



PROUD TO PLAY LIKE A GIRL AWARD APPLICATION

LEADERSHIP AWARD for 15 – 18 year olds (\$250 GRANT)

GUIDELINES AND CRITERIA

KidSport Greater Victoria is in its ninth year of providing support to kids in sport in the Capital Regional District. Funds raised locally help financially disadvantaged families with sport and physical activity registration fees. This grant funding program has traditionally been accessed more by males than females. KidSport Greater Victoria (www.kidsportvictoria.ca) and ProMOTION Plus for Girls and Women in Sport and Physical Activity have partnered to create greater opportunity for female athletes.

ProMOTION Plus Co-Chairs Patti Hunter and Joan Wharf Higgins remark “We are excited about this opportunity to assist a traditionally under-served segment of children. According to the 2008 Canadian Health Survey, girls between the ages of 12 - 19 are less active than boys, with 60% of girls considered to be at least moderately active as compared to 78% of boys. The long term health benefits of being physically active include a healthier self image, reduced likelihood of depression, disordered eating, smoking, alcohol/substance use, diabetes and osteoporosis. The benefits are enormous and the cost minimal – just a commitment to equitable access to resources for both girls and boys.”

Leadership Awards (Girls aged 15 – 18 years)

- Females aged 15 – 18 years residing in the Capital Regional District are eligible for the award.
- Awarded to athlete or coach for involvement in sports and demonstrating leadership and mentorship of young girls in sport and/or overcoming barriers.
- \$250 award to be used to attend leadership and/or coaching clinics/ workshops and/or training/skill development clinics. Equipment, travel to playoffs or tournaments, uniforms, club fundraising fees etc. are not eligible expenses.
- In the application, applicants must demonstrate a sustained sport experience (a season of sport led by a qualified coach) and the sport activity must be affiliated with a sport governing body.
- Duration of award is June 2010 to May 2011.
- Upon completion of clinic/camp/workshop the award recipient must submit a summary of the experience including a rating of the clinic/camp/workshop to ProMOTION Plus Victoria (phunter@promotionplus.org).
- Award cheque will be payable to the recipient’s parent or guardian.
- Recipients will be announced in June 2010 at a ProMOTION Plus event.
- **All applications must be submitted by email to: phunter@promotionplus.org by May 18, 2010**

Many thanks to KidSport Greater Victoria & the annual KidSport ProMOTION Plus Golf Tournament for making this award possible.



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PART A: ADULT NOMINATOR (Adult Nominator must complete the form)

| | |
|-------------------|--|
| Name: | Relationship to Nominee (coach/manager/parent etc) |
| Telephone Number: | Email: |

PART B: ATHLETE NOMINEE

| | |
|---------------------------------------|---------------------------------------|
| Name: | Birth date: ___/___/____ (MM/DD/YYYY) |
| Telephone Number: | Email: |
| Name of Parent or Guardian: | |
| Address & Postal Code: | |
| Sport Activity: | # of years involved: |
| Name of School/Club/Team/Association: | |
| Contact Person and Position: | |
| Telephone number: | Email: |

PART C: INDICATE WHAT FUNDS ARE REQUESTED FOR

- | | |
|--|--|
| <input type="checkbox"/> Officiating clinic/camp | <input type="checkbox"/> Skill development clinic/camp |
| <input type="checkbox"/> Coaching clinic/camp | <input type="checkbox"/> Leadership clinic/camp/conference |
| | <input type="checkbox"/> Other – specify below |
- _____

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ProMOTION Plus Head Office: 227 – 3820 Cessna Dr., Richmond, BC V7B 0A2
 Victoria Committee: c/o 708 Moss Street Victoria, BC V8V 4Z6 phunter@promotionplus.org
 www.promotionplus.org





PROMOTION PLUS

GIRLS AND WOMEN IN
SPORT AND PHYSICAL ACTIVITY

2010



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Explain how the nominee has demonstrated dedication and determination in pursuing her sport (250 word maximum).

Provide a Biography of the Applicant (100 word maximum).

Check box to agree:

- I consent for the nominee photograph and biography to be displayed on the ProMOTION Plus website. I have included an appropriate biography for this purpose. I agree to send a digital photo in the event that the nominee is selected for a grant.

Email to phunter@promotionplus.org by May 18, 2010.

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