



SPORT WOOD BUFFALO'S

Girls with GRIT

Annual Impact Report

2026 Sport Summit

Empowering girls through sport, community, and confidence – one weekend at a time.

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A Message from Sport Wood Buffalo

When we launched Girls with Grit three years ago, we had a simple but powerful belief: every girl deserves a space to move, try, and discover what she's made of. After our third annual Sport Summit, I can say with confidence — we are living that belief out loud.

This year, 104 girls showed up and tried sports they'd never experienced before. They climbed walls, flipped on judo mats, lifted weights, and cheered each other on. We know that females are less likely to be active in sport than males — but we also know what happens when you give girls a safe, welcoming space to just show up. This year's results made that undeniable: 90% left feeling more confident in sport, 98% said they'd come back, and every single parent told us they saw a difference in their daughter.

None of this happens without our amazing sport organization partners, sponsors, and volunteers — whose time and generosity allow this summit to exist. And to every girl who walked through those doors this year: you are the reason we do this.

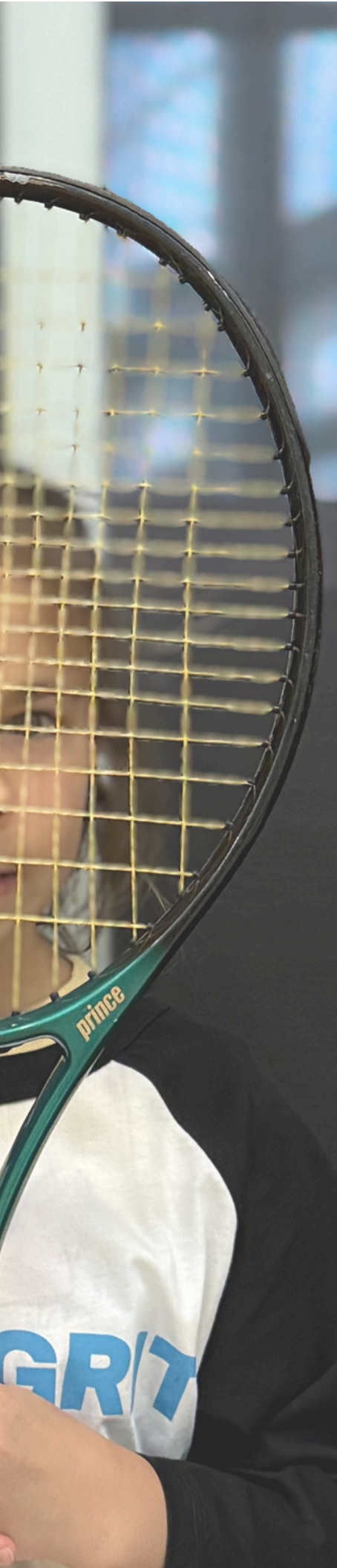
We can't wait to see you next year.



Christina Baker
Interim Executive Director
Sport Wood Buffalo







Every girl deserves to feel *extraordinary!*

Girls with Grit (GWG) is a two-day sport exploration and empowerment event designed for girls aged 8–13. Created to break down barriers to sport participation, GWG gives girls the chance to try a wide variety of physical activities in a safe, supportive, all-girl environment — many for the very first time. From Judo to Rock Climbing, Ringette to Celtic Dance, every session is designed to spark curiosity, build confidence, and connect girls to the sports and community around them.

Trying Something New

Girls are introduced to sports and activities they've never experienced before, removing the pressure of commitment and opening the door to lifelong participation.

Building Confidence

In an all-girl space led by encouraging coaches and volunteers, participants push past comfort zones and discover what they're capable of.

Finding Their Community

GWG connects girls with each other, with local sport organizations, and with role models who show them that sport is for every girl.

104

Participants

13

Organizations

2

Days

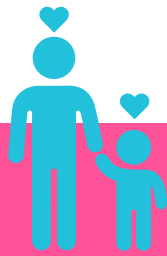


THE IMPACT AT A GLANCE

The data below is drawn directly from surveys completed by participants, parents, and instructors following the 2026 Girls with Grit event.

4.66/5

Average fun rating from participants



9.7/10

Avg overall rating from parents

90%

Of girls felt more confident in sport

89%

Tried a brand new sport or activity

98%

Of girls would come back to GWG next year

100%

Of parents would sign their girl up again

87%

Of girls made a new friend or connection

100%

Of parents saw a confidence increase in their daughter!

