



GO GIRL!

BADMINTON PROJECT MADE BY GIRLS FOR GIRLS

WHO DO WE INVITE?

Badminton players U13 / U15

Coaches

WHO ARE WE?

We are a team of female coaches and players, who would like to create an environment, where young women will feel comfortable and will be able to grow and develop their skills. Our team consist of badminton professional coaches, top elite badminton players and a mental coach!

WHAT DO WE DO?

We teach girls, how to cope with emotions, which goes along with training environment and performing in sport.

We educate girls and coaches about physical and emotional symptoms of puberty.

We raise girls' self-confidence and help them accept themselves as active young women.

First and foremost, we a create sport environment, where girls will make new friendships and simply enjoy physical activity.

Girls disengage with sport during puberty time.

Level of physical activity among boys and girls in Germany in age 11-13 is only 19 % and in age 14-17 drops to 12 %.

Only 8 % of all girls meet the UK Chief Medical Officer's recommendation that young people aged 5 – 18 should do 60 minutes of physical activity every day.

**Badmintonverband
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ACTIVITIES DURING THE PROJECT

1. Workshop 22-24.03.2019
2. International summer camp 20-27.07.2019
3. Workshop 1-3.11.2019