

MBSC junior girls event



GIRLS IN SAILING
SOCIAL EDUCATION NIGHT

July 30th 2022
4.30 - 6.30pm

Murrays Bay Sailing Club

JOIN US FOR
Pita Pit & Sundaes!
Get together with the girls and get informed & inspired.
AND RECEIVE A GOODIE BAG!!

OUR FOCUS IS NUTRITION, HEALTH AND ALL THINGS "GIRLS IN SAILING"

REGISTER HERE
By 23 July

kitchen LINK

goodbye SECCA PROJECT

LIVE THE LIFE

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MURRAY'S BAY SAILING CLUB

YACHTING NEW ZEALAND



MBSC junior girl's event

- Open to all junior girl sailors aged between 10 to 15 years.
- The event was run after an Auckland Junior Winter Sprint race day. This helped to attract more girls as many were already at the club participating in the racing.
- Entry was free to all who attended. This was achievable due to having a main sponsor who covered the catering cost, goodie bags & printing.
- Sponsors – different sponsors were sourced to provide loot for the ever popular goodie bags and ensure every sailor left with a spot prize.
- The evening was MC'ed by well-known female sailor and fabulous role model – Sara Winther.



The format



- Host introductions
- Icebreaker game
- Sailing mentor video (supplied by YNZ)
- Health talk – periods while sailing with Tasman Rowntree
- Pita Pit meal (girls were encouraged to sit with someone they don't already know)
- Role model Q&As
- Ice cream sundaes
- Nutrition talk – Jenny Bates
- Goodie bags / spot prizes

Survey respondents

44 girls attended the event

19 completed the survey

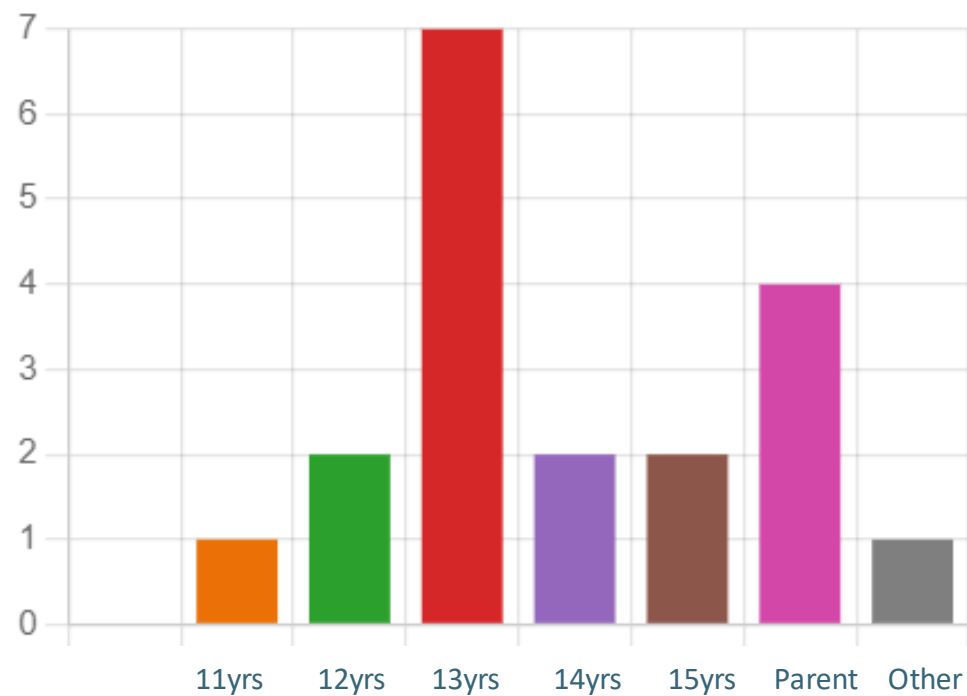
(43% of attendees)

How did they rate the event?



