

BIG COUNTRY SOCCER ASSOCIATION

# IGNITE HER

Girls Program Pillars & Pathways

BELONGING •  
DEVELOPMENT •  
LEADERSHIP •  
LIFELONG  
CONNECTION

A shared commitment to safe,  
inclusive, and empowering soccer  
experiences for girls.

BUILDING  
TOGETHER

In partnership with our  
community clubs

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## IGNITEHER PROGRAM

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## Preface

### IGNITEHer – Growing the Girls’ Game, Together

Girls belong in soccer—not just on the field, but at the heart of our soccer communities.

The **IGNITEHer Girls Program** was created in response to what we see, hear, and believe: that girls thrive when they are supported in environments that value belonging, development, leadership, and confidence. Across our communities, families have shared a desire for programs that do more than offer a place to play—programs that intentionally support girls as athletes and as people.

IGNITEHer is a commitment to creating meaningful, high-quality experiences for girls at every stage of their soccer journey. From their first touches on the ball to opportunities as players, coaches, referees, and leaders, this initiative is designed to ensure girls and women feel welcomed, challenged, supported, and inspired to stay in the game.

This document outlines the **pillars that guide the IGNITEHer program**. Each pillar represents a promise—one that shapes how we design programs, support volunteers, engage families, and build safe, positive environments. Together, these pillars provide a clear framework for consistent decision-making and long-term growth of the girls’ game across our district.

IGNITEHer is not a single event or season. It is a shared vision built on collaboration, care, and belief in the potential of every girl. By aligning our efforts around these pillars, we aim to remove barriers, strengthen pathways, and create a soccer culture where girls feel confident to lead, empowered to grow, and excited to return—year after year.

This is how we ignite passion.

This is how we grow the game.

This is how we support girls—together.

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## BCSA Girls Program – Mission Statement

*“Our mission is to ignite and grow the girls’ game by creating a soccer community where girls belong, lead, and stay. Through high-quality opportunities, inclusive environments, and leadership development, we transform passion for the game into lifelong confidence, resilience, and the skills needed to thrive on the pitch and in life.”*



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## Why This Program Exists

Girls enter soccer with excitement, curiosity, and confidence—but too many quietly drift away before they reach their full potential.

Across our rural communities, we see a consistent pattern: while many girls start playing sport at a young age, participation often declines as they grow older. This is rarely due to a lack of ability or interest. More often, girls step away because they no longer feel they belong, feel supported, or see a clear pathway forward that reflects who they are and who they can become.

The **IGNITEHer Girls Program** exists to intentionally address this reality.

Through parent feedback, volunteer conversations, and direct experience on and off the field, one message has been clear: girls benefit most from environments that are **welcoming, development-focused, safe, and empowering**. When programs are designed with these principles in mind, girls are more confident, more resilient, and far more likely to remain engaged in sport long-term.

For girls in rural and smaller communities, these challenges can be even more pronounced. Limited access to female role models, fewer program options, and logistical barriers can unintentionally reduce opportunities for girls to stay connected to the game. IGNITEHer was created to remove those barriers by being **intentional, visible, and community-driven**.

This program is not about separating girls from the game—it is about strengthening their place within it.

IGNITEHer focuses on:

- Creating spaces where girls **feel they belong**
- Supporting **age-appropriate development** at every stage
- Building **leadership pathways** for players, coaches, referees, and volunteers
- Inspiring confidence through **positive role models and experiences**
- Encouraging girls to **stay involved in soccer for life**

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At its core, IGNITEHer is a commitment—to girls, to families, and to our communities—that we will do more than simply offer programs. We will listen, adapt, and lead with purpose to ensure girls feel valued, supported, and excited to return each season.

When girls are given the right environment, they do not just stay in the game—they thrive.

IGNITEHer exists to make that environment the standard, not the exception.

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# Program Pathway Overview

## A Clear, Supportive Journey for Girls in Soccer

The **IGNITEHer Girls Program** is built around a simple belief:

**Girls are more likely to stay in the game when they can clearly see where they belong—and where they can grow next.**

This pathway provides a **connected, age-appropriate journey** that supports girls not only as players, but as future leaders within the soccer community. It recognizes that development is not linear and that confidence, belonging, and opportunity must evolve alongside physical and technical growth.

