

# Women Athletes' Sport Performance and Well-Being:

Inviting women athletes to participate in ongoing research in the College of Kinesiology at the University of Saskatchewan.

There are many positive physical, psychological, and social benefits for women when they participate in sport. To work toward gaining a better understanding of positive sport experiences.

In this study we will be looking at women athletes' performance and well-being over a competitive sport season.

Athletes will be thanked for participation through a donation to a sport organization of choice and Amazon gift cards.

## Participation Eligibility:

- Women athletes 16 to 35 years of age
- Coached at the local, provincial, regional, and international competition levels
- At least 12 months sport experience in any sport

If you coach eligible women athletes or want to participate please contact the research team.

## Contact Information:

Margo Killham: [margo.killham@usask.ca](mailto:margo.killham@usask.ca)

Noreen Murphy: [nmurphy@sasksport.sk.ca](mailto:nmurphy@sasksport.sk.ca)

Dr. Leah Ferguson: [leah.ferguson@usask.ca](mailto:leah.ferguson@usask.ca)



Social Sciences and Humanities  
Research Council of Canada  
Conseil de recherches en  
sciences humaines du Canada

Canada



UNIVERSITY OF SASKATCHEWAN

College of Kinesiology

KINESIOLOGY.USASK.CA

**SASK SPORT INC**

A Federation of Provincial Sport Governing Bodies

