



GIRLS PROGRAM COMMUNITY NEWSLETTER

Bi-Monthly Email Newsletter Highlighting Community Service & Engagement

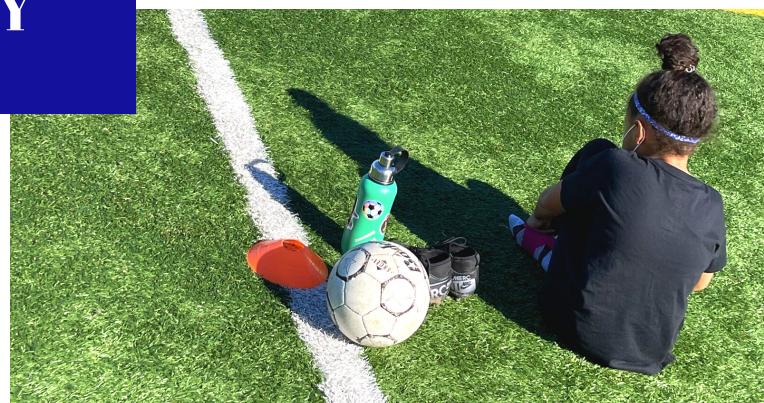


ABOUT THE PROGRAM

Community Service as a team or individually. Club community and engaging other girls within our program. Self-awareness and character building for stronger girls on and off the pitch!

WOMEN'S HISTORY MONTH

March is Women's History Month – commemorating and encouraging the study, observance and celebration of the vital role of women in American history. Take a look at what some of our players reflect on this month!



STRESS AWARENESS MONTH

April is National Stress Awareness Month, and while stress is unavoidable for the vast majority of Americans, there are many ways to help prevent and manage it. Take a look at how stress might be affecting your player and ways we can help them process and manage that stress.

ABOUT THE PROGRAM



Hello everyone! I am so excited to bring you this first newsletter. As you know, it is the hope of the Club and our Director of Coaching, Jon Nishimoto, that we build a program around community activities and engagement. It is my goal to bring to you what I have done with my previous teams and in my full time career.

It is my mission to create opportunities for players, coaches, and community members to engage one another to increase unity, foster an identity, and promote our Club. I believe something not offered with any other club in our area is a real connection with and sense of community. Therefore I will endeavor to establish a culture of community services and engagement by giving back to the communities we play within while simultaneously offering chances to bond with their peers, coaches, and families.

If anyone feels strongly about this program and has something to contribute, whether it is an internship with your company, ideas on activities you'd like to see, or ways to connect, please email me: <email>

WOMEN'S HISTORY MONTH

March is Women's History Month. Pages 5-7 are some conversations I had with girls in our program about what this month means to them, women they look up to, and their hopes and aspirations for the future.

STRESS AWARENESS MONTH

April is Stress Awareness Month and I am here to try and help with ideas on how to manage those stressful days, moments, situations both for our young ladies and their parents!

Page 3 is some information about stress in girls and young women. It may help our players understand, process, and accept what they are feeling as well as offer some guidance on how to cope and process how they're feeling.

Page 4 are fun printable tools to track stress, moods, etc. throughout the month. Print them out and post them on the fridge, bathroom mirror, bedroom door, anywhere!

SYMPTOMS OF STRESS

- **Physical.** Headaches, difficulty sleeping, tiredness, pain (most commonly in the back and neck), overeating/under eating, skin problems, drug and alcohol misuse, lack of energy, upset stomach, less interest in sex/other things you used to enjoy.
- **Emotional.** Anxiety, depression, anger, unhappiness, irritability, feelings of being out of control, mood swings, frustration.
- **Mental.** Forgetfulness, worry, can't make decisions, negative thinking, lack of focus, boredom.
- **Social.** Less connection with friends, isolation, family problems, loneliness.
- **Spiritual.** Apathy, loss of meaning, emptiness, unforgiving, doubt, guilt, despair.



STRESS MANAGEMENT

- **Physical.** Exercise, practice relaxation techniques (yoga, meditation, listen to relaxing music), eat healthy, schedule leisure time, get enough sleep (7 to 9 hours/night).
- **Emotional.** Express your emotions, repeat positive emotions, work toward a healthy self-esteem.
- **Mental.** Have a positive outlook, realistic thinking, resilient attitude, be creative.
- **Social.** Strive to maintain loving relationships, establish healthy boundaries, stay connected with friends.
- **Spiritual.** Find your meaning/purpose, focus on gratitude, stay in the present moment.



