monitor, encourage and support ongoing development of staff and volunteers
- Ensure clear and on-going communication with leaders, participants, their caregivers and InMotion Network
- Ensure all participants can access *and* complete the program regardless of their age, ability, cultural background or financial status
- Evaluate programs in terms of consistency and alignments with listed values, principles and objectives and adjust where necessary

**Program Environments:**

- Consideration given to safe routes for reaching the facility
- Safe and accessible entrances and change facilities
- Equipped with age, size and ability-appropriate equipment



- Caring and stimulating
- Considerate of personal space and special needs

## Grant Overview

InMotion Network encourages all collaborating Program Providers to offer activities that girls in their community have expressed an interest in participating. Prescriptive “one-size-fits-all” programs have been shown to fail and do not meet the needs of young girls. For some communities this may mean offering an activity that was previously not available to girls specifically, a program that was lacking funding or support, or something very new. For communities in which a Go Girl has been offered (a one day see-and-try event where girls are able to “test-drive” a variety of activities), the most popular sessions from this event are often a good place to begin. InMotion Network advises new Program Providers to include participants in the design and planning of the program, as well as to provide leadership opportunities where possible and appropriate.

InMotion Network’s long-term goal is to facilitate development of sustainable, ongoing high-quality programs in communities. The achievement of this goal is through partnerships with local and provincial organizations and with local businesses that can assist in the provision of facilities, equipment and nutritious snacks for programs. It is a continuing goal to provide local leaders with training, allowing them to improve their skills thereby developing local capacity to run quality programs.

The funding allocations provided will be determined upon review of the application. This review will consider the request submitted, total number of expected participants and available resources.

**Before you send in your Girls in Motion Application please make sure you have included the following:**

	Girls in Motion Applicant Information Form and Detailed Budget (Appendix A)
	Applicant Proposal Outline
	Completed and Signed Memorandum of Agreement (Appendix B)
	Sponsoring Organization Concussion Policy
	Sponsoring Organization Volunteer Screening Policy
	Certificate of Insurance including InMotion Network as an also insured to host a Girls in Motion event
	A letter of support from your Mayor, Organizational President or Senior Administration



**For more information contact:**

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