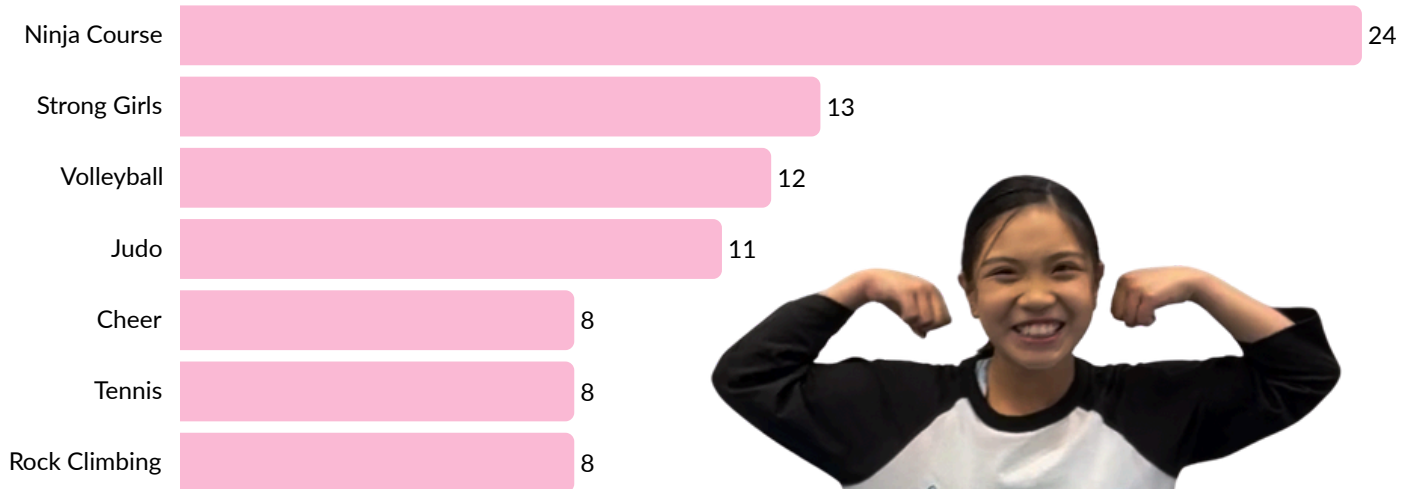
Let's hear from the girls...

90 girls completed surveys following the event. Their responses reflect an experience that was joyful, challenging, and genuinely transformative — with many discovering sports they'd never tried and friendships they hadn't expected.

- ★ 72% gave the day a perfect 5/5 for fun — 93% rated it 4 or higher
- ★ 89% tried an activity they'd never done before and named it in their survey
- ★ 86% named a specific activity they want to continue after the event
- ★ 90% felt more confident to participate in sport
- ★ 87% made a new friend or talked to someone new
- ★ 98% want to return — not a single participant said no



WHAT THEY LOVED MOST



Why GWG Matters – *from the Girls*

"It helps girls try new things, make new friends, and have fun."

"You learn that you can take up space!"

"It teaches girls to NEVER give up."

"Girls that don't have sports can try them."

"It helps girls be more **confident** — the free stuff also doesn't hurt!"

"It keeps you off electronics."



WHAT THEY'RE PROUD OF

When asked what they did that day that they were really proud of, participants said:

"I MADE IT TO THE TOP OF MOST CLIMBING WALLS."

"I LIFTED 150 POUNDS UP TO MY NECK."

"I COMPLETED THE NINJA COURSE."



The View from Home – *from the parents*

30 parents completed surveys following the event. Their feedback validated what the girls reported – and revealed a powerful ripple effect: girls coming home energized, asking to sign up for sports, and showing confidence their parents hadn't seen before.

- ★ 9.7/10 average overall rating – 27 of 30 parents gave a perfect 10
- ★ 100% of parents observed an increase in their daughter's confidence
- ★ 90% said their daughter wants to continue an activity she discovered at GWG
- ★ 100% felt more aware of sport opportunities in the region
- ★ 100% said they would participate again – zero said no



Most Valuable Aspects of GWG

When asked what the most valuable aspects of GWG were, parents rated the following out of 30.



Parent Stories

The Ripple Effect at Home

"At first she was very unsure, and after the second day she had even more confidence and found three sports that she really enjoyed — which is big for her since we have tried so many and she has struggled to find something she likes."

"My daughter is so interested in trying new things but is fearful without her friends. She is now asking to try judo and Celtic dance — I don't know when she would have otherwise been exposed to these sports!"

"My daughter couldn't say enough great things about the friends she made, the sports she got to try, and is looking forward to starting Rugby now!"

"This is the 2nd year our daughter has attended. She loves the program and was already talking about what sessions she would like to do next year."

"My daughters both participated and loved the entire event. We have enrolled in the summer volleyball camp!"



From Our Sport Partners

Six sport organization instructors and facilitators completed post-event surveys. Their responses reflect genuine investment in the GWG mission — and a unanimous desire to return next year.

- ★ 8.7/10 average overall rating from instructors
- ★ 5 of 6 said the event provided direct value to their organization's mandate
- ★ All 6 said they were supported with what they needed to run their sessions
- ★ All 6 want to be contacted for the next Girls with Grit event
- ★ Group sizes rated 4.7/5 — instructors loved working with manageable groups

In Their Own Words

"HeartSpark is about creating safe spaces for girls — our teens had the opportunity to be good role models and give back to the community at your event." – **Holly Hashimi, HeartSpark**

"We always love educating kids on the value of sport for young girls!" – **GWG Instructor**

"We think the key to getting kids into sport is getting the parents to actually see them in action. The excitement from the girls was incredible." – **Ni-Ten Judo Instructor**

"We love seeing so many kids trying rugby — that is a huge positive. It has attracted more parents and interested kids." – **Knights Rugby Instructor**



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