### Entry & Discovery (U5–U7)

#### Belong | Play | Explore

- First positive experiences with the ball and teammates
- Emphasis on fun, imagination, movement, and confidence
- Safe, welcoming environments where girls feel encouraged and supported
- Parent engagement focused on healthy expectations and enjoyment
- BCSA Age-Specific Curriculum for Long-Term Player Development (LTPD)

#### Outcome:

Girls build confidence, curiosity, and a love for being active in soccer spaces.

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### Foundation & Growth (U9–U11)

#### Develop | Learn | Build Confidence

- Introduction to age-appropriate skill development and teamwork
- Continued focus on enjoyment alongside learning
- Opportunities for girls-only environments where appropriate
- Exposure to female role models as coaches, referees, and mentors
- BCSA Age-Specific Curriculum for LTPD.

#### Outcome:

Girls develop skills, self-belief, and a stronger sense of belonging within the game.

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#### Engagement & Identity (U13–U15)

##### Commit | Lead | Inspire

- Expanded development opportunities aligned with player readiness
- Leadership moments within teams and events
- Mentorship opportunities with older players and women leaders
- Reinforcement that effort, growth, and resilience matter more than outcomes
- BCSA Age-Specific Curriculum for LTPD.

##### Outcome:

Girls begin to see themselves not just as players—but as leaders and role models.

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#### Retention & Leadership Pathways (U16+)

##### Stay | Lead | Give Back

- Continued playing opportunities where available
- Clear pathways into:
  - Coaching
  - Match officiating
  - Mentorship and volunteer leadership
- Support and education for girls transitioning into leadership roles

##### Outcome:

Girls remain connected to the game in ways that fit their interests, goals, and lives.

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#### Beyond the Player: A Lifelong Connection

The IGNITEHer pathway recognizes that **staying in sport does not always mean staying on the field**.

Girls can move fluidly between roles as:

- Players
- Coaches
- Referees
- Mentors
- Volunteers
- Community leaders

This flexibility ensures that girls remain valued members of the soccer community at every stage of life.

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#### Lifelong Connection – Female Leadership & Mentorship

Inspire | Build | Lead

#### What This Looks Like in Practice

##### Mentorship & Peer Support

- Opportunities for female leaders to connect, share experiences, and support one another
- Informal and structured mentorship between women involved in club, district, and project leadership
- A safe space to ask questions, share challenges, and celebrate successes

##### Learning & Confidence Building

- Learning opportunities for women who want to better understand soccer
- Sessions designed to build confidence in areas such as:
  - The game itself
  - Coaching and player development
  - Match officiating
  - Club operations and leadership
- Education designed to empower—not overwhelm

##### Women-Led Development Pathways

- Coaching education and mentorship facilitated by women
- Match official training and support led by experienced female referees
- Leadership development opportunities connected to club and BCSA initiatives

##### Why This Matters

When women are supported to grow their knowledge, confidence, and leadership skills:

- Girls see strong, visible role models in the game
- Clubs benefit from empowered, informed leadership
- Communities become more connected and resilient
- Soccer becomes a place where women belong at every level

This pathway reinforces that **involvement in soccer does not end with playing—or with parenting**. It evolves into leadership, mentorship, and community impact.

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#### The Outcome

Women remain connected to soccer in meaningful ways—as:

- Confident parents and advocates
- Coaches and officials
- Mentors and leaders
- Builders of strong, inclusive soccer communities
- This lifelong connection strengthens the game for everyone.

IGNITEHer is not a single program or season—it is a **connected system** designed to grow with girls as they grow with the game.

By providing clarity, consistency, and care at every stage, this pathway helps ensure that girls:

- Feel they belong
- Know where they are going
- Believe they have a place—now and in the future

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## Our Pillars

### The Principles That Guide Everything We Do

The **IGNITEHer Girls Program Pillars** represent the foundation of our commitment to girls in soccer. They are not standalone ideas or aspirational statements—they are the guiding principles that shape how programs are designed, decisions are made, and experiences are created across our communities.

Each pillar reflects what girls consistently need to feel confident, supported, and motivated to stay involved in sport. Together, they provide clarity and alignment for clubs, volunteers, families, and partners—ensuring that everyone is working toward the same shared vision.

