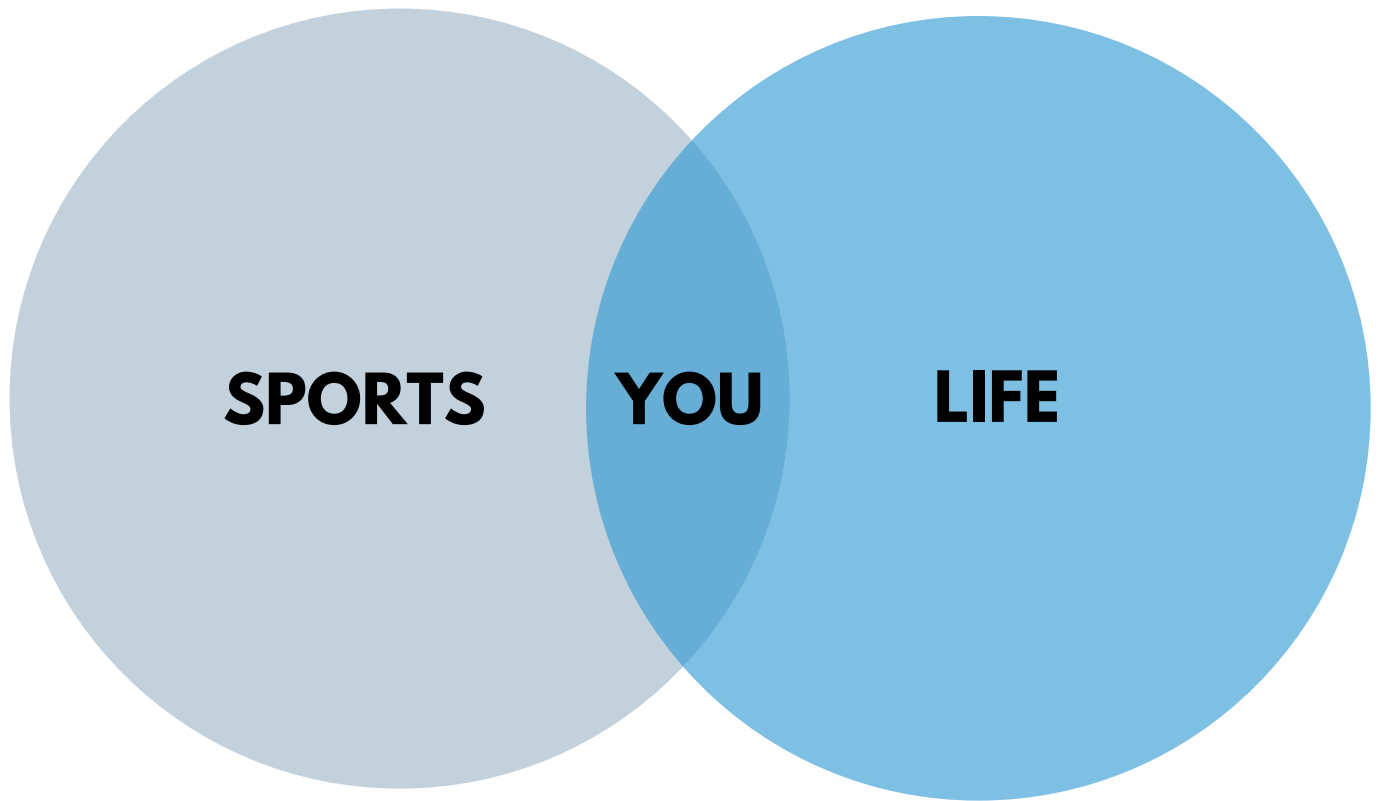


HEALTHY & THRIVING

— Day Camp for Girls —
2026





Why would a girl drop out of her sport?

Why did you drop out of a sport?

Why did you stay in your sport?



