

CELEBRATING INTERNATIONAL WOMEN'S DAY MARCH
8TH 2021



International Women's Day

CHOOSE TO CHALLENGE

HOW TO DELIVER A FEMALE FOCUSED
VIRTUAL ACTIVITY OR EVENT IN YOUR
CLUB



Brought to you by Athletics Ireland

#CHOOSETOCHALLENGE #IWD2021
#WOMENINSPORTIRE





**CELEBRATING INTERNATIONAL
WOMEN'S DAY
MARCH 8TH 2021**

**#ChooseToChallenge
#IWD2021
#WomenInSportIre**

More than ever, Athletics Ireland are committed to our women in athletics. From grassroots to high performance, we have seen some tremendous activity amongst our programmes, initiatives and club events, and now it's time to celebrate!

This International Women's Day we are asking you to celebrate your female members, leaders, officers and athletes by hosting a virtual event of your choice.

The purpose of this celebration is to

- Connect more of our members
- Increase the visibility of women's achievements
- Raise awareness about women's equality
- Lobby for accelerated gender parity

Register your event <https://eventmaster.ie/event/mMjLUyVFM8>

One of the most powerful ways our clubs can support International Women's Day is by championing their own #ChooseToChallenge campaign within their clubs, communities, networks, and groups.

Athletics Ireland are inviting you to host your own virtual event, activity or workshop. By hosting and registering your event with Athletics Ireland, you will empower, support and connect your members and amplify **MORE** action.

The aim of this initiative is to showcase types of activities that provide useful guidance and inspiration for further groups to come.



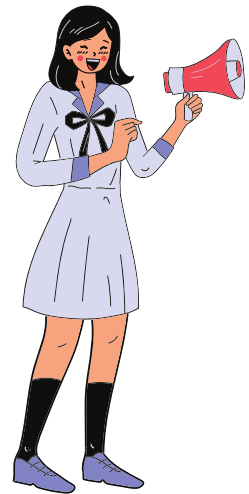
How to plan for your event or activity

1. Identify your club/groups goals- What is your key message?
2. Identify your audience- Who are you hoping to target?
3. What activity will you deliver?

Here are some activities/events to choose from..



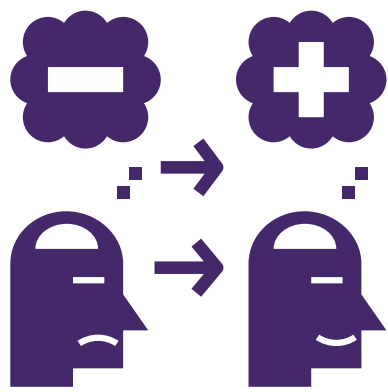
Celebrate women's achievements within the club



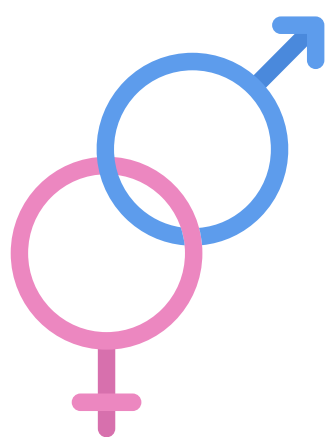
Raise awareness of female experiences in athletics



Challenge change as a collective



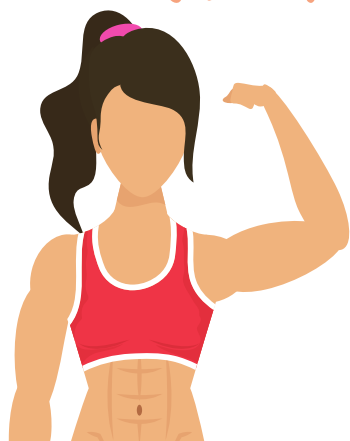
Influence positive behaviour



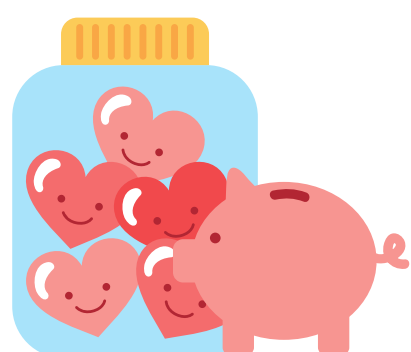
Combat stereotypes



Launch a new initiative, network or programme



Role models, Visibility & Speakers



Fundraise for WIS activities/ charity



Host a Quiz Night
Why not take part in the Athletics Ireland IWD Quiz?