These pillars are intentionally simple, yet powerful. They are designed to be:

- **Actionable** – guiding real decisions and behaviors
- **Flexible** – adaptable to different communities and capacities
- **Connected** – each pillar reinforcing and strengthening the others

The pages that follow outline each pillar in detail—what it means, why it matters, and how it comes to life in practice. While each pillar stands on its own, their greatest impact is felt when they work together to create consistent, positive environments for girls at every stage of their soccer journey.

These pillars serve as both a **compass and a commitment**—helping us stay focused on what matters most, even as programs grow and evolve.

This is how we create belonging.

This is how we support development.

This is how we grow leaders.

This is how we help girls stay in the game.

“

*When our values are clear, our actions follow.  
When girls feel they belong, development becomes possible.  
When development is supported, confidence grows.  
And when confidence is nurtured within a caring community, girls  
don't just stay in the game – they lead it.”*

— Tara Homa, BCSA Girls Program Coordinator

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## PILLAR 1 – Grow the Game

**Headline:** More Girls. More Roles. More Game.

**Updated Pillar Statement:**

BCSA is committed to creating clear, exciting pathways for girls to participate in soccer at every level – from grassroots to competitive. We champion the growth of all-girls teams and leagues while opening doors for women to take active roles as coaches, match officials, and leaders within the game. This pillar focuses on increasing access, opportunity, and visibility for girls across the district.

**Key Focus Areas:**

- Expand participation opportunities for girls of all ages and skill levels
- Support the formation and sustainability of all-girls teams and programs
- Encourage and enable women to enter coaching and officiating roles
- Establish visible pathways into competitive and representative programming

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## PILLAR 2 – Respect & Inclusion

**Headline:** Every Girl Belongs.

**Updated Pillar Statement:**

BCSA is dedicated to fostering a safe, welcoming, and inclusive environment where every girl and woman feels valued, respected, and supported. We commit to promoting psychological safety, respect for all experience levels, and zero tolerance for harassment, discrimination, or abuse. Our environments celebrate diversity and encourage open learning, connection, and belonging.

**Key Focus Areas:**

- Promote safe sport principles and respectful behavior
- Ensure environments where every girl feels seen, heard, and supported
- Celebrate diversity across cultural, social, and personal identities
- Encourage learning-through-mistakes and growth-focused participation

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### PILLAR 3 – Pathways to Excellence

**Headline:** Helping Her Go as Far as She Wants.

**Updated Pillar Statement:**

BCSA is committed to supporting girls and women who wish to pursue higher levels of development and leadership. Through structured pathways, access to education, mentorship opportunities, and targeted technical support, we remove barriers and enable participants to grow with confidence, purpose, and quality guidance.

**Key Focus Areas:**

- Provide development and certification pathways for women coaches and officials
- Support advanced playing opportunities such as girls select programs
- Offer mentoring networks and peer-to-peer learning environments
- Deliver Canada Soccer-aligned technical resources and training frameworks

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### PILLAR 4 – Empower & Build Confidence

**Headline:** Her Game. Her Voice.

**Updated Pillar Statement:**

BCSA seeks to empower girls and women by cultivating confidence, self-belief, and personal growth through soccer. We create environments that encourage expression, promote positive role models, and foster leadership skills on and off the field. Our programs ensure girls feel safe to try, free to grow, and supported in discovering their strengths. We intentionally connect the lessons learned through sport to life beyond the pitch, helping girls develop transferable skills that build confidence, resilience, and capability in school, social settings, and future leadership roles.

**Key Focus Areas:**

- Create girls-centred programs and learning environments
- Highlight female role models and leadership pathways
- Encourage positive coaching behaviors and support systems
- Build confidence through skill development and personal growth
- Strengthen life skills such as communication, teamwork, resilience, self-advocacy, and problem-solving through the game

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#### PILLAR 5 – Future Forward

**Headline:** Building a Game That Lasts.

**Updated Pillar Statement:**

BCSA is focused on the long-term sustainability and evolution of the girls' game by developing structures, resources, and systems that endure. This includes building funding models, technical resources, leadership continuity, and collaborative networks that support lasting success beyond any single initiative or board term.

**Key Focus Areas:**

- Develop sustainable funding and resourcing strategies
- Support leadership continuity and long-term program planning
- Create on-pitch learning communities for women coaches
- Ensure continued access to the Girls Program Coordinator for district-wide support

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***“Pillars provide clarity in purpose and consistency in action.***

***They ensure that every decision, program, and experience is aligned with what matters most—creating safe, supportive, and meaningful environments where girls can grow, belong, and thrive.”***

— Tara Homa, BCSA Girls Program Coordinator

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# 5 Pillars of the BCSA IGNITEHer Program



01.

