



GIRLS ACADEMY
ADVISORY PANEL



GIRLS
ACADEMY

MAY *Insights & Inspiration*

BE HEARD. OUR JOURNEY. OUR VOICE.

This monthly meeting guide is designed to spark meaningful conversations and gather valuable insights during your meetings. Each month, you will be asked to explore specific topics, discuss them together and share your reflections in the Voice Form.

1. Review the Monthly Topics. Before your meeting take a moment to review and discuss the key topics for this month. These topics are intended to guide your conversation and inspire thought provoking dialogue.
2. Engage in Discussion. Share your perspectives, ask questions, and listen to other's insights. This is a space for open and thoughtful exchange.
3. Complete the Voice Form. After the discussion record your takeaways and any new insights by submitting your response in the Voice Form. Your input is valuable in shaping future GA initiatives.
4. Be Authentic and Reflective. There are no right or wrong answers. This is an opportunity to share genuine thoughts and observations that emerged from the discussion.
5. Thank You for Your Engagement!



YOUR VOICE MATTERS: SHOULD THE GA RETIRE WHITE SHORTS?

The GA is reviewing this policy to ensure it aligns with the needs and comfort of our players. We're asking for input from both players and coaches through this brief survey to better understand your experiences, preferences, and suggestions regarding uniform requirements—specifically the use of white shorts.



YOGA AND MENTAL CLARITY

Mishler, the creator behind the Yoga With Adriene YouTube platform, inspires millions with her accessible, down-to-earth approach to yoga. Known for her mantra, "find what feels good," she encourages people of all fitness levels to explore yoga as a pathway to mental clarity and physical ease.

[PRACTICE YOGA HERE.](#)

Click and [Read about 5 Ways Yoga Can Increase Your Performance](#)

[Trinity Rodman on Mental toughness & Yoga](#) [READ HERE](#)



MAY

- National Mental Health Awareness
- Memorial Day 5/26



SUBMIT A VOICE FORM
AFTER MEETINGS AT
THE TEAM OR CLUB
LEVEL.

THIS FORM ALLOWS CLUBS TO SUBMIT DETAILS ABOUT THEIR COMMUNITY SERVICE INITIATIVES, INCLUDING PROJECT DESCRIPTIONS AND OUTCOMES. BY SHARING YOUR INITIATIVES, YOU HELP INSPIRE OTHERS AND SHOWCASE THE IMPACT WE CAN MAKE AS THE GIRLS ACADEMY COMMUNITY.

SHARE 
YOUR
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