SPORT IS VITAL



Veliz, P., Snyder, M., & Sabo, D. (2019). The State of High School Sports in America: An Evaluation of the Nation's Most Popular Extracurricular Activity. New York, NY: Women's Sports Foundation.

HEALTH MYTHS & TRUTHS

MYTHS	TRUTHS
LOSING YOUR PERIOD IS NORMAL	YOUR PERIOD IS A VITAL SIGN
PUBERTY MAKES YOU SLOW	PUBERTY = BETTER ATHLETE
THINNER IS FASTER	SMALL ≠ SUCCESS
RUNNING “EARNS” FOOD	FOOD IS A NECESSITY
INJURIES MEAN YOU’RE WEAK	INJURIES HAPPEN TO EVERYONE
MORE IS BETTER #NORESTDAYS	MORE ≠ BETTER



YOUR PERIOD IS A VITAL SIGN

NO PERIOD? 4.5X
HIGHER RATE OF INJURY

HEIKURA, I. 2018

MENSTRUAL
DYSFUNCTION
HIGHEST AMONG
SPECIALIZED ATHLETES

RAUH M, 2018

HAVING A REGULAR PERIOD IS THE BEST
MEASURE OF **ENERGY AVAILABILITY**

RAUH M, 2018

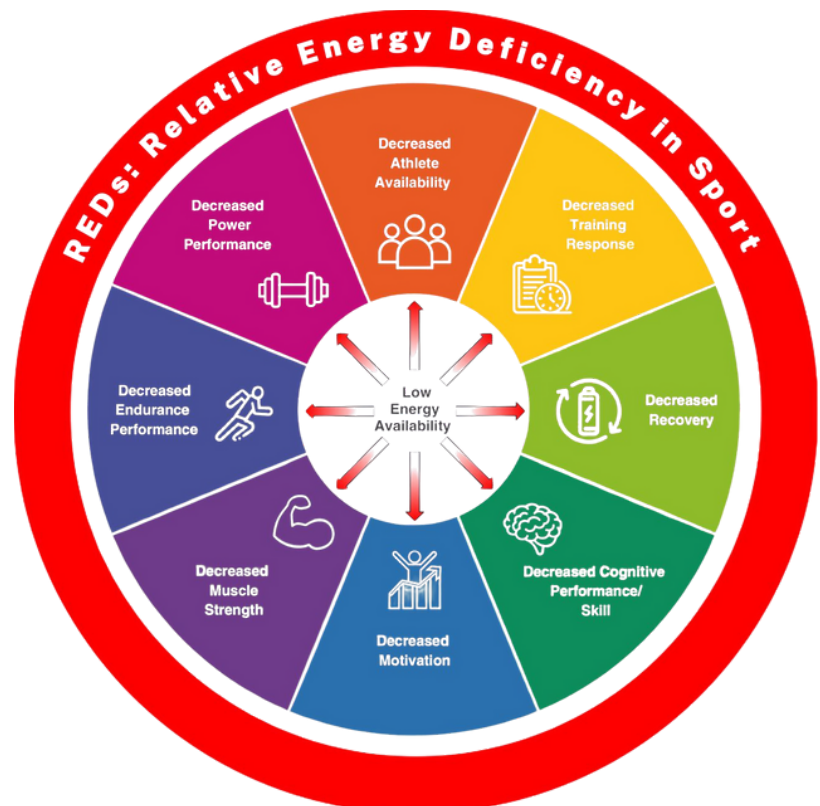


RELATIVE ENERGY DEFICIENCY IN SPORT: REDS



HEALTH RISKS

PERFORMANCE RISKS



Puberty is a Sign of Health



Increased strength



Increased bone density



Increased height



Building durable body for life



Body is learning to regulate hormones that protect you



Better coordination and control

Your body changing is a sign of health.

Physical, emotional, and social development will benefit your athletic ability.

These changes build a strong, durable, capable athlete.

Puberty takes time, so be patient with yourself

WHY PUBERTY IS CONFUSING?