Launch a new initiative
Gowran AC are proud to launch our online Couch to 5k aimed at women and girls.



Challenge Stereotypes
Donore Harriers AC hosted a competition for their members. The aim was to raise awareness of a body-positive club culture



Celebrate women's achievements within the club
West Muskerry AC have been profiling many of the achievements of their female athletes and members.



Establish your own Female Network

Join the next group of Forerunners, or set up your own group!

Athletics Ireland
WEBINAR SERIES

ATHLETE INTERVIEW SESSION

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The first event Of our Athlete panel discussion is endurance based with a stellar line up of Darragh McElhinney ,Amy O' Donoghue and



Role models, Visibility & Speakers

Encourage your club members to interview some of their favourite female athletes.



Raise awareness of female experiences in athletics

Ulster University Athletics invited Katie Kirk to share her knowledge & advice on nutrition.



Visibility and Role Models

West Muskerry AC have been profiling many of the achievements of their female athletes and members.

WIS Club Actions & Developments..

Donore Harriers - is a club with a long, proud culture of female athletics, through their juvenile, junior, senior and masters ranks. Donore Harriers has a number of aims for the female athletes in Donore Harriers AC as part of the 20x20 campaign which have been identified as follows:

1. That all young female athletes will be provided with early opportunities to educate themselves in relation to nutrition, women's health and injury prevention
2. That all young female athletes are provided with female mentors who they can trust and seek support from in relation to their health and well-being
3. To recognise and highlight positive female athletes in Donore Harriers AC who have demonstrated life-time participation in the sport

The club hosted a workshop with Katie Kirk, International 800m athlete and sports nutritionist. Katie spoke on a number of key issues including nutrition, injury prevention, women's health and how to stay in the sport during periods of physical change in the body



Niamh Cummins , Olivia Scully Hahne (both coaching with Derg AC) & Fiona Kelly (coach with Newport AC)- are currently working with their 12- 14 year olds within their clubs and communities in delivering a number of virtual workshops. A youth athlete's early years are the foundation for his/her future development within the sport and life, thus providing a strong base for lifelong learning and enjoyment. Olivia Scully Hahne and Fiona Kelly aim to support the well being of their athletes through various activities by educating members to adopt healthy lifestyle strategies and promote physical activity in a fun and inclusive way. The purpose of these workshops is to equip members with the necessary skills to navigate through the challenges that life and athletics may present, whilst also connecting with the other members within the clubs. In terms of overall personal development, these informative sessions and interactions can't be overstated as they help youth athletes to learn and grow in a variety of environments. Self care , respect for your body, nutrition and fuelling have been explored throughout the workshops which has catered for 45 young girls. All presentations and workshops are circulated post workshop for personal reflection.

TIPS FOR FUELING AND HYDRATING AROUND EXERCISE

- Eat a fully balanced diet of real wholefoods
- Drink clean filtered water
- Before and after training you need to ensure you consume food that is easily broken down and doesn't consume too much digestive energy
- Before exercise consume easily digestible carbohydrates eg a fresh veg juice of carrots, sweet potato, ginger & apple or a soup eg butternut squash and coconut or vegetable etc
- After training consume easily digestible proteins , glucose and carbs eg smoothies with banana's , fruit and green powders such as spirulina , barley grass etc or natural yoghurt with honey or dates on their own or in protein bombs
- Dates are a good source of glucose , natural sugars from fruits , maple syrup and honey are needed to fuel the body with glucose and restore glycogen levels in muscles.
- Rehydrate after exercise with water or coconut water, coconut water restores electrolytes lost during training



TIPS FOR STAYING FIT & HEALTHY :

**EAT REAL FOOD,
STAY HYDRATED,
EXERCISE,**

"Your greatest responsibility is to love yourself and to know you are enough."

WIS Club Actions & Developments..

