

Designing Single Gender Programming

Teaching Techniques, Curriculum Design & Evaluation

(All Boys are from Mars, girls are from Venus)

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Introduction

Jen Gimeraes



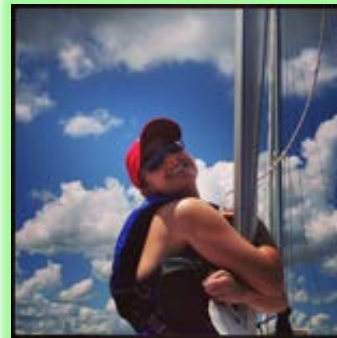
Whdykey



Jessica Kenig



Bar Overman



7.1



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**



**ES Norca
2013**



GPS

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 girl or boy 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

Warm ups and time to greet friends

Engage students on their comfort level during chalk talks



This must be incorporated into every program daily

Land & Water Dills



Want to try it first with the instructor closely

Need the opportunity to ask lots of Questions

Want to know where you are and what steps to take

Safe failure exercises

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

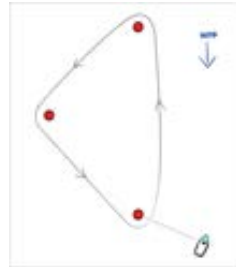


Developing Curriculum

Vlc



Vla



Vle



Vln





Curriculum

- 1 Small Groups
- 2 Team Building
- 3 Question
- 4 Homework
- 5 Constant Feedback
- 6 Celebrating small successes along the way
- 7 Inspiring each other



Examples of Programs

Women in Wind - Community Sailing Center, VT

5 classes, 3 hrs each & Summer Camp for Girls - Dingies & Keelboats



community sailing center
lake champlain : burlington vermont



Women on the Water - Carleton Community Sailing S

4 classes, 2 hrs each, 40s & 24s

YMCA Camp Seafarer, NC

3 Day Clinic, 2 hrs each, Snfist



YMCA
CAMP SEA GULL
CAMP SEAFARER

Other FUNSTUFF

- 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 Evaluations

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
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 & Call Talks

Curriculum

Land & Water Dills

Evaluations

Instructor Feedback & Goal Setting

SPLIT UP INTO GROUPS

TALK ABOUT SOMETHING THAT YOU WILL IMPLEMENT BACK IN YOUR PROGRAM

Coming later in 2017...



WAVES OF CHANGE • OCEANS OF OPPORTUNITIES

NATIONAL SAILING PROGRAMS
SYMPOSIUM 2017
AUSTIN, TEXAS



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