



# We LEAD Wednesday

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



## "I GOT THIS!"

- Golfer Amy Bockerstette will be the first person with Down syndrome to play in a national collegiate athletic championship.
- Three years ago, Bockerstette signed a letter of intent to play for the PVCC Pumas. At the time, she made history as the first person with Down syndrome to earn a full college athletic scholarship.
- The I Got This foundation now exists to promote golf instruction and playing opportunities for people with Down syndrome and other intellectual disabilities.

If you can't see it, you can't be it! Amy is setting the stage for how sport should be: an inclusive environment providing a space for everyone to play. All it takes is one person to shift perspectives, and maybe she is it. How often do our biases put someone in a box preventing us from ever seeing their full potential? Check out Amy's ["I Got This" Foundation](#), which has a mission to promote golf instruction and playing opportunities for people with Down syndrome and other intellectual disabilities. [Follow Amy on Twitter](#) and [read more here](#).

## HUMAN RIGHTS MATTER, EXCEPT ON THE PODIUM

- Raising a fist or kneeling during the national anthem as many professional U.S. athletes have done over the past year risks punishment.
- The IOC specifically said that the slogan "Black Lives Matter" will be banned from athlete apparel at the Summer Olympics.
- the group Global Athlete also issued a statement, encouraging athletes to "not allow outdated 'sports rules' to supersede your basic human rights."



Athletes have long expressed themselves at the Olympics, both during the competitions and on the podium. More often than not, their statements are pertaining to human rights. One of the challenges presented is that many people want sport to be separate from everything else, stating sport is for entertainment, it's about competition. However, oftentimes spectators lose sight of the fact that athletes are humans first and many of them are negatively impacted by bills, policies and social injustices. [Read more here](#).



## YOU CAN BE A MOTHER & A CHAMPION

- "Getting pregnant is the kiss of death for a female athlete," said Phoebe Wright
- "... she must choose: run 120 miles each week or breastfeed her son"
- Nike can still reduce an athlete's pay "for any reason."

Sport and motherhood and coexist, and in fact, are beneficial to both the mother and the baby. Easy? Not necessarily, but certainly not impossible. Forcing athletes to make a decision between the two is detrimental to the way society is shifting and creating a more equitable sporting environment. The impact also ripples down to young girls who are dreaming of being an Olympian and seeing their heroines being forced to make a choice they shouldn't have to make. [Learn more here](#).



## KERRI EINARSON LANDS CANADA A SPOT IN TOKYO SUMMER OLYMPICS

- Kerri Einarson and her team have officially landed Canada a spot in the Tokyo Summer Olympics.

It's great to see another team of Canadian female athletes making their way to the Olympic games! This representation will inspire more girls to get involved and participate in sports! [Read more on CBC.](#)

## TRANS WOMEN ARE WOMEN. THEY HAVE THE RIGHT TO PLAY.

- Recently, an onslaught of bills have been introduced in the US in attempt to ban trans women from participating in women's sports.
- While the argument is that trans women have a physiological advantage, there is research showing that being a trans woman does not create a competitive advantage against cis women (people assigned woman at birth).

This is an important moment for an important issue. Trans women are women and have the right to be recognized as such. The bills being put forward in the US challenge that right, and pose incredible harm to trans people everywhere. For more on this issue, keep reading the newsletter and [learn more here.](#)



## ...MORE ON TRANS WOMEN IN SPORT.

- Bills being brought forward address anywhere from elementary school level sport to elite athletes, however these varieties of sport can't all be treated the same. The primary focus on childhood recreation is about development, socialization and inclusion. Excluding trans girls from participation only creates additional barriers to inclusion for trans girls, which can have lasting mental health impacts.
- Having systems of sport that rely on the gender binary (boys and girls; men and women) are exclusive and harmful. The Olympic charter says that "every individual must have the possibility of practicing sport without discrimination of any kind", however on a fundamental level, requiring athletes to fit into the gender binary is the beginning of exclusion.
- Expert Dr. Eric Vilain also highlights that physiological differences (within the sexes) between any athletes can provide either a competitive edge or challenge depending on what the sport is, and we don't police people in and out of sport for that.

Trans women have the right to access gender-affirming sports. Barring them from access discredits the validity of their identity, which is a form of gender-based violence. It's time we re-invent how gender is involved in sport. [More on trans women in sport here.](#)

## FEMALE LEADERSHIP NETWORKS

[VALLEY FEMALE LEADERSHIP NETWORK](#)

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[FUNDY FEMALE LEADERSHIP NETWORK](#)

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[SOUTH SHORE FEMALE LEADERSHIP NETWORK](#)

## VOLUNTEER, EMPLOYMENT, AND MENTORSHIP OPPORTUNITIES

[SPORT INFORMATION RESOURCE CENTRE — CAREER PORTAL](#)

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[RECREATION NOVA SCOTIA — REGIONAL PHYSICAL ACTIVITY CONSULTANT \(CLOSES MAY 12\)](#)

## IMPORTANT EVENTS

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