

SHE'S GOT IT ALL: AGILITY, STRENGTH, AND CONCERN THAT HER NATURAL WEIGHT FLUCTUATIONS MAY AFFECT HER DIVISION IN COMPETITION.



A girl's weight can naturally fluctuate significantly with her menstrual cycle. Uncertainty about meeting weight division requirements because of these natural weight changes could undermine her confidence. And, if weight management behaviours are not properly managed, it could become a safety issue. By acknowledging and addressing this challenge, coaches and organizers can help keep girls in the sport they love.

Let's change the game at yourrole.womenandsport.ca