



Online Parent Workshop

We have a new online workshop specifically designed for parents!

After presenting to many young female athletes we have noticed their parents are hungry for knowledge too.

This workshop is full of evidence based research and practical tips to help you, help your daughter navigate puberty and understand her menstrual cycle whilst continuing to pursue her sporting goals.

Topic: Female Athlete Health & Understanding the Menstrual Cycle

Who for: Parents, coaches and teachers of female athletes

When: Wednesday 25th of October

Where: Zoom

Time: 7:30pm - 8:30pm AEDT

Cost: \$30

Buy tickets at:
www.kamanacommunity.com/workshop

Zoom link sent following registration

In this workshop we explore:

- Understanding female physiology (we are different to men)
- What it means to be a healthy athlete
- Navigating puberty
- Understanding the menstrual cycle
- Tracking the menstrual cycle and using this to support training, performance and recovery
- Tips for training in different phases of the cycle
- A combination of Harriet's experience as an Exercise Physiologist and our stories of navigating being a female athlete



www.kamanacommunity.com
hello@kamanacommunity.com
[@kamanacommunity](https://www.instagram.com/kamanacommunity)

KaMana is a program that empowers female athletes and active women to build confidence and reach their potential