Body moves/feels different

Fluxuating hormones

Puberty discussed negatively by adults

Boys seems to thrive

We don't talk about plateaus

WHAT TO DO

- Recognize the benefits
- Be patient Educate
- yourself & others



Body image questions to consider

How do you take care of yourself even on days you do not like the way you look?

What affects your body image positively?

What affects your body image negatively?

What lessons have you learned about fueling your body?

What are your favorite way to destress?

How do you recover from setbacks?

What do you tell yourself when you make a mistake?

What does self-acceptance mean to you?



I AM ...

TOO BIG

HAVING A
HARD TIME

NOT
ENOUGH

WILLING TO
LEARN

TOO
MUCH

CAPABLE

IMPERFECT

RESILIENT



Your thoughts & beliefs matter

HOW DO YOU TALK TO YOURSELF?





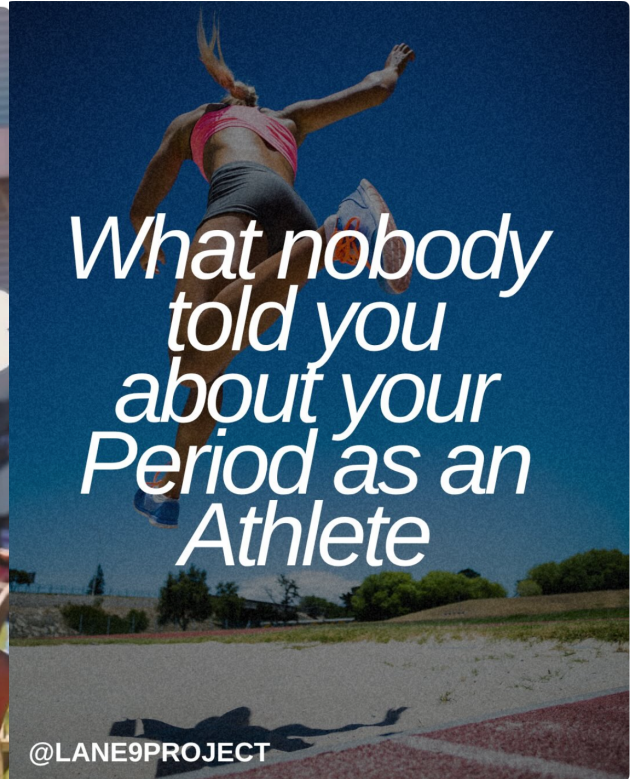
wildwoodrunningpdx

outliersdjs · That's The Way It Is (Outliers Remix)

