

FREE Health and Fitness Community Day - Be An Inspiration® Netball Santa Rosa!



(August 21, 2024 – Santa Rosa, California) The City of Santa Rosa Recreation & parks is partnering with [Netball America](#) to provide a FREE [Be An Inspiration](#)® (BAI) Community day! This one-day event is catered to youth, focusing on girls aged 7 to 18 throughout Santa Rosa.

Netball America®, The City of Santa Rosa Parks and Recreation, Santa Rosa Netters Netball Club, and the Be and Inspiration® program invites the community and sponsors to join on **us August 31st for the FREE open community day for youth. The community and youth can hear about the program while participating in fun-filled games through learning the globally popular sport of Netball.** You can sign up for the event [here](#) or on the day. Check out the program [here](#).



Event Day: August 31st, 2024, 9 am-3 pm

Event location: Southwest Community Park, 1698 Hearn Ave, Santa Rosa, CA 95407

Free giveaways, snacks and drinks!



Be An Inspiration® (BAI) is Netball America's® unique youth global award-winning program that uses sports as a platform to break down barriers and positively impact mental well-being in young people, primarily minority youth. The program increases participation in sports, reduces childhood obesity, and changes attitudes on essential life skills. BAI has impacted over 100,000 young people worldwide, with a special focus on young women and girls, young people of color, immigrants, and LGBTQIA+ communities.

“Netball America has designed a fun education, nutrition, and physical fitness program that takes the pressure off girls having to lose weight, be athletes, be rough in sports and instead focuses them on participation in fun-filled activities on topics such as decision making, goal setting, body image, leadership, etc, while forming healthy habits, learning the globally popular and inclusive sport of Netball”, says BAI Vice President of coaching Dana Latty.

Netball America® and Be An Inspiration® (BAI) are excited to be partnering with the Santa Rosa Netters to bring netball to the youth in the surrounding communities. The FREE open community day will introduce to the youth and families what netball is, how the program works, and all the health, confidence, leadership and other educational benefits. Anticipating the event's exceptional turnout BAI will launch a 10-week winter program that will teach the youth an in-depth curriculum covering netball drills, exercises, positions, and school and life lessons.

“The Santa Rosa Netters are thrilled to bring to our community a FREE program for the youth educating them about netball here in the northern California area. This community day is geared towards different cultures all over especially the Asian Pacific culture. My team and I are ready for families to come out and enjoy this beneficial and fun program”, says coach Mereoni!



Youth can register for this free weekly Netball America BAI program [here](#) or email anika@NetballAmerica.com.

Check out the fun netball BAI video - [Netball is for mums, dads and grandparents too! - YouTube](#)

Netball is an Olympic recognized sport played by 20 million people in over 70 countries. It is a non contact sport, there is no dribbling and no backboard.

For media inquiries contact Info@NetballAmerica.com.