## ***Grow the Game***

We champion the growth of all-girls teams and leagues while opening doors for women to take active roles as coaches, match officials, and leaders within the game. This pillar focuses on increasing access, opportunity, and visibility for girls across the district.

02.

## ***Respect & Inclusion***

We commit to promoting psychological safety, respect for all experience levels, and zero tolerance for harassment, discrimination, or abuse. Our environments celebrate diversity and encourage open learning, connection, and belonging.

03.

## ***Pathways to Excellence***

Through structured pathways, access to education, mentorship opportunities, and targeted technical support, we remove barriers and enable participants to grow with confidence, purpose, and quality guidance.

04.

## ***Empower & Build Confidence***

Our programs ensure girls feel safe to try, free to grow, and supported in discovering their strengths. We intentionally connect the lessons learned through sport to life beyond the pitch, helping girls develop transferable skills that build confidence, resilience, and capability in school, social settings, and future leadership roles.

05.

## ***Future Forward***

BCSA is focused on the long-term sustainability and evolution of the girls' game by developing structures, resources, and systems that endure. This includes building funding models, technical resources, leadership continuity, and collaborative networks that support lasting success beyond any single initiative or board term.

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# Our Commitment to Safe, Quality Sport

## Creating Environments Where Girls Can Thrive

The **IGNITEHer Girls Program** is built on the understanding that **girls develop best in environments that are safe, respectful, inclusive, and intentionally designed for growth**. Quality sport does not happen by chance—it is the result of clear standards, shared values, and a collective commitment from everyone involved.

Our responsibility goes beyond teaching the game. We are committed to creating experiences where girls feel protected, supported, and empowered to learn, grow, and enjoy soccer in a positive and healthy way.

### A Safe Sport First Approach

Safety—physical, emotional, and psychological—is the foundation of everything we do.

IGNITEHer aligns with recognized **Safe Sport principles**, ensuring:

- Clear expectations for behavior from coaches, players, parents, and volunteers and spectators
- Zero tolerance for abuse, harassment, or discrimination
- Respectful communication on and off the field
- Environments where girls feel comfortable speaking up and being themselves

Safe sport is not a policy—it is a culture that is actively modeled, reinforced, and protected.

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#### Quality Coaching & Leadership

Girls deserve access to **knowledgeable, caring, and supported leaders**.

We are committed to:

- Encouraging trained and mentored coaches
- Promoting age-appropriate, development-focused coaching methods
- Supporting female coaches, referees, and leaders through visibility and opportunity
- Providing guidance and resources so volunteers feel confident and prepared

Quality leadership creates positive experiences—and positive experiences keep girls in the game.

#### Development Over Outcomes

IGNITEHer prioritizes **long-term development over short-term results**.

This means:

- Focusing on learning, effort, and confidence
- Recognizing that mistakes are part of growth
- Valuing enjoyment and improvement over scores and standings
- Supporting each girl's individual journey and readiness

When development comes first, performance follows naturally—and participation lasts longer.

#### Shared Responsibility with Families

Parents and caregivers are essential partners in safe, quality sport.

IGNITEHer supports families by:

- Encouraging healthy expectations from the sidelines
- Promoting positive reinforcement and respect for all participants
- Providing education and communication to align values across the community

When adults work together, girls feel supported from every angle.

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#### Accountability & Continuous Improvement

A commitment to quality means being willing to listen, learn, and improve.

We strive to:

- Reflect on experiences and adapt programs as needed
- Seek feedback from players, parents, and volunteers
- Evolve our practices to better serve girls and our communities

Safe, quality sport is a journey—not a checklist.

#### Our Promise

IGNITEHer is committed to providing environments where girls:

- Feel safe to be themselves
- Are supported as athletes and individuals
- Are encouraged to grow, lead, and stay involved in the game

This commitment guides every decision we make—today and into the future.

