

FITSPIRIT

School Leaders Sheet

FitSpirit is THE expert organization in physical activity for girls. Its flagship program, a high school's non-competitive, all-girls, multi-sport team, is offered as an extracurricular activity designed for teenage girls aged 12 to 17. FitSpirit Leaders are the team coaches!

Their role is to:

- Encourage students to sign up;
- Plan and supervise activities while respecting FitSpirit's values;
- Motivate the girls and encourage team spirit;
- Manage participant registration and ambassador visits (FitSpirit portal);
- Stay informed about available resources (newsletters, private Facebook group, workshops, website);
- Facilitate the team's participation in FitSpirit festive events.

Why become a FitSpirit School Leader?

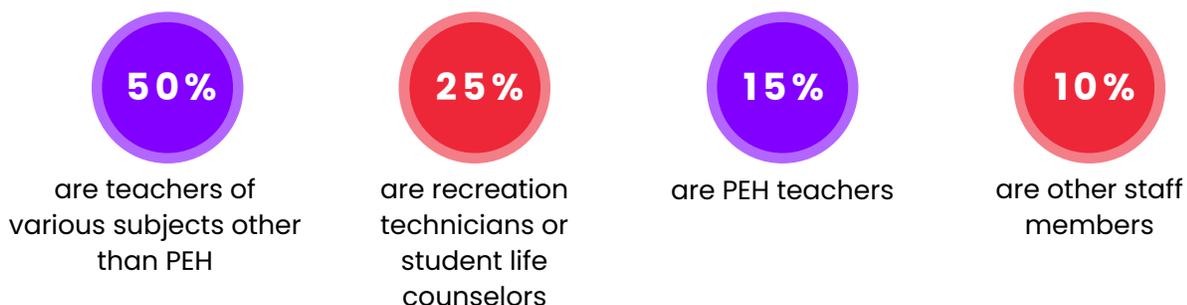
Due to the impact that FitSpirit and the school leaders can have on the well-being, mental health, and confidence of the participants. Those who have held this role for a long time speak with great emotion about the impact they have witnessed over time!

Who can be a FitSpirit School Leader?

Any school employee can take on this role. Although 95% of leaders are female, men are welcome!

Do FitSpirit Leaders need to be physical education and health (PEH) teachers?

It is not necessary, but having PEH teachers on the FitSpirit team can be an advantage! Here is a breakdown of FitSpirit Leaders based on their role in school:





Do FitSpirit School Leaders need to be athletic?

Anyone who is positive and enthusiastic with the desire to promote physical activity in a supportive way can assume this role, regardless of their athletic experience or fitness level! Being a good role model is being open to exploring physical activity alongside the participants, even if your background in sports is limited. Less active participants can find inspiration from school leaders who don't necessarily have a conventional or extensive sports background.

Is one Leader per school enough?

We encourage you to form a team to maximize your success. In fact, 90% of schools have a team of leaders that varies between 2 and 5 staff members!



How often should activities be organized for the team?

One activity per month or three per week? It's up to you! FitSpirit offers all the flexibility you need. The tools provided should help you plan and run a program that suits the FitSpirit team's schedule, the resources at your disposal, and the girls' preferences! Moreover, the program can evolve from year to year.



How much time should the Leader plan in their schedule?

It depends! Ideally, the necessary time would be part of the staff member's duties. Considering planning and running activities, School Leaders spend a weekly average of:



1 to 2 hours



3 to 4 hours



Less than an hour

How many students are in a FitSpirit team?

The number of participants ranges from 5 to over 100, with an average of 30 per school. While there's no magic number, each additional participant represents a teenage girl who may discover the empowering effects of physical activity on well-being!

How does FitSpirit support School Leaders?

A person from your region ([FitSpirit coordinator](#)) is your primary contact with us. Your coordinator guides you through our various tools, offers advice on implementing activities, helps with registration, and more.