



CANADIAN
WOMEN & SPORT

TRUE
SPORT

**SHE'S
GOT
IT ALL:
DEDICATION,
DETERMINATION,
AND COMMENTS
DURING THE RIDE
HOME THAT ARE
DRIVING HER TO QUIT.**



Girls play sports for many reasons—fun, fitness, social connections, and the thrill of competition. When parents get caught up in winning—and go over the top with their post-game critique—it can drive her to quit. It starts with the ride home. How we talk to our girls about sport is how we keep our girls in sport.

Let's change the game at yourrole.womenandsport.ca
Change the ride home at truesportpur.ca/theridehome

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