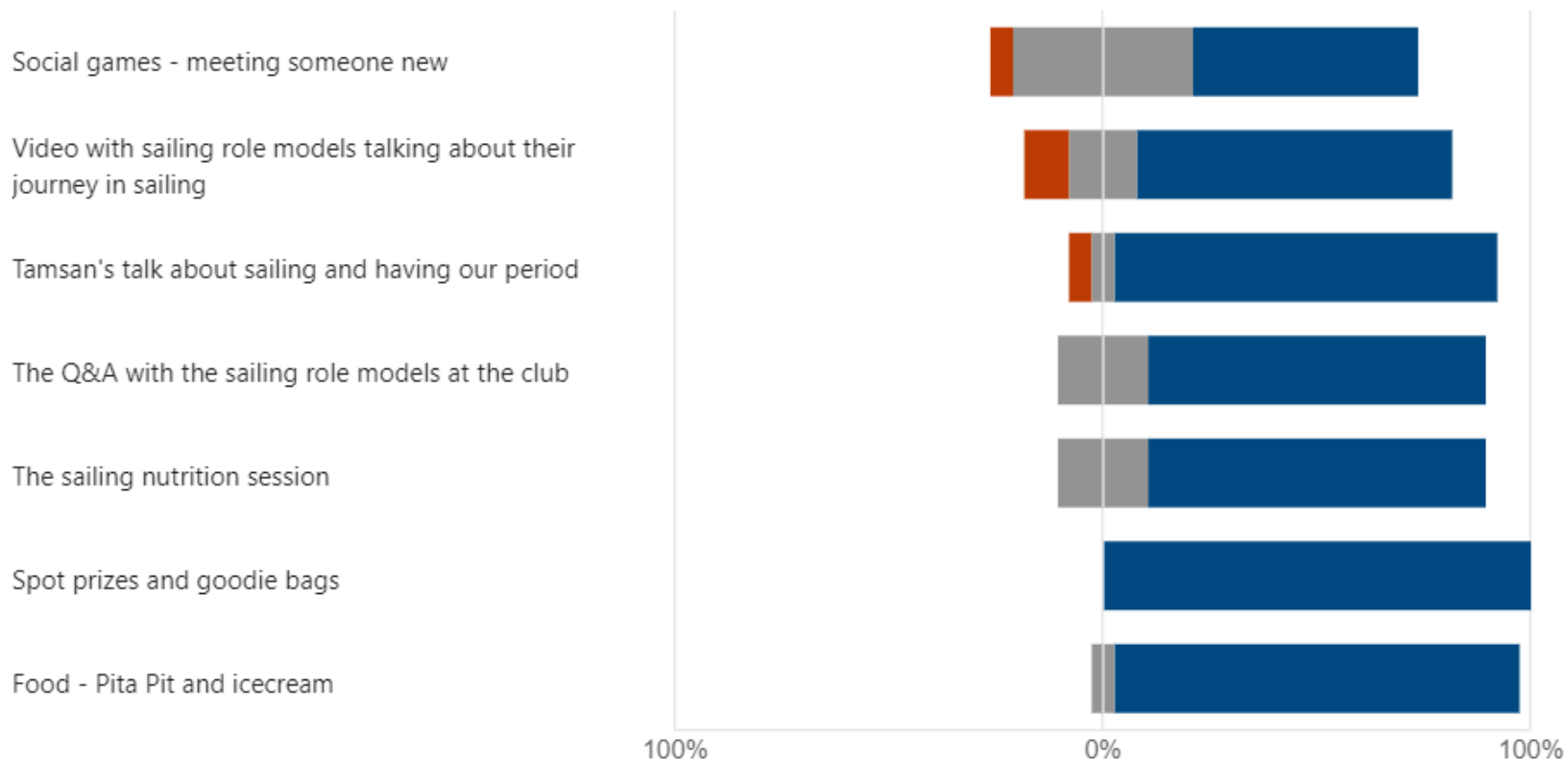
4.47 Average Rating

Breakdown of respondents



What they enjoyed about the evening

■ Not so great ■ Neutral ■ Great



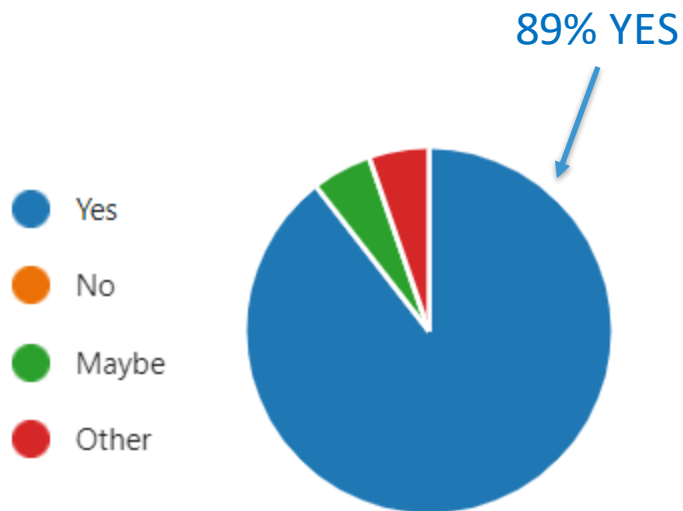
Key takeaways from the evening

- Having a group of girls to sail with is important
- If you're not enjoying what you are sailing, try another boat
- Sailing pathways – there are lots of options for girls to sail
- Different ways to deal with periods when sailing
- What menstrual products are available to use – menstrual cups and period swimmers
- Nutrition – best food to eat for a day of sailing
- Never give up!



Post survey results

Would you attend another event like this?



Other topics?

- Sailing tips
- Rules / tactics
- Sailing pathways
- Moving into youth classes
- Career options in sailing
- More female mentor stories
- Managing other competitor's behaviour
- Fitness
- First aid
- Sports psychology
- Info for mums without sailing background

What worked, what didn't

- Mentor video was too long – YNZ have since shortened this to 18 minutes.
- Sailing nutritionist presentation by Jenny Bates was informative and her handouts about nutrition & menstruation cycle were very popular (these were in the goodie bags).
- Menstruation discussion – this wasn't framed as a 'period talk' per se but more an open discussion by Tasman on her experiences and what products are best to deal with periods when sailing. It's great to finally be talking openly about this to bring about change and understanding. Ensure attendees are age appropriate.
- Mentor Q&As – having an amazing group of talented female sailors from different backgrounds in the room was well received. In hindsight, this group was under utilised and more time hearing from them would have been better.
- Ice cream sundaes seemed inappropriate after nutrition health talk – but it's all about moderation!
- Girls who did not come in a group felt it awkward to socialise with others. More time getting to know each other may have made this easier.

<https://www.yachtingnz.org.nz/clubs/women-and-girls-sailing/resources>

Videos:

- Females in sailing Q&A with mentors – 18 mins
- Tips for dealing with your period when sailing – 4 mins

Nutritional guide for sailing:

- Sailing nutrition guide by Jenny Bates (PDF)
- Nutrition & menstruation cycle by Jenny Bates (PDF)

To come:

- Oi information about menstrual cups
- Info on period swimwear – where to buy, how to use etc.
- More best practice ideas from clubs running these events