**“Safe, quality sport is the responsibility of all of us—working together to support girls in soccer.”**

— Tara Homa, BCSA Girls Program Coordinator

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# How Community Clubs Can Support the IGNITEHer Girls Program

## Growing the Girls' Game—Together

The strength of the **IGNITEHer Girls Program** lies in collaboration. While the program is guided by a shared vision and common pillars, its success depends on **community clubs bringing those values to life** in ways that reflect their unique players, volunteers, and local context.

Every club—regardless of size—has a meaningful role to play in creating environments where girls feel welcomed, supported, and inspired to stay in the game.

### 1. Create Welcoming, Inclusive Environments

Clubs can support IGNITEHer by intentionally fostering spaces where girls feel they belong.

#### What this looks like:

- Promoting girls' programs with equal visibility and enthusiasm
- Creating team cultures built on respect, encouragement, and inclusion
- Ensuring girls feel safe, heard, and valued within their club community

Belonging is often the deciding factor in whether a girl stays involved in sport.

### 2. Support Quality, Age-Appropriate Coaching

Positive experiences start with confident, supported coaches.

#### How clubs can help:

- Encourage coaches to follow development-focused principles and the BCSA Age-Specific Curriculums
- Support mentoring and learning opportunities for coaches
- Help coaches understand the unique needs of girls at different ages

Quality coaching builds confidence, enjoyment, and long-term engagement.

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#### 3. Champion Female Role Models & Leadership

Visibility matters—especially for girls.

##### Clubs can:

- Encourage women and girls to step into coaching, officiating, and leadership roles
- Celebrate and highlight female volunteers and leaders within the club
- Support leadership pathways for older girls interested in giving back

When girls see leaders who look like them, belief and aspiration grow.

#### 4. Engage and Educate Families

Parents and caregivers play a critical role in shaping girls' experiences.

##### Clubs can support families by:

- Promoting positive sideline behaviour and healthy expectations
- Sharing information that reinforces development over results
- Encouraging open communication between families, coaches, and club leadership

Aligned messaging creates consistency and trust across the soccer community.

#### 5. Participate in District-Led Initiatives

IGNITEHer thrives when clubs work together.

##### Ways to engage:

- Participate in girls-focused festivals, events, or weekends
- Share feedback and insights to help programs improve
- Support district-wide initiatives that grow opportunities for girls

Collective effort strengthens impact for all communities.

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#### 6. Adapt with Purpose

IGNITEHer is flexible by design.

Clubs are encouraged to:

- Implement initiatives that align with their capacity and resources
- Start small and build over time
- Share successes and challenges to support collective learning

There is no single path—only shared values and commitment.

#### The Role of Every Club

Supporting the girls' game does not require large budgets or perfect programs. It requires **intentionality, care, and belief in the value of girls in sport**.

When community clubs commit to these principles, they help ensure that girls:

- Feel they belong
- Have opportunities to grow
- See a future for themselves in soccer

Together, we create a stronger, more inclusive game—for everyone.

**“IGNITEHer is a shared commitment-led by communities, supported by collaboration, and powered by belief in girls.”**

— Tara Homa, BCSA Girls Program Coordinator

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# What Success Looks Like

## Supporting Girls Through Quality, Belonging, and Opportunity

Success in the **IGNITEHer Girls Program** is not defined by standings, medals, or trophies. It is defined by the experiences girls have—and the reasons they choose to stay involved.

When clubs align with the direction of the girls program, success shows up in clear, meaningful ways across players, families, volunteers, and the broader community.

### Girls Feel They Belong

You know your program is succeeding when:

- Girls feel welcomed, valued, and comfortable being themselves
- Team environments are positive, respectful, and encouraging
- Girls return season after season because they enjoy being part of the club

Belonging is the strongest predictor of long-term participation.

### Development Is the Priority

Success looks like:

- Coaches focusing on learning, confidence, and effort
- Girls being encouraged to try, fail, and improve without fear
- Players developing at their own pace within age-appropriate environments

When development comes first, confidence and performance grow naturally.

### Girls See Themselves as Leaders

A successful program:

- Makes female coaches, referees, and leaders visible and supported
- Encourages older girls to mentor younger players
- Helps girls recognize leadership in effort, attitude, and teamwork

Leadership grows when it is modeled and nurtured.

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#### **Families Are Aligned and Supportive**

Success is reflected when:

- Parents understand and support development-first values
- Sidelines are positive, respectful, and encouraging
- Communication between families and the club is clear and collaborative

Aligned adults create stronger, safer environments for girls.

