

A Go Girl Grant Opportunity for Your Municipality and Community Organization

InMotion Network is pleased to present the Go Girl program. This initiative provides an opportunity for Alberta municipalities and community organizations to apply for a grant to host a Go Girl event that brings teen girls together to experience physical activity in a relaxed, fun and enjoyable atmosphere. The following information package provides all the details required to understand the concept of Go Girl, assess possibilities for hosting a Go Girl in your community and to apply for grant funding.

What is Go Girl?

Go Girl is a one-day event aimed at supporting teenage girls to adopt a more physically active lifestyle. Teen girls are invited to spend the day trying a variety of physical activity pursuits. Past Go Girl events have included such activities as Pilates, power yoga, hip hop, kickboxing, weight training, Ultimate Frisbee, and much more. Activity leaders provide the participants with information and resources to assist them to further pursue the sports and activities they liked most. In some cases, information sessions dealing with a variety of health and wellness topics such as body image and nutrition are offered. InMotion Network will evaluate each community's proposed activities for suitability.

Goals

- Promote and support healthy, active lifestyles for teen girls in the province of Alberta
- Provide communities with the support and resources to host their own Go Girl events
- Encourage recipient communities to establish a local network and programs to ensure ongoing support of teen girls' physical activity following a Go Girl event.

Objectives

- Provide girls with a low cost, community based event in a supervised recreational setting
- Provide opportunities for girls to actively engage in a variety of indoor and outdoor physical activities of choice, including both individual and team sports
- Provide participants with essential information to pursue activities of their choice
- Meet needs of girls of different ability levels, ages and cultural backgrounds
- Ensure a fun and inviting atmosphere along with opportunities for girls to socialize and meet new people.

Grant Overview

Go Girl events provide a unique opportunity for communities to reach out to their teen girls. Communities are encouraged to apply for a grant to host such an event. The Go Girl program will provide funding up to a maximum of \$2500. The funding amounts provided will be determined upon review of the application taking into consideration the budget submitted, the total number of expected participants and resources available

Application Process and Timelines

- a. InMotion Network will accept proposals from municipalities and community organizations/groups whose primary mandate is to support development of children, youth and families through the provision of physical activity, sport and recreation opportunities.
- b. Applications due dates are dependent on the season in which the program will run. Please refer to the InMotion website to determine what the deadline is for your program's application.

