



## iGuy Sports and Arts

iGuy Empowerment Workshop is now being offered as sports and arts day camp for boys. This full day program will teach empowerment and leadership through visual arts and soccer and basketball games\* in a physically active, playful and experiential learning environment. iGuy Sports and Arts teaches participants how to connect with their feelings, express themselves creatively and assertively, feel confident and build healthy relationships. It combines all of the great things we get from playing sports (team building, inclusiveness, cooperation, healthy competition and good old-fashioned fun) with the creative learning, expression and self-awareness we get from the arts. Not all of us are amazing athletes and not all of us are accomplished artists, but when it comes to building character it's about getting outside of our comfort zone just enough to learn something new.



### July 9 in North Vancouver, Memorial Gym

**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](mailto:ryan@saleemanoon.com) or 604-657-4628

### outline

#### i don't need to be an allstar athlete

Superstars and gender stereotypes put a lot of pressure on boys to excel at sports in unrealistic and sometimes even unhealthy ways. Let's talk about this pressure and what it really means to "Be a man!"

#### i can play

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

#### i can express myself

The saying "boys will be boys" reinforces the idea that it's OK for boys to use violence to express themselves. Let's take time to express ourselves in creative, healthy and non-aggressive ways.

#### i am compassionate, courageous and strong

When we get right down to it we are social beings who thrive on connecting with others in a healthy way. We can be competitive and driven, but we can also be caring, compassionate and in control of our feelings.

\*This workshop is suitable for all levels and abilities in soccer and basketball.

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

*Smart decisions start here.*

t 604.418.9417  
e [saleema@saleemanoon.com](mailto:saleema@saleemanoon.com)  
w [www.saleemanoon.com](http://www.saleemanoon.com)