#### **The Club Is Connected to the Bigger Picture**

Thriving clubs:

- Participate in district-led girls initiatives and events
- Share ideas, successes, and challenges with other communities
- View growth of the girls' game as a shared responsibility

Collaboration strengthens opportunities for everyone.

#### **Girls Stay Connected—On and Off the Field**

Long-term success means:

- Girls continue playing as long as they choose
- Clear pathways exist into coaching, officiating, or leadership
- Girls feel valued members of the soccer community at every stage

Staying involved does not always mean staying on the roster.

#### **Women Feel Like They Belong**

The soccer ecosystem thrives when:

- Women feel empowered to step into coaching opportunities
- Women officiate games at all levels
- Women take on leadership roles within their clubs and districts

Women have a place at the table and are supported to participate how they choose.

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#### The Big Picture

A successful girls program is one where girls:

- Feel they belong
- Know they are supported
- Believe they have a future in the game

When these elements are present, clubs are not just growing soccer—they are building confidence, resilience, and community.

**“Success is not perfection—it is progress made with purpose, care, and belief in girls.”**

— Tara Homa, BCSA Girls Program Coordinator

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# Moving Forward—Together

## Igniting Confidence. Growing the Game. Supporting Girls.

The **IGNITEHer Girls Program** is more than a collection of ideas, pillars, or pathways—it is a shared commitment to creating environments where girls feel they belong, are supported to grow, and are inspired to stay connected to the game.

Every positive experience, encouraging word, and intentional decision contributes to something bigger than a single season. When girls are surrounded by adults and peers who believe in them, they gain confidence not only as players, but as people.

This initiative recognizes that meaningful change does not happen overnight—and it does not happen alone. It happens through collaboration between community clubs, families, volunteers, coaches, officials, and partners who share the belief that girls deserve high-quality, safe, and empowering sport experiences.

IGNITEHer invites every community to contribute in ways that fit their capacity, culture, and strengths. There is no single definition of success—only a shared direction grounded in care, growth, and opportunity.

As we move forward together, our focus remains clear:

- Create spaces where girls feel they belong
- Support development that builds confidence and resilience
- Open pathways for leadership and lifelong involvement
- Celebrate progress, effort, and participation
- Keep girls connected to the game they love

When we commit to these principles, we are not just growing soccer—we are shaping confident, capable young people and stronger communities.

Thank you for being part of this journey.

Thank you for believing in girls.

Thank you for helping ignite the future of the game—together.

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### Contact & Connection

#### IGNITEHer Girls Program

Email: [girlsprogram.bigcountrysa@gmail.com](mailto:girlsprogram.bigcountrysa@gmail.com)

Website: [www.bigcountrysa.com](http://www.bigcountrysa.com)

Follow & share the journey on social media

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## IGNITEHer Checklist

## Club

## Assessment

### Aligning Your Club with the Girls Program Direction

#### Purpose:

This checklist is a reflective tool to help clubs assess how their current programs, culture, and practices align with the **IGNITEHer Girls Program Pillars**. It is not an evaluation or ranking system—rather, it is a guide to support intentional growth, discussion, and planning.

Clubs are encouraged to use this checklist annually and revisit it as programs evolve.

#### How to Use This Checklist

For each statement, honestly assess the statement against your club and program and confirm by checking the box. If you are not sure of the answer, leave the box empty.

#### Statement/ Question to Answer

Optional space for notes is included to support reflection and next steps.

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#### 1. Belonging & Inclusive Environment

- Girls feel welcomed, respected, and valued within our club
- Girls' programs are promoted with equal visibility and enthusiasm
- Team environments emphasize encouragement, respect, and enjoyment
- Club culture actively supports positive behavior on and off the field
- Girls feel safe expressing themselves and participating fully

**Notes / Opportunities for Growth:**

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#### 2. Safe, Respectful Sport

- Clear expectations exist for behavior of players, coaches, parents, and volunteers
- Safe Sport principles have been communicated and are understood and supported within the club
- The club promotes respectful sideline behavior
- Girls have trusted adults they can approach if concerns arise
- The club records and responds thoughtfully to feedback and concerns

**Notes / Opportunities for Growth:**

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#### 3. Quality Coaching & Development Focus