EFFECTS OF STRESS ON WOMEN/GIRLS

- **Depression and anxiety.** Women have higher rates of these conditions and other psychological disorders including panic disorder and obsessive compulsive disorder than men.
- **Heart problems.** Stress increases blood pressure and heart rate.
- **Headaches and migraines.** Tension headaches are more common in women than men.
- **Weight Fluctuations.** Women are more prone to stress-related weight gain/loss than men.
- **Menstrual problems.** Premenstrual syndrome is more severe with increasing stress levels.



PERSONAL WELLNESS PLAN

- **Review life areas.** Examine the six life areas for potential change.
- **Identify goals.** Be aware of what needs to be done and set goals.
- **Be specific.** Know what you want to accomplish.
- **Set measurable targets.** Move in the right direction.
- **Be realistic.** Set smaller goals that are achievable.
- **Identify resources.** Use helpful resources to reduce potential problems.
- **Set time limits.** Consider reasonable, specific time limits.
- **Evaluate progress.** Make changes as needed
- **Face change.** Accept change as a challenge and opportunity, not a threat.
- **Focus on the present.** Stay in the present. It doesn't help to worry about the future.
- **Listen to your mind.** Examine beliefs and how they influence life.

- **Practice acceptance.** Accept what can't be changed and change what can be changed. If you can't change the situation, change how you react to it.
- **Accept and care for yourself like you do others.** You are kind to them so be kind to yourself. Remember, you have to put on your own oxygen mask first before you help others.
- **Reflect on aspects of your life for which you are grateful.** Remind yourself that gratitude leads to happiness.
- **Eat lots of fruits and vegetables;** processed foods sap your energy.
- **Drink lots of water.**
- **Don't allow yourself to dwell on the negative.** A positive outlook carries health and social benefits.
- **Smile....** You've got this!!!

SELF-CARE Bingo

TOOK A SHOWER	GOT DRESSED	CAUGHT UP WITH FRIENDS	PROCESSED MY FEELINGS	COMPLIMENTED MYSELF
EXERCISED	MEDITATED	COOKED A HEALTHY MEAL	PLAYED WITH MY PET	DID A CUCUMBER EYE MASK
TOOK A BREAK	DRANK WATER	<i>Free</i>	TOOK A SOCIAL MEDIA BREAK	TREATED MYSELF
COMPLIMENTED SOMEONE	GOT 8 HOURS OF SLEEP	TAMED NEGATIVE THOUGHTS	HUGGED MY PARENTS	DROPPED A HABIT
TOOK A MENTAL HEALTH DAY	SPENT TIME WITH NATURE	DECLUTTERED MY SPACE	WROTE IN MY JOURNAL	PRACTICED COMPASSION

A POP OF POSITIVITY

REFLECTION CHALLENGE

my mantra

best way to relax

my fave healthy snack

today's small achievement

top 3 instant mood boosters

Daily Reflection

DATE: _____ TODAY'S MOOD: _____

TODAY'S STRESSOR(S): _____ HOW DID I HANDLE MY STRESS

TODAY I'M

grateful
FOR

A SONG/POEM/STORY/GIF/MEME THAT MADE ME SMILE TODAY

BEFORE BED I WILL.....

TO DE-STRESS FROM MY DAY



COACH B.

Women's History Month is important because the accomplishments of historical and everyday women aren't discussed enough. I believe if we were taught more about notable women in our history, then we wouldn't need a month for it. It's time we learn and educate ourselves and others more about the women who have done great achievements as a way to inspire, display representation and simply put, for our own general knowledge.

It's great we know who invented the light bulb or the telephone, but what about other functional things that affect our lives like the invention of car heaters, fire escapes, or life rafts? ...All which were invented by women.

Is there a historical female you look up to? Why? "Historical" is subjective but I really look up to the late Maya Angelou. She spoke with so much passion and truth. She was unwavering in writing real issues of the world either poetically or outright. One of my favorite quotes by her are: "We delight in the beauty of the butterfly, but rarely admit the changes it has gone through to achieve that beauty". I can apply this to my past collegiate athlete life and how the journey to becoming my best soccer self wasn't always easy. It took a lot of mental, physical and spiritual changes to be the best athlete I could be at that time.

What do you want to do when you're older? Is there a female you (can) look up to for motivation/inspiration? Although I coach, I plan to continue my journey as a filmmaker. I mostly produce documentaries about people but perhaps one day I'll make a film that is soccer related. With that said, I'm thankful for soccer because it has placed me around so many inspiring, funny, and interesting individuals as well as leadership roles; all in which are helpful to the collaborative aspect of filmmaking.

