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HERMOVES



THE COACHES' PLEDGE

AS A HER MOVES COACH, I PLEDGE TO:

- ✓ Give the girls a voice and a choice in what they do and let them feel empowered.
- ✓ Reframe achievement as moments of pride, not winning.
- ✓ Invoke excitement by bringing a sense of adventure and discovery.
- ✓ Take the pressure off performance and give freedom, simply to play.
- ✓ Encourage a relaxed, fun and supportive environment.
- ✓ Create a positive environment where girls feel comfortable participating in ways that work for them.

Signed: _____

HEY, WELCOME TO HER MOVES!

As a teacher, coach, tutor, mentor, instructor, your role in the Her Moves community is important. You can be the difference as to whether the girls enjoy their sporting experience or drop out. The Coaches Pledge provides some tips as to how you can ensure the Her Moves

Please help us keep this ethos.