



CANADIAN  
WOMEN & SPORT



# SHE'S GOT IT ALL: STRENGTH, SPEED,

AND SELF-CONSCIOUSNESS  
PERFORMING IN FRONT OF  
AN AUDIENCE THAT ASSUMES  
SHE'S NOT FEMININE.



People assume girls who do combat sports aren't feminine—an attitude that affects many female athletes' self-image. They know they can do it all: fight, compete, and pursue other hobbies like art and fashion. Recognizing athletic ability—without judgment—will inspire them to keep doing the sport they love.

Let's change the game at [yourrole.womenandsport.ca](http://yourrole.womenandsport.ca)

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