



Crusaders ATL Sports Club, Inc.

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September 1st, 2012

2012 Summer Youth Program Report – Get a Girl Going

This program opened our eyes to the realization of how few female oriented programs were available for our young ladies. It also gave us the awareness that many of them are not physically active due to their lack of confidence in their athletic capabilities. With the help of emails to our clubs contact list – then each person forwarding the information to their contacts and so on; we started out with 48 young ladies who had never heard of the sport of Netball. By the end of the 8 week session we had 26 strong. So we were able to maintain a 54% retention rate which is admirable for any program involving an unknown sport.

There were quite a few hot days of 102* – 104* we would receive text inquiries if we were still having the program – with our determination to maintain a stable, consistent and reliable environment we adjusted the daily program to sitting under the trees with classroom style lessons.

For making this program such a success, I must give a special thank you to the following:

1. To the committed parents who remained faithful to this program – as we all know the ladies can only get there if the parents are willing and committed.
2. To the members of Crusaders ATL for your dedication.
3. To Canidice Dixon of Women's Sports Foundation for your guidance.
4. To Ricia Taylor of Kaiser Permanente for speaking on Nutrition.
5. To Aneika Henry and Natalie White of the Atlanta Dream for your participation and support.

The impact we saw this program have on these ladies individually and as a team was priceless. It was awesome watching them gain confidence each week. They were also empowered by their own team mates who spoke openly of the strengths they admired about each other. We would love to continue hosting this program annually.

Opal Hill
President

“Unity is Strength”

*Unity does not mean we will all believe in nor do the same thing.
It means we will agree to do something without battling over how and why.*