Drogheda & District AC - previously hosted a 'Ladies Night' with the aim of supporting the female members within the club. The committee had invited two experienced leaders in their fields to speak to the group. Mary Lavery, hosted a functional sports nutrition talk to support individuals seeking to manage chronic disease, weight and to promote optimum health and performance in life and sport. Yvonne Brady, from EVB Shorts presented on pelvic floor health and offered ways in which to improve their overall athletic experience through adequate training and clothing. Chairperson, Ciara O'Reilly said the night was a great success and had generated much discussion amongst the members of the club. Those who attended the workshop received Drogheda & District AC club gear, an Irish Runner Subscription and much more! All content delivered educated the members, boosted club comradery, attracted new members and empowered more female participation within the club!



Clongriffin AC- hosted a 'Lessons in Leadership' evening with Brid Golden. Clongriffin AC is a newly established club in Dublin, who are committed to the long term development of their juvenile athletes of all abilities, providing them with opportunities and support to progress in an environment which is safe, child friendly, fun and inclusive! Clongriffin AC currently have an all female club committee and are committed to ensuring their club activities are both sustainable and successful. Brid Golden, Chairperson of Athletics Ireland's Coaching & Development committee, Board member and Forerunners mentor delivered a fascinating insight to the committee members and coaching team on the highs and lows of club development throughout her years at Ferrybank AC . One of the aims of this workshop was to enable female club officers to gain insights and learning on club operations. Creating an awareness and understanding of club development principles will allow club personnel to perform club business at a higher standard and according to best practice guidelines.



WIS Club Actions & Developments..

The Sunday Run Club- is the amalgamation of North Dublin based women who love to run. The long Sunday run is a weekly ritual that encourages women of all ages, all abilities and clubs to come together and be united with like minded women, unified by their passion for running and friendship! Long runs in athletics are seen as opportunities to build the aerobic base, but this group of women see it as an opportunity to expand their social circles. In 2019, the group began inviting fellow athletes to join from far and wide, and has been going from strength to strength ever since ! With a core group of 20 women representing four key groups of Raheny, Celtic DCH, Trinity (DUHAC) and UCD and the group has plenty of connections with a wide reach, and standing and open invitation to all ! The group has mixed abilities so everyone has an opportunity to be involved. The group keep in regular contact through WhatsApp , managed by key co-ordinators from the various clubs to ensure that there is consistency with their approaches and overall development. The value and merit of running with someone else is much more beneficial than solo miles. The sense of community and collaboration amongst the group has built valuable relationships, and given the group a deeper sense of belonging.



The Mid-West Coaching Network - is a collaborative approach from clubs Newport AC, Dooneen AC, Sunhill Harriers AC, Emerald AC, Limerick AC and GCH AC who's aim is to create a fun environment for teenage athletes to train and enjoy the sport together. The coaching group are predominantly women (but not exclusive), but don't want to limit it to just women. They started simply as women coming together and saying "yes we can do it"! the group are all former athletes who meet once a week with their athletes from the various clubs. The group have began working together to allow more teenage athletes to link in with athletes their own age, retain them within the sport and increase active participation amongst teenagers. Coaches coming together in this fashion is not just of benefit to the athletes but is hugely beneficial to the sport and clubs ! From a club perspective, Athletics Ireland encourage club leaders to engage with each others clubs and leverage each other's expertise. It encourages peer learning, idea sharing and networking between the coaches and allows LTAD approaches to be further explored and optimised. The group are very open to connecting with more like minded women and are ready for greater expansion and inclusion!



WIS Club Actions & Developments..