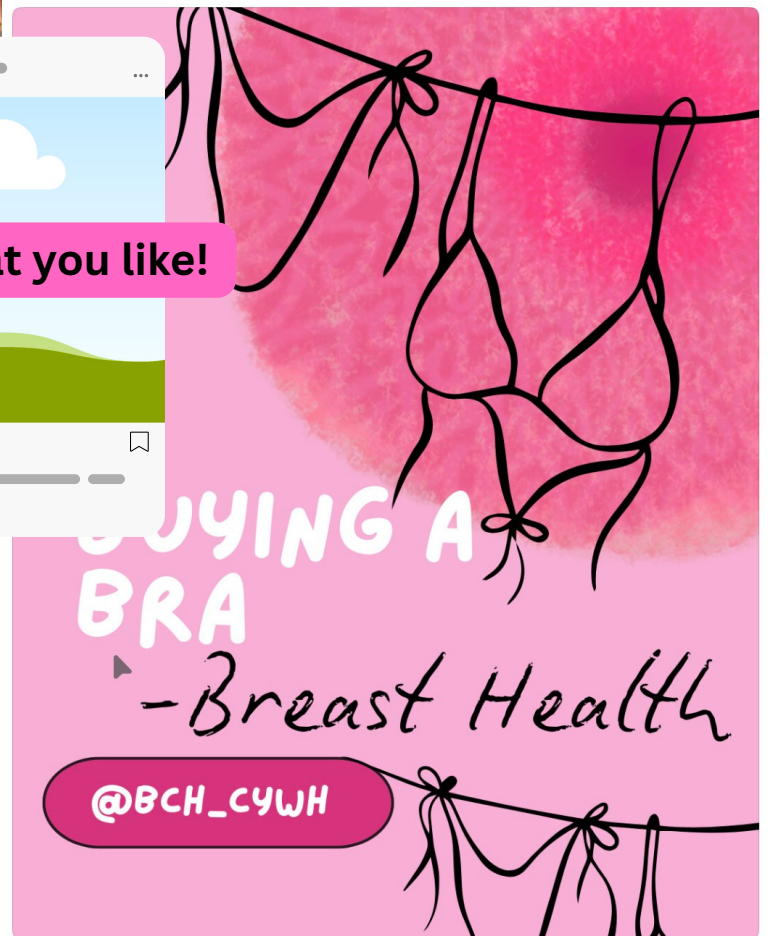
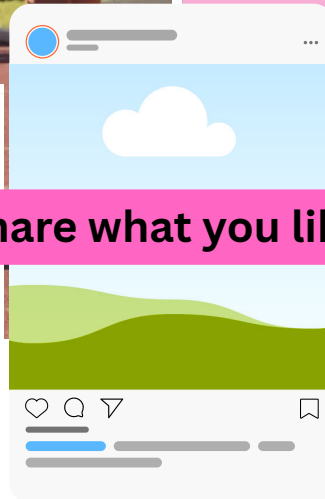
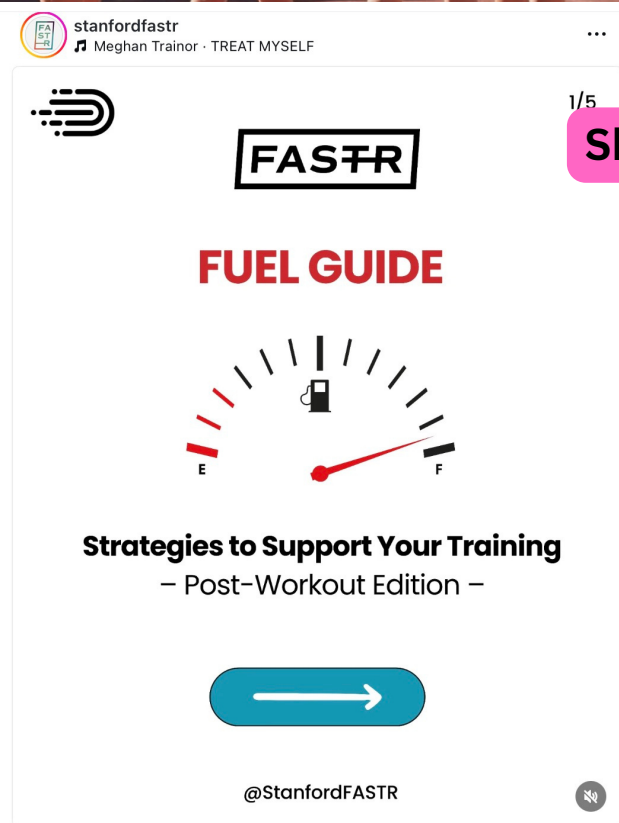


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NOBLE PHYSICAL THERAPY & WELLNESS

MOVEMENT MATTERS



What tasks can I stack for movement nutrition?



KNOW & SHARE:





More health resources



Scavenger Hunt Map

Nobleptandwellness.com

drkationenoble.com

NOBLE

**PHYSICAL THERAPY
& WELLNESS**

Reflections

Something I thought was interesting from camp:

A topic I'd like to learn more about it:

Here is an idea how I can use information from camp to help me in my sport:

What are my goals in my sport this year?

How can I support my mental health this year?

How can I support my physical health this year?

Letter to your future self

Give yourself reminders and encouragement for the upcoming year