

INSPIRE THROUGH SPORT



WHAT WE DO

The ability to inspire is an essential skill that is found in great leaders. These leaders are able to infuse energy, passion and connection into their actions and behaviours. A clear vision, mission and commitment to integrity is what guides us in what we do to strive to make the world a better place. Inspire Through Sport is an organization designed to provide programs, courses, resources and hands-on experience to foster inspirational leadership development.

OUR VISION

To increase engagement of females in tennis.

OUR MISSION

To develop female leaders through coaching tennis.



OUR GOALS

- ➔ Increase the retention rate of teenage girls in tennis
 - ➔ Increase the number of female coaches in tennis
- ➔ Provide young women with opportunities to allow them to thrive in leadership positions
 - ➔ Have more girls participating in tennis

OUR VALUES

INTEGRITY	PASSION
INCLUSION	COLLABORATION
EMPOWERMENT	APPRECIATION

OUR STORY

Co-founders, Nikki Carnovale and Rachel Gould were both fortunate to grow in an environment with incredible mentors to help motivate them and instill a belief that they can accomplish anything they set their minds to. Seeing first hand how the people you surround yourself with determines the way you move forward in life has made them wish to share the experience with others on starting this journey.

"Sports do not build character. They reveal it."

Tennis Today, Leaders Tomorrow

INSPIRE

MENTORSHIP PROGRAM

Helping Females Find Their Pathway To Success Through Tennis

We believe that through tennis, females can gain valuable life experience in a safe environment. They acquire knowledge in goal setting, discipline, independence, time management, responsibility, and so much more. We have created a collaborative environment that brings young females together to learn, grow, and lead. We believe there are various pathways to success and this program will work with each individual to reach their full potential.

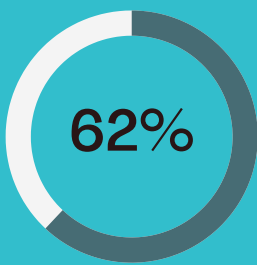


DID YOU KNOW?

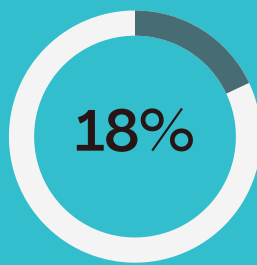


1 in 3 girls drop out of sport vs. 1 in 10 boys.

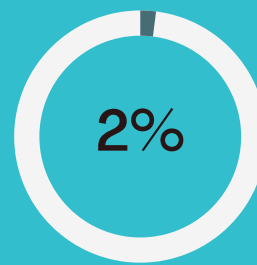
62% of Canadian girls are **not** participating in any kind of sport.



Only 18% of women 16-63 are involved in sport.



Only 2% of Canadian girls aged 12-17 get enough physical activity for health benefits.



Only 28% of Instructor Certified coaches are female.



Only 18% of Club Pro 1 and above coaches are female.



HOW WE CAN MAKE A DIFFERENCE:

Girls who participate in sport are more likely to be successful in academics, careers and be leaders in their community.

OUR PLAN

- Increase retention rate of teenage girls in tennis.
- Provide women and girls with opportunities to allow them to thrive in leadership positions.
- Increase the number of female coaches in tennis.

HOW

- Develop a team environment that allows the girls to build friendships, work together, and to grow in a non-competitive environment.
- Work collaboratively with the mentors and provide a strong network to assist them in achieving their personal goals.
- Provide TC Instructor Course training throughout the duration of the program. All participants will receive a Community Tennis certificate upon completion and those that are eligible will have the opportunity to complete their Instructor Course certification simultaneously.

THIS PROGRAM IS FOR YOU IF:

- You are a female tennis player or have an interest in tennis and you are looking for a supportive group of like-minded people.
- You have goals that you want to achieve, but aren't sure how you'll get there.
- You would like to adopt more of a growth mindset.
- You are interested in the pathways tennis can bring you, whether it's coaching, University tennis, community tennis, or high performance.
- You want to be a part of the next generation of leaders!

Join #TeamInspire for these lessons as we use tennis as a compass for life. We can handle anything, on and off the court.

MENTOR → LEAD → INSPIRE!