

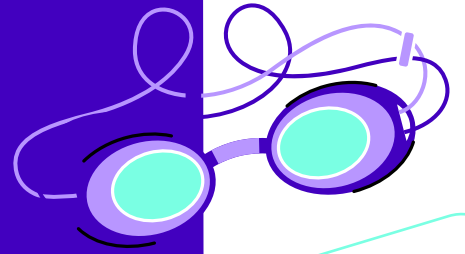


SPÓRT ÉIREANN
SPORT IRELAND



Create new and different sport and exercise opportunities to help girls find their tribe, contribute your ideas through the Girls Get Active Hackathon

Many teenage girls across Ireland are missing out on the benefits of sport and physical activity because they don't think they are "sporty enough", they don't know where or how to get involved, and they don't think there are opportunities for them to be involved in sport other than traditional team sports.



Use your voice to help these teenage girls realise that sport and physical activity can be a part of their lives and that sport is for everyone, including them.

Be part of the Sport Ireland Girls Get Active Hackathon. Help us tackle the challenge of inactivity by being part of the solution.

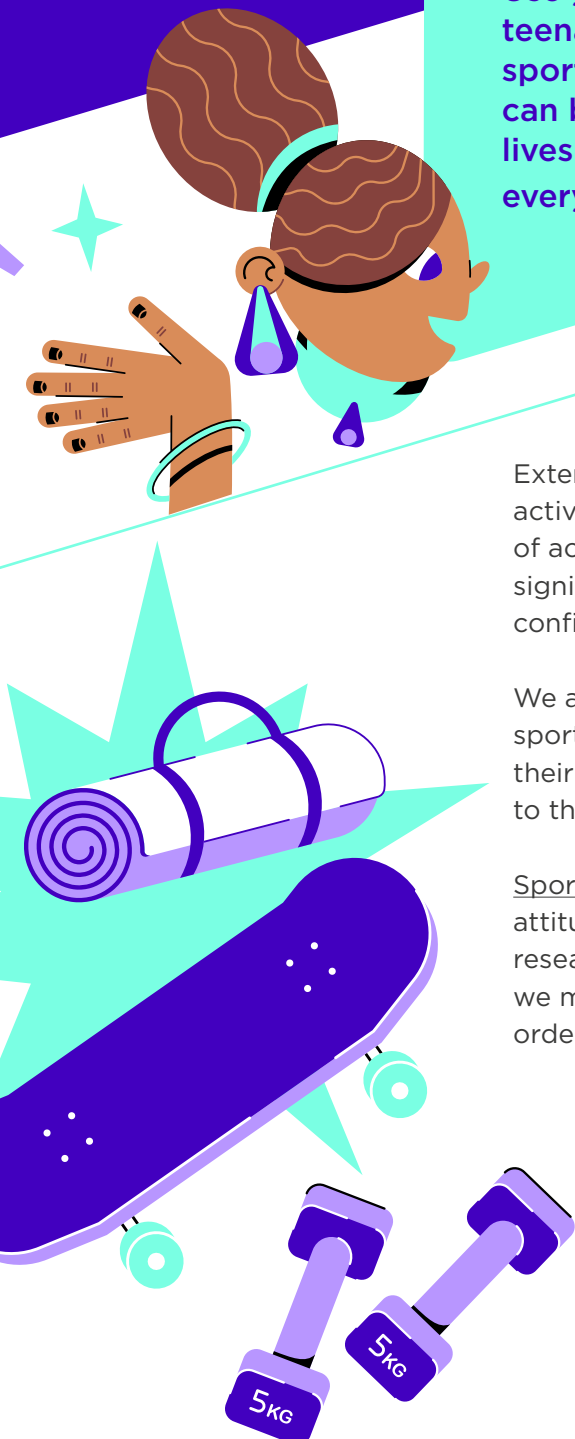
Extensive research into youth participation in sport and physical activity tells us that girls are less active than boys, and their levels of activity declines throughout the teenage years. This can have a significant impact on their health, wellbeing, social connections and confidence at this age and throughout their lives.

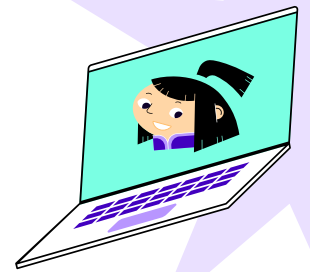
We also know that many teenage girls lose interest in formalised sport at an early age, they don't have opportunities to be active with their friends, or know where they can be active. Plus, most girls seem to think being sporty means you have to play for a sports team.

Sport Ireland's Girls Get Active research project explored the attitudes of teenage girls towards sport and physical activity. This research tells us what really matters in teenage girls lives and what we must do with our sports and physical activity programmes in order to attract and retain girls in the activity.

CHECK OUT:

Girls Get Active Anchors and Principles for Success





Help Address this Challenge

Sport Ireland wants to address this challenge by piloting a number of new Girls Get Active programmes that:

- respond to the needs of teenage girls
- help girls to engage with physical activity and sport on their terms
- reconnect teenage girls who have drifted away from physical activity and sport, and,
- allow those with no prior experience to feel comfortable taking part and join a new activity.