Name three women in soccer history and explain why/how do you know their names? Mia Hamm, Marta, and Megan Rapinoe. Mia Hamm is one of the first professional soccer players I really learned about growing up. She was a pioneer on putting pro women's soccer on the map. She was part of the USWNT '99ers. Iconic and I'll leave it at that. Marta, because she was one of the first non-American pro footballers I started watching. I also love Brasillian style football so it was inspiring to see a woman representing that beautiful style outside of the men's side. Megan Rapinoe, because I played the same position as her growing up (left midfield) and just contemporarily speaking, I love all of the political justice work she is doing right now. I respect how she uses her platform and isn't "just an athlete".

Is there something you want to accomplish in your life to be remembered for? Do you think girls will look up to you for it? I want to inspire the athletes that I coach and the people I encounter through my words and actions. I hope that they can look up to me and understand that as individuals we are more than capable of just one thing. We can be athletes. We can be artists. We can be chefs. We can be whatever. We don't have to be placed in a box or a lane or defined by only one thing in life. We don't even need to be defined. We just need to live and only be ourselves.

The first Women's History Day was held in 1909. Feb. 28, 1909 marked the first Woman's History Day in New York City. It commemorated the one-year anniversary of the garment workers' strikes when 15,000 women marched through lower Manhattan. Women's History Month began as a local celebration in Santa Rosa, California.

More women are earning college degrees than men. Women earn about 57 percent of bachelor's degrees, according to 2018 data from the National Center for Education Statistics. Women weren't legally guaranteed equal educational opportunities until 1972.



ASST. COACH GRACE



Women's History Month is important because women are too often overlooked in the study of history. This month helps to bring attention to influential women who haven't yet had their stories told. Also, girls will feel confident in knowing that their accomplishments will be recognized in the future.

Is there a historical female you look up to? Why? I look up to Abigail Adams for her work as an early advocate of women's equality in America. She spoke out against the notion that wives had to serve their husbands in marriage as well as inequalities in regards to the education of girls. Not only was she a feminist, but she was also a strong advocate for abolition. I admire her strong will and persistence.

What do you want to do when you're older? Is there a female you (can) look up to for motivation/inspiration? When I'm older, I hope to study politics, especially focusing on the ways that politics and theatrics overshadow necessary policy changes. Alexandria Ocasio Cortez has been super inspirational for me in this regard because she is not afraid to stand up to people (especially men) who discount her just because she is young and a woman. Also, Kamala Harris has broken down so many barriers in politics becoming the first female, first black, and first Asian-American vice president in history.

Name three women in soccer history and explain why/how do you know their names? Marta was the first women's soccer player that I had ever heard of growing up -- and with good reason. She is incredibly talented and an amazing player, and on top of that she is a huge advocate for women's empowerment. Mia Hamm was another female soccer player that I looked up to growing up. She is such an icon and a great representative of the USWNT. Finally, Alex Morgan has definitely been super influential in US soccer and a great model for young girls in the past decade or so, scoring many goals for the national team.

Is there something you want to accomplish in your life to be remembered for? Do you think girls will look up to you for it? I want to work towards changing the narrative and social dynamics of the way that women and other marginalized groups are treated. As many people have begun doing recently, I hope to be able to call attention to injustices and begin to hold people accountable for the way that they treat underrepresented groups in society. I think that this is important for girls to see because we can all be a part of this change by speaking up when people try to force stereotypes onto us or tell us to act in a certain way just because of our gender.

FLORA, 11

To me, it is interesting that in the animal world, the females get a lot of attention and recognition but that's not the same for us. It would be nice if women were appreciated the same.

Male animals are sometimes prettier or more colorful but the females do all the work and are sort of more important. I think we are important.



Eleanor Roosevelt held women-only press conferences. The White House's first press conference for women reporters in March of 1933 -- an especially noteworthy move given women were largely excluded from the media at that point in history. Over the next 12 years, she held 348 such press conferences, all covering subjects "of special interest and value to the women of the country."



LIBBY, 14

I think Women's History Month is important because it recognizes the importance of women and gives them the respect and attention they deserve and they've earned.



Women's History Month is so important because there are so many women in the world who haven't gotten the recognition and attention that they deserve in sports, science, and in anything in general.

MADDIE, 15



KATHERINE, 14

Women's History Month is important to me because it's nice to recognize that we're strong and there's no limit on the stuff we can do. I really look up to my sister, mom, and aunt a lot because they're all strong women and they like different things. It teaches me that we come in all shapes, sizes, and varieties.



I look up to the United States Women's National soccer team. They inspire me as an athlete and also fight for gender equality. I don't think we talk about it enough or at least not openly.

JILLI, 17



MICKY, 16

Women's History Month gives us a chance to learn about those who came before us, did things before us, and showed us we can do anything. It lets us see women and girls that look, talk, think like us and there's a connection.

