

The Pacific Islander Northern California Community Youth Learning Life Skills Through Netball America®



(August 21, 2024 – Santa Rosa, California) The City of Santa Rosa and Sacramento Recreation & Parks is partnering with [Netball America](#)® to provide a FREE [Be An Inspiration](#)® (BAI) Community day! In addition, we are proud to be supported by Beyond Sport for this FREE program catered to youth, focusing on girls aged 7 to 21. Check out the program [here](#).

Over the past 12 months this program has helped drive positive social transformation in over 2,500 girls. Program results show that 100% of participants have a safe and inclusive place to come together to develop confidence, while social skills, self-management, better nutrition behaviours, improved school attendance and results and physical activity has increased between 40-50%!



Community Open Days:

August 31st, 2024, 9 am-3pm

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

[Registration link](#)

September 14th, 2024, 9am – 3pm

Location: Howe Park, 2201 Cottage Way,
Sacramento, CA, 95825

[Registration link](#)



Free giveaways, lunch 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® is partnering with their local Netball Clubs Santa Rosa Netters and Sacramento to bring netball to the youth in the surrounding communities to teach life lessons through sport, with a focus on mental wellness, nutrition, leadership and physical fitness.

“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!



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.