



We LEAD Wednesday

Weekly newsletter for LEAD (Leadership, Equity, Activity & Diversity)

"YOU'RE WELCOME, JUST NOT HERE..."



- Bills to ban transgender kids from sports try to solve a problem that doesn't exist
- Already this year, lawmakers in more than 25 states have introduced legislation to ban transgender young people from sports.
- Transgender kids want the opportunity to play sports for the same reasons other kids do: to be a part of a team where they feel like they belong.

[Read the opinion piece here.](#)

OLYMPIC GOLD MEDALIST TO CANADIAN SENATOR

- Chantal Petitclerc was named the co-winner of Athletics Canada Athlete of the Year award along with an Olympian in 2004 which she felt she should have won on her own.
- There are times when you need to do it, use your platform as an athlete to make powerful statements
- Taking away those barriers are crucial. We need to make sure that we look at individuals with no barriers, no preconceptions, no prejudice. It will change everything

[Learn more here.](#)



WEST HANTS MULTISPORT!

- 7 sports, 6 Months, 1 Registration
- Started January 2021



A great opportunity to try out a new sport! We know girls drop out of sport around the age of 14 for a number of reasons; it's not fun, their friends aren't involved, it's too competitive, but maybe something like this might change that narrative. When we think of sport often times it's hockey, soccer, basketball, baseball, and football. What if there were more chances to try sports that fall outside of the ones we see in the media? Would that help keep girls involved and staying active? [Read more about it here.](#)

IN NEED OF A WARDROBE REFRESH?

- As the seasons change, maybe you're digging out your spring/summer clothes? And maybe they don't fit the way they used to? THAT'S OKAY! Poshmark is an app where you can sell clothing that no longer serves you, and buy new (used) pieces that help you feel good about yourself at affordable prices. Creating a "bundle" of multiple pieces from the same seller helps to reduce the costs even further.
- When you make a sale, Poshmark will send you a prepaid shipping label that you can print and attach. All you have to do is package up the item, attach the printed label, and drop it in a mailbox. You can choose to keep earnings in the app to spend on purchases, or deposit it into a bank account.
- It can be hard to let go of clothing you spend money on, and expensive to buy new things! Using a buy and sell strategy can help to mitigate feelings of guilt associated with different body sizes. You don't have to break the bank to have clothes that feel good.

Be gentle with yourself. Try framing the problem as not with your body, but with the clothes. [Visit Poshmark's website here.](#)

AMY WALSH, HOCKEY NOVA SCOTIA'S EXECUTIVE DIRECTOR, HAS BEEN APPOINTED TO NHL ADVISORY COMMITTEE

- Amy is "excited and honoured" to sit on the female hockey advisory committee for the National Hockey League.
- She has been appointed to focus on diversity and representation in sport.
- Walsh says her mission is to help grow women's hockey.



Amy will bring valuable knowledge and expertise to this committee, to advance women's participation in hockey, which has a trickle-down effect of women and girls in sport more generally. Having Nova Scotian representation at such a high profile table will hopefully inspire women and girls alike in the province. [Read the article here.](#)

IMPORTANT EVENTS

[UNB WOMEN IN SPORT,](#)
APRIL 9 - 11

[CONVERSATIONS 2021 -](#)
[WOMEN AND SPORT, JUNE](#)
10-11

[INSPIRED BY HER, YWCA](#)
[HALIFAX, MAY 6 AT 7PM](#)