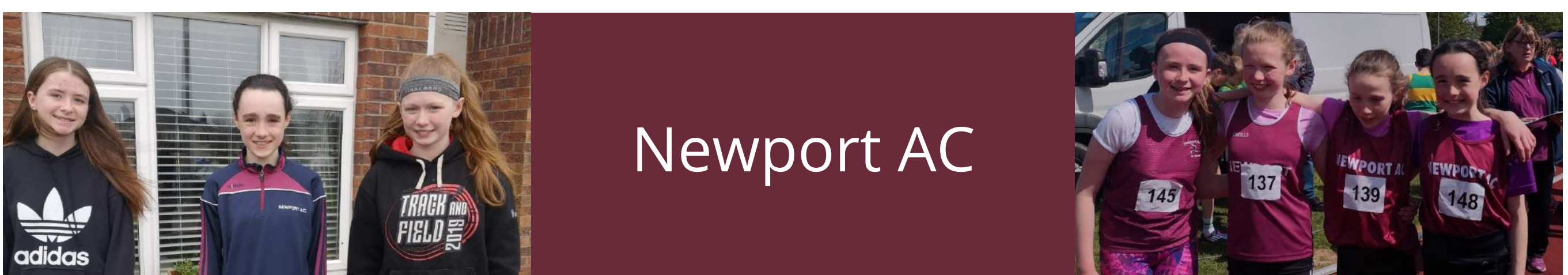
Celbridge AC- are another club who have pledged their commitment to WIS activities . Already they are beginning to have a real and lasting impact on the girls in their community by getting them more active and more involved in athletics than ever before. Celbridge AC pledged to do three things in the 20x20 charter;

- 1 - Increase the number of women on our club committee to ensure there is a complete gender balance
- 2 - Strive to do all they can to retain their young female athletes in athletics
- 3 - Increase the number of young females competing in County and provincial events

The club have been able to deliver on two of their objectives already and its only February, while the third objective will be delivered upon when Government restrictions have been lifted. 7 of their 11 committee members are female. The coaches have managed to retain their under 14/15 group and have avoided the dropout they might have experienced previously. Celbridge AC cater for both boys and girls in this 14/15 group and have noticed a great bond amongst their members and it is something they will continue to cater and nurture. The club is expanding exponentially with their members and facilities, which has seen the club become a hub for the community and grow their reach as a club.



Running Researchers- Sophie Walker, Clodagh Donohoe and Ava Palmer, are all track and field enthusiasts who represent **Newport AC**. The girls are undertaking a very important science project in school and are focusing on addressing 'Teenage Dropout in Sport'. The three girls are very curious to assess dropout in sport from primary and secondary school children and determine methods of retainment. The three girls love athletics , from jumps, to sprints and and the occasional cross country throw in, they can't be stopped. They love the fun they have with their training groups and meet twice a week. They value everything athletics has to offer and want to encourage more girls and boys to stay involved in sport !



WIS Club Actions & Developments..

Lusk AC- have hosted an educational workshop with Women in Sport officer, Lilly-Ann O Hora and RDO Grace Lynch. The Lusk AC coaching committee want to create ample positive learning experiences for their athletes and increase awareness of female athlete development. Both women have been involved in athletics from grassroots to high performance and hope that by highlighting their journeys, it will help members of Lusk AC to navigate through the sport and avoid common pitfalls associated with sport. Twelve athletes were in attendance, all coming from throwing, jumping and running events. The aim of the workshop was to positively influence the actions of the their female athletes in Lusk AC and motivate them to uncover their true potentials as people and athletes. Various topics such as training development, balancing school/training with a social life and injury prevention were discussed. All athletes had the opportunity to share their experiences of athletics with the women and also ask questions throughout.



Dooneen AC- also signed up to the 20 x 20 Club Charter. Their commitment to the charter involved a pledge to try and address some cultural perceptions about women in sport and to increase female participation at player and coach level. Covid-19 may have presented some challenges to this charter as many athletics events did not go ahead in 2020. However, it presented some unique opportunities– firstly, it allowed Dooneen the time to analyse data relating to girls/women within the club, particularly as they were required to keep weekly attendance records.

Secondly, they used the gap in events to promote participation of girls within the club, the website and social media. Committee members looked at data over a 6 week period of training of juvenile athletes which showed that the ratio of girls/boys at training was consistent at 65-70% girls and 30-35% boys. Dooneen AC hope to look at the level of participation at senior level amongst women in 2021. They also used the opportunity to highlight this ratio of girls/boys and did regular features on our website and social media. Committee members published several photo albums which included many of the female juvenile athletes with their mum/grandmother – many of them are coaches within the club. In addition, the club published photos key dates such as 'Women's Christmas' and plan to have another promotion next month for International Women's Day. In addition, a number of female coaches also took part in a Sports Ireland initiative which was a focus group on women's experience of coaching.

