Designing Single Gender Programming
Teaching Techniques, Curriculum Design & Evaluation
(AKA Boys are from Mars, Girls are from Venus)

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Introduction

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Girls have 13 million fewer opportunities to play high school sports than boys have.
The Need

Girls and Boys thrive in different learning environments.
PERCENTAGE OF STUDENTS WHO SAY SPORTS ARE A BIG PART OF WHO THEY ARE

**Girls**

- All Grades: 34%
  - Grades 3 to 5: 35%
  - Grades 6 to 8: 40%
  - Grades 9 to 12: 28%

**Boys**

- All Grades: 61%
  - Grades 3 to 5: 70%
  - Grades 6 to 8: 63%
  - Grades 9 to 12: 53%

ESPN Circa 2013

**National Sailing Programs Symposium 2017**

*Waves of Change - Oceans of Opportunities*
Core Values CREWS

Confidence

Responsibility

Energy

Working Together

Strength
Community Builder

1. If you grew up in a junior program, did it have more girls or boys?
2. If you currently run a youth program, does it have more girls or boys?
3. Who are your most vocal sailors? Girls or boys?
4. Is your most talented sailor a girl or boy?
5. Is your best instructor a girl or boy?
6. Do you have more girls or boys instructors?
Teaching Techniques

What you need to incorporate into your program to make girls successful
Community Building & Chalk Talks

Get to know you games

Activities that teach you about a topic of the day

Warmups and time to greet friends

Engage students on their comfort level during chalk talks

This must be incorporated into every program daily
Land & Water Drills

Want to try it first with the instructor close by

Need the opportunity to ask lots of questions

Want to know where you are and what steps to take

Confidence leads to Competence
Instructor Feedback & Goal Setting

Take Failure Hard

Notice the success of others before self

Need constant feedback

Make goals “COOL” with positive peer pressure

Girls are peer driven but need to be coached to recognize their own success
Developing A Curriculum

Who

What

Where

When
Curriculum

1. Small Groups
2. Team Building
3. Question
4. Homework
5. Constant Feedback
6. Goal Setting: small successes along the way
7. Inspire one another
Examples of Programs

Women in Wind - Community Sailing Center, VT
5 classes, 3 hrs each & Summer Camp for Girls - Dinghies & Keelboats

Women on the Water - Charleston Community Sailing, SC
4 classes, 2 hrs each, 420s & J24s

YMCA Camp Seafarer, NC
3 Day Clinic, 2 hrs each, Sniff
Other FUN STUFF

1. Partnerships
2. Volunteer Opportunities
Measuring Success in your Program

Evaluations

What do you want your program to accomplish?

Goals & Criteria for Assessment

Establish questions to reflect goals
Evaluation Format and Analysis

Format

Pre/Post

Reflective Language

Analysis

Important for Funders

Validates Program Quality
Girls Go Sailing! Pre-Evaluation

Participant Number: ___

1. I am nervous about being on a sailboat.  
   Disagree 1 2 3 4 5 6 7 8 9 10 Agree

2. Sometimes I am afraid to try new things.  
   Disagree 1 2 3 4 5 6 7 8 9 10 Agree

3. Everyone should help when setting up equipment for the day.  
   Disagree 1 2 3 4 5 6 7 8 9 10 Agree

4. If I see trash in the water or on land I pick it up.  
   a. Yes  
   b. No  
   Disagree 1 2 3 4 5 6 7 8 9 10 Agree

5. I am good at trying new things.  
   Disagree 1 2 3 4 5 6 7 8 9 10 Agree

6. I encourage other to join in on projects or playing games with me.  
   Disagree 1 2 3 4 5 6 7 8 9 10 Agree

7. Sometimes you can accomplish more as a team than individually.  
   Disagree 1 2 3 4 5 6 7 8 9 10 Agree

8. I feel like I can be a team leader on a project at school.  
   Disagree 1 2 3 4 5 6 7 8 9 10 Agree

9. I am strong enough that I can sail a boat by myself or with others.  
   Disagree 1 2 3 4 5 6 7 8 9 10 Agree

10. When there is a problem I look for different ways to solve it.  
    Disagree 1 2 3 4 5 6 7 8 9 10 Agree
Take Away Activity

Community Building & Chalk Talks

Land & Water Drills

Instructor Feedback & Goal Setting

Curriculum Evaluations

Split up into groups

Talk about something that you will implement back in your program
Coming Later in 2017...
Your Opinion Matters
Please open the NSPS app and complete the session survey found in the menu bar.

Thank you for attending this session!