

INSPIRE THROUGH SPORT



WHAT WE DO

The ability to inspire is one of the single most important leadership skills that separates great leaders from average ones. There are only a handful of leaders who are able to infuse energy, passion and connection into their actions and behaviours. Inspire Through Sport is an organization designed to provide programs, courses, resources and hands-on experience to foster inspirational leadership development.

OUR VISION

To increase engagement of females in tennis.

OUR MISSION

To develop female leaders through coaching tennis.



OUR GOALS

- ➔ Increase the retention rate of teenage girls in tennis
 - ➔ Increase the number of female coaches in tennis
- ➔ Provide young women with opportunities to allow them to thrive in leadership positions
 - ➔ Have more girls participating in tennis

OUR VALUES

INTEGRITY	PASSION
INCLUSION	LEADERSHIP
EMPOWERMENT	APPRECIATION

OUR STORY

We have done a lot of reflecting on what helped motivate us through our careers and has given us the desire to accomplish what we set our minds to. We were fortunate to be in an environment with incredible mentors helping us along the way. Seeing first hand how the people you surround yourself with determines the way you move forward in life has made us wish to share the experience with other girls on starting this journey.

Tennis Today, Leaders Tomorrow

INSPIRE

MENTORSHIP PROGRAM

Helping Females Find Their Pathway To Success Through Tennis

We believe that through tennis, females can gain valuable life experience in a safe and positive environment. They acquire knowledge in goal setting, discipline, independence, time management, responsibility, and so much more. We have created a collaborative environment that brings young females together to learn, grow, and lead. We believe there are various pathways to success and this program will work with each individual to reach their full potential.

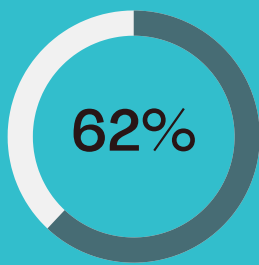


DID YOU KNOW?

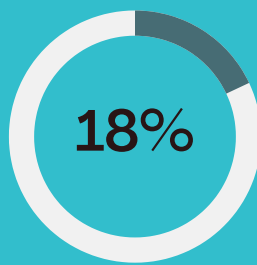


1 in 3 girls drop out of sport vs. 1 in 10 boys.

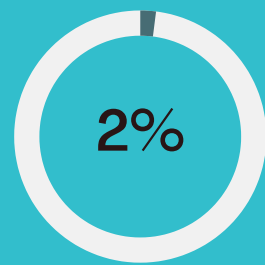
62% of Canadian girls are **not** participating in any kind of sport.



Only 18% of women 16-63 are involved in sport.



Only 2% of Canadian girls aged 12-17 get enough physical activity for health benefits.



Only 28% of Instructor Certified coaches are female.



Only 18% of Club Pro 1 and above coaches are female.



HOW WE CAN MAKE A DIFFERENCE:

Girls who participate in sport are more likely to be successful in academics, careers and be leaders in their community.

OUR PLAN

- Increase retention rate of teenage girls in tennis.
- Provide young women with opportunities to allow them to thrive in leadership positions.
- Increase the number of female coaches in tennis.

HOW

- Develop a team environment that allows the girls to build friendships, work together, and to grow in a non-competitive environment.
- Work collaboratively with the mentees to provide a support network and assist them in achieving their personal goals.
- Integrate the Tennis Canada Instructor course material to certify each participant as an Instructor upon completion of the course.

THIS PROGRAM IS FOR YOU IF:

- You are a female tennis player or have an interest in tennis and you are looking for a supportive group of like-minded people.
- You have goals that you want to achieve, but aren't sure how you'll get there.
- You would you like to adopt more of a growth mindset.
- You are interested in the pathways tennis can bring you, whether it's coaching, University tennis, community tennis, or high performance.

Join #TeamInspire for these lessons as we use tennis as a compass for life. There's nothing we can't handle, on and off the court.

MENTOR → LEAD → INSPIRE!