

UNITED STRIDERS ATHLETICS CLUB TEENAGE GIRLS PROGRAMME

Overview

United Striders Athletic Club was formed in 1976 in New Ross. At present there are approximately 300 members. The club always welcomed juvenile members, but in recent years, it was noticed that the teenage girls cohort had grown considerably in size from approximately 10 a couple of years ago, to 35 this year.

Aims

- To promote regular physical activity among teenage girls
- To promote mental wellbeing among teenage girls
- To provide a safe environment for the girls to set and achieve their fitness goals through a mixture of running and strength and conditioning sessions
- To allow girls to target races and competitions if that is their aim
- To allow girls to improve fitness if they are not aiming for competition

Implementation

- Although there is no formal commencement date for the teenage girls programme, the number of teenage girls joining the club has grown considerably over the last number of years, with 35 registered this year. Numbers are not limited.
- With no formal advertising, interest in the programme has been completely by word of mouth
- Girls who wish to join, complete an online registration form
- There is a €20 annual registration fee to cover AAI membership. Then €2 per week thereafter
- 4 coaches are involved with the teenage girls training in sprinting and middle distance running, 2-3 times per week
- Any girl who wishes to compete can do so



Outcomes

The programme gives the girls a safe and encouraging environment to train and improve their fitness and mental health. Approx 10 girls regularly compete at all levels: county, provincial and national, with several winning county titles in track and cross country. One girl finished 4th in National Cross Country.

All girls gave extremely positive feedback commenting on the safe space to exercise without fear of failure, the encouragement and support from the coaches and other athletes, the great social aspect, making new friends, not being made to compete, everyone treated the same regardless of ability, the teamwork, the enjoyable training sessions, improvement of overall health

New members are always welcome & encouraged. All aims of the programme are being met.