- Coaching emphasizes learning, confidence, and enjoyment over results
- Coaching methods are age-appropriate and development-focused using the BCSA Age-Specific Curriculums as a guide
- Coaches feel supported through mentorship, guidance, or resources
- Girls are encouraged to learn at their own pace
- Mistakes are treated as part of growth

#### Notes / Opportunities for Growth:

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#### 4. Female Role Models & Leadership

- Girls regularly see women in coaching, officiating, or leadership roles
- Female volunteers are encouraged, supported, and recognized
- Older girls are offered leadership or mentorship opportunities
- The club actively promotes pathways beyond playing
- Girls are encouraged to see themselves as future leaders

#### Notes / Opportunities for Growth:

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#### 5. Family Engagement & Alignment

- Parents receive clear messaging about development-first values
- The club promotes positive, supportive sideline behavior
- Families understand how they can support their daughters positively
- Communication with families is clear, respectful, and consistent
- Parent feedback is welcomed and considered

**Notes / Opportunities for Growth:**

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#### 6. Participation in District Girls Initiatives

- The club participates in district-led girls-focused events or initiatives i.e. Girls Power Weekend
- Club leadership supports district collaboration for girls' programming
- The club shares feedback to help improve district initiatives
- Girls are encouraged to take part in broader opportunities
- The club sees value in collective growth across communities

**Notes / Opportunities for Growth:**

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# BIG COUNTRY SOCCER ASSOCIATION

## IGNITEHER PROGRAM

### PLAY TODAY - LEAD TOMORROW



#### 7. Commitment to Growth & Sustainability

- The club discusses and records girls' programming at the board or planning level
- Small, realistic steps are taken to improve girls' experiences
- The club is open to adapting programs as needs evolve
- Successes and challenges are shared for collective learning
- The club sees girls' programming as a long-term priority

#### Notes / Opportunities for Growth:

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#### Reflection & Next Steps

#### Top strengths we are proud of:

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# BIG COUNTRY SOCCER ASSOCIATION

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1-3 priority areas we want to focus on next:

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Support or resources that would help us grow:

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#### Closing Statement

Supporting girls in soccer is a journey, not a checklist to complete. Every step—no matter how small—helps create environments where girls feel they belong, grow with confidence, and stay connected to the game.

Please forward a copy of your assessment to *Tara Homa, BCSA Girls Program Coordinator* at [girlsprogram.bigcountrysa@gmail.com](mailto:girlsprogram.bigcountrysa@gmail.com) and to arrange any follow-up discussion on what BCSA can do to support your efforts to build and improve your girls program at your club.

# BIG COUNTRY SOCCER ASSOCIATION

## IGNITEHER PROGRAM

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## A Final Thought

### Progress, Purpose, and Belief in Girls

The **IGNITEHer Girls Program** was created with a simple, powerful belief at its core: when girls are supported in environments built on care, intention, and consistency, they flourish—on the field and beyond it.

This document is not a checklist to complete or a standard to measure against. It is a shared guide, shaped by experience and grounded in values, intended to support thoughtful decisions and meaningful conversations across our soccer communities.

Every club, volunteer, parent, and leader brings something unique to this journey. Progress will look different in every community—and that is not only expected, it is encouraged. What matters most is the direction we choose together and the commitment to keep girls at the centre of every decision.

When we focus on belonging, quality, and opportunity:

- Girls feel safe to be themselves
- Confidence grows through positive experiences
- Leadership emerges naturally over time
- Communities become stronger and more connected

IGNITEHer is not defined by a single program, season, or event. It is defined by the everyday choices we make—how we welcome girls, how we support learning, how we model respect, and how we create space for girls to lead in ways that feel authentic to them.

As this program continues to grow and evolve, one thing remains constant: our belief in girls, and our responsibility to support them with intention, care, and purpose.

Thank you for being part of this commitment.

Thank you for helping shape a future where girls belong, grow, and stay connected to the game.

A photograph of two young girls in soccer uniforms walking on a grassy field. They are both wearing white t-shirts with 'UNITED' printed on them and dark shorts. They are carrying black backpacks. The girl on the right is smiling. In the background, there are trees and other people, suggesting a soccer field.

***"When girls feel  
supported, they don't just  
stay in the game — they  
shape its future."***

***IGNITEHer Girls Program***



***A shared commitment to belonging, growth, and  
leadership in girls' soccer.***

**Follow the journey • Support the movement**