

Empowering young women!

Teenage girls across the UK commonly dread the thought of PE lessons and 49% of girls claim that they would “drop” the subject if they could. I find these statistics truly disheartening as a young female; I personally have never disliked PE and always felt passionate about sport, but it agitates me that many of my close peers do not feel the same connection to sport as I do. Sport isn’t just physical health; it’s mental health too! And if young women lack confidence and connection in PE lessons, then how are they supposed to benefit from it?

So, this is when Strong Girl Squad comes in!

Lincoln UTC has partnered with Strong Girl Squad to make a change. This fitness programme allows young girls to explore the World of CrossFit under the wings of experienced, passionate and bubbly coach Kristen. We have found ourselves fortunate enough to be within a short drive of the LN Gym which is kitted out with essential, safe and inclusive equipment for all of us to use.

The girls have visibly gained confidence and knowledge in the short span of a few weeks and leave with beaming smiles after each session. After interviewing some of the girls, this is the positive feedback they gave me:

“Partaking in Strong Girls club has helped me increase my confidence with the gym in and outside of Strong Girls. I feel more sure and okay with taking up space. It’s also really fun.”

“Strong Girls makes me feel empowered and safe whilst working out. It’s a safe space and very inclusive, that’s why I love it!”

‘I go to strong girls as it gives me confidence in my own gym. It teaches me to lift safely and correctly so I can lift by myself at my gym.”

“It has given me the opportunity to work out confidently in a good environment. Kristen is really nice too!”

“It has taught me the proper form for free weights. I know that I am using the weights correctly and safely.”

“I do Strong Girl Squad to build strength mentally and physically. It’s a judgement free zone and very inclusive.”

“I have really enjoyed Strong Girls as I feel comfortable in the environment.”

“I go to Strong Girls because it’s a very important and rare opportunity for me to safely use gym equipment despite being in a low-income household. It also helps build my confidence in being able to exercise and beyond.”

This is where we need you! We need young women to feel confident, to feel connected and to feel passionate about sport! We are looking for sponsors who share a passion for

empowering young women so that this programme can continue to flourish sport within the female society.

Are you ready to help?