



iGuy Sports

iGuy's straight-to-the-point, interactive and playful empowerment workshop is now being offered in combination with a sports camp for boys. This full day program will teach empowerment and soccer and basketball skills* in a physically active and experiential learning environment. iGuy Sports teaches participants how to be assertive, how to deal with bullying, how to make smart decisions online and how to build healthy relationships. But this workshop pairs empowerment content with all of the great things we get from playing sports: team building, inclusiveness, cooperation, healthy competition and good old-fashioned fun. iGuy Sports teaches boys to work together and for each other. Can't go wrong with that!



*** iGuy Sports is suitable for all levels and abilities in soccer and basketball.**

May 18 in Vancouver, Jewish Community Centre

Who: Students in grades 4-7 who identify as boys*

When: 10am to 3pm

Cost: \$80 (\$10 off if you register with a friend, \$5 off if you register one month before)

For more information contact Ryan Avola, iGuy Facilitator, at ryan@saleemanoon.com or 604-657-4628

outline

i don't need to be an allstar athlete

Superstar athletes and gender stereotypes put a lot of pressure on boys to excel at sports in unrealistic, and even unhealthy ways. Let's talk about this pressure and redefine what it means to "Be a Man!"

i can play

Let's run around, make some noise and get the blood flowing knowing that the most important muscle in the body is the heart.

i express myself

It's okay to be passionate and competitive, but we can express it in a healthy and non-aggressive way. Being part of a team helps us practice our communication skills, show empathy for others and have a positive attitude.

i am valued, strong and courageous

We're not always going to be the first picked, but our willingness to try and to bring our best self to whatever we do is what really counts. Showing up for others brings out the best in everyone!

* Non-binary and gender creative students are also welcome. Please consult with facilitator prior to workshop.

Smart decisions start here.

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