

Top 10 Actions for Associations to Keep Girls in Sport

- 1. Ask girls what they need.**
Use surveys, conversations, or team check-ins to learn what helps girls feel supported.
- 2. Prioritize fun and belonging.**
Make sure practices and games include laughter, connection, and positive team culture.
- 3. Build social time into programming.**
Include team-building, mentorship, warm-up chats, and informal activities.
- 4. Train coaches to support girls' experiences.**
Focus on confidence, communication, inclusion, and developmentally appropriate coaching.
- 5. Recruit and mentor female coaches, officials, and leaders.**
Help girls see a future for themselves in baseball.
- 6. Reduce financial barriers.**
Offer equipment lending, fee support, fundraising options, and clear information about assistance.
- 7. Create safe and respectful environments.**
Address bullying, exclusion, negative sideline behaviour, and harmful comments immediately.
- 8. Support body confidence and comfort.**
Offer uniform choices where possible and use language focused on strength, skill, and effort.
- 9. Normalize menstrual health support.**
Ensure access to washrooms, menstrual products, and coaches who respond with respect and flexibility.
- 10. Track retention, not just registration.**
Review how many girls return each season and use that data to improve programming.