

THE SUMMER RESET: PLAN FOR HER

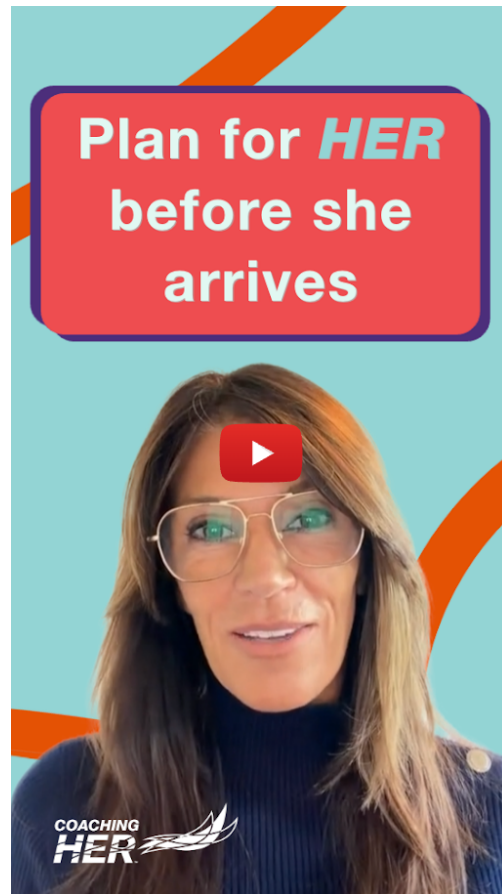


Last month was about reflection. This month is about action.

Summer is the best time to plan with intention before athletes walk through the door. For programs serving girls, planning is more than logistics. It is a belonging strategy.

Research shows that trained coaches help girls stay in sport. Girls are more likely to return when coaches are prepared, relationships are positive, and the environment feels safe, welcoming, and designed with them in mind.

The decisions you make now — coach training, uniforms, facilities, communication, and the first practice experience — shape whether she feels like she belongs and whether she comes back.



June gave you the data. July turns it into a plan. **Plan for HER.**



Big Impact. Small Time Commitment.

Coming soon from Coaching HER® and our world-expert Caring Climate content creators, Dr. Candace Hogue, Dr. Lori Gano-Overway, and Dr. Mary Fry, is our newest course

featuring practical modules that take just 4–12 minutes to complete.

This course is packed with research-based strategies and ready-to-use tools coaches can immediately apply to create caring sport environments that support girls in reaching their full potential while fostering belonging and acceptance, and keeps girls wanting to stay in sport.



Become a Caring Climate Champion so you can **Be HER Reason to Stay in Sport**. Available August 3, 2026.

Be **HER** Reason to Stay in Sport



FOR **COACHES**

Belonging by Design: Winning the Season Before the First Whistle

The decisions you make this summer will determine whether she feels expected or accommodated, known or anonymous, confident or anxious the moment she walks through the door.

LEARN MORE



Belonging by Design: Coach Season Goal Sheet PDF

DOWNLOAD



FOR **PARENTS**

Before the Season Starts, Start Here: Setting Her Up for Success

What you say this summer about her body, her fears, and what support looks like shapes whether she walks into the season feeling ready—or already halfway out the door.

LEARN MORE



FOR **LEADERS**

A Leader's Guide to Uniforms, Gear & Swag That Actually Work for Girls

For athletes, especially girls, what she wears while she plays isn't a detail. It's a daily decision about whether she feels safe, confident, and like she belongs. And too often, the answer is no.

LEARN MORE

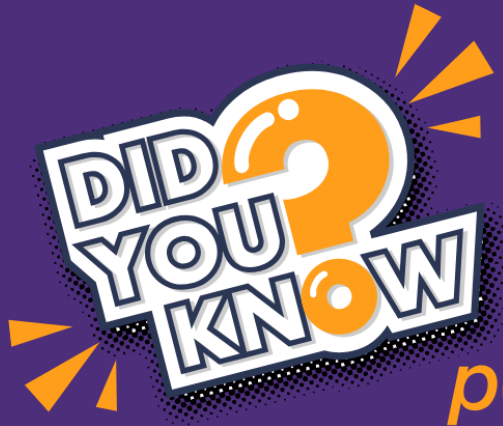


The Uniform & Swag Audit: A
Leader's Checklist

DOWNLOAD



DID YOU KNOW?



80%
of girls say a
*positive coach
relationship*
is a top reason they
KEEP PLAYING

Aspen Institute Project Play, 2020



JULY REFLECTION



Champion of the Month: Newton Country Day School

When schools commit to improving the athlete experience for girls, meaningful change happens. One Coaching HER® Champion is demonstrating what it looks like to move beyond intention and take action to create environments where girls can thrive.

[Read "Planning for HER: How One School Is Elevating the Athlete Experience" >](#)

Amplifier of the Month: Her Next Play

Her Next Play's Rookie Career Accelerator connects former collegiate athletes in different stages of their professional lives, from women zero to five years out of college to industry leaders. Mentors are passionate about sharing their knowledge, experience, and perspective with leaders of the next generation. Through a nine-month program with one-on-one mentorship, participants gain practical guidance, expand their professional networks, and build the confidence needed to navigate both personal and professional challenges.



[Learn more about the RCA program >](#)

BECOME A CHAMPION



Becoming a Coaching HER® Champion is a **FREE**, high-impact way to strengthen your coaching culture and show your commitment to girls' development, confidence, and belonging in sport.

Champions get immediate access to evidence-based education, ready-to-use tools, and trusted resources—so you can move from intention to action without adding workload.

Learn more and get started at www.coachingher.com/champions >

IN THE COMMUNITY

July 9-11, 2026

Dr. Nicole M. LaVoi is speaking at the IWG Global Summit on Women and Sport (IWG), an international gathering of leaders in sport, bringing together voices from across policy, practice, research, and advocacy which occurs every four years, in Birmingham, UK.

July 14-15, 2006

Dr. Nicole M. LaVoi will speak at the Women in Sport and Exercise Academic Network (WiSEAN) in Loughborough, UK. This annual conference sparks progress, amplifies innovation, and strengthens inclusion with the ultimate goal of optimizing women's athletic success and their participation.

August 22, 2026

Join women coaches from across the country for the WeCOACH 2026 Youth & High School Women Coaches Academy, a virtual leadership development experience designed specifically for Youth, Club, Middle School, and High School Women Coaches across all sports.



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