We want you to have your say and to help create these programmes by getting involved with the Sport Ireland Girls Get Active Hackathon.

What is a Hackathon?

A Hackathon is a short concentrated event that brings people together to brainstorm and share a range of creative and innovative ideas around a challenge. It is a great way for people to come together, share ideas and create positive change in society.

Who should get involved?

For this hackathon we are looking for individuals and groups (up to four individuals) from all ages and all backgrounds, to get involved including; girls in secondary school, TY students, teachers, parents, third level students, researchers, sport development officers, NGB and LSP staff.

Basically, if you have an idea that you think could be turned into a great programme for teenage girls, or If you have a passion for promoting sport and physical activity and want to be part of the solution then this Hackathon event is for you.

How will it work?

The Hackathon will take place online via Zoom in Mid-April with teams/individuals having registered in advance and will involve a few hours' engagement and teamwork over three days.

Day 1 - Friday 16th April, 16.00 - 18.00

The opening day of the Hackathon will allow groups to hear about the problem and engage in a process of discovery and analysis.

Day 2 - Saturday 17th April, 10.00 - 12.00

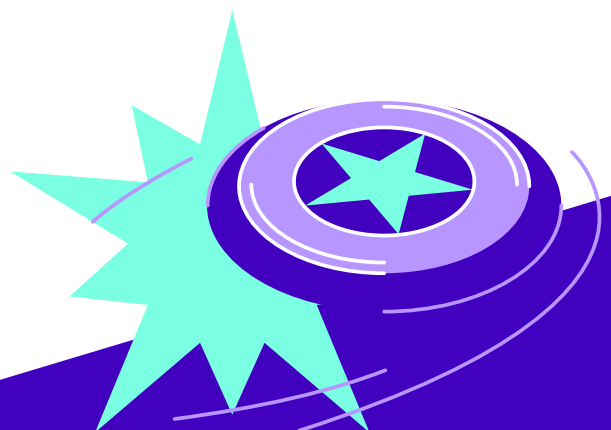
The day will see group brainstorming, researching and coming up with different ideas.

Day 3 - Sunday 18th April, 10.00 - 12.00

This day will involve consolidating and refining your groups thinking to select the best idea.

Day 4 - Friday 30th April, 16.00

Showcase event - an awards event where Sport Ireland will present a shortlist of great ideas and the winning entries.



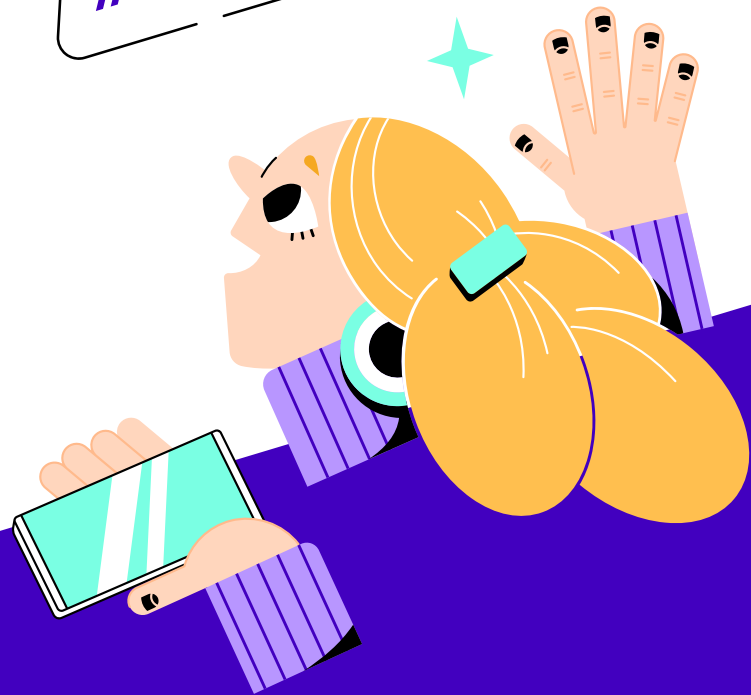
PLEASE
NOTE

Parents/Guardians/Teachers
must register for those Under 18
and act as a point of contact.


How do I get involved?

- Step 1:** Gather a group and register to take part in the Sport Ireland Girls Get Active Hackathon, or register your interest as an individual and that you want to get involved. www.sportireland.ie/women-in-sport/hackathon
- Step 2:** Review guidance material and other Hackathon resources in advance (these will be sent to you and available on the Sport Ireland website).
- Step 3:** Attend the three Hackathon Days in April mentioned above to brainstorm and develop ideas.
- Step 4:** Work with your group to submit this idea by April 23rd.
- Step 5:** Join us for the awards ceremony after the Hackathon where the top four ideas will be selected.

#IAMActive



Why Get Involved?

-  You will be part of an innovative approach to try to solve one of the biggest challenges for physical activity and sport in Ireland - teenage girls drop out.
-  You will be inputting into the creation of a national sports programme for teenage girls.
-  You will develop analytical, innovative thinking, teamwork and problem solving skills that may aid you in all aspects of life.
-  You might win the Hackathon, receive a nice prize and see your idea turned into a programme for implementation across the country.

