



MEDIA RELEASE

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For Immediate Release – Thursday, September 19, 2024

FREE WOMEN AND GIRLS' SPORT DAY AT PROMISES FUN, LEARNING, AND EMPOWERMENT

Lethbridge, Alberta: The Lethbridge Sport Council is excited to announce a FREE Women and Girls' Sport Day at Legacy Park on Thursday, September 28th from 10:00 AM to 3:00 PM. Thanks to generous funding from Makadiff Sports, this event offers a unique opportunity for girls aged 7 to 17 and their mothers or female guardians to explore and participate in a variety of sports in a supportive and fun environment.

Led by experienced community sport leaders, participants will get the chance to try sports such as soccer, volleyball, basketball, rugby, and a fitness session led by Amy from Yabba Fitness. The event is designed to empower women and girls, encouraging them to discover their strengths, build confidence, and foster a passion for physical activity.

In a special morning session, mothers and guardians are invited to a learning session on the Lethbridge Sport Council's initiatives and physical literacy, followed by an opportunity to try one of the featured sports—rugby. This portion of the event is intended to engage families, promote a shared interest in physical activity, and emphasize the role of female guardians in fostering active, healthy lifestyles for their children.

Event Details:

- Date: September 28th, 2024
- Time: 10:00 AM to 3:00 PM
- Location: Legacy Park, Lethbridge
- Cost: FREE (Lunch provided)
- Who Can Attend: Girls aged 7 to 17, and their mothers or female guardians (morning session)

"We're really excited to host Women and Girls' Sport Day," said Susan Eymann, Executive Director of the Lethbridge Sport Council. "It's a great chance for participants to try out different activities. Sport is such a fun and social way for women and girls to build confidence and develop leadership skills. We can't wait to see everyone come together for a fun and inspiring day."

Participants will also engage in a Girls' Empowerment curriculum, which focuses on leadership, teamwork, and self-expression through sport.

Thanks to Makadiff Sports for providing the funding to make this day accessible to all, and to the dedicated community leaders and partners who will help make this event a success.

For more information, visit lethbridgesportcouncil.ca/events/upcoming/women-and-girls-sport-day or contact Will at will@lethbridgesportcouncil.ca.

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