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@GUMUltimate

Rep Gum with gear from Spin Ultimate
A portion of all proceeds goes toward Gum.
spinultimate.com/collections/girls-ultimate-movement
WHAT IS GUM?

The Girls’ Ultimate Movement (GUM) is a community-wide outreach program designed to increase girls’ participation in the sport of ultimate.

WHY DO WE NEED GUM?

Currently, only 26% of USA Ultimate youth members are female, but the sport is an excellent outlet for young girls. With its emphasis on Spirit of the Game® and tenets of equity and inclusiveness, ultimate can help girls become amazing athletes, but also leaders and contributors to society.

The Girls’ Ultimate Movement (GUM) recognizes that players use many terms to define their gender or gender identity. GUM is inclusive of youth identifying as female, non-binary, gender fluid, transgender and/or using other self-identifying terms.
Become a more welcoming and inclusive sport by empowering and enabling girls to proactively respond to inequities they may experience.
HOW TO MAKE IT HAPPEN

INVITE A FRIEND TO THROW, PLAY ULTIMATE WITH YOU, OR ATTEND YOUR GAME.

INSPIRE MORE GIRLS AND WOMEN TO PARTICIPATE IN YOUR LOCAL ULTIMATE COMMUNITY.

ENCOURAGE GIRLS AND WOMEN TO BE MORE INVOLVED PARTICIPANTS IN LOCAL GAMES, AND SUPPORT THEIR ACTIVE VOICE.

WELCOME GIRLS OF ALL IDENTITIES AND BACKGROUNDS WHO ARE NEW TO THE SPORT, AND INCLUDE THEM IN THE COMMUNITY.
INCREASE THE VISIBILITY OF ALL LEVELS OF GIRLS’ AND WOMEN’S ULTIMATE THROUGH CONSISTENT AND TARGETED MEDIA EXPOSURE THAT CONNECTS THE ULTIMATE COMMUNITY TO THE GIRLS’ ULTIMATE MOVEMENT AND ITS MISSION TO INCREASE GIRLS’ PARTICIPATION IN ULTIMATE.
HOW YOU CAN HELP

— Check out our website.
— Read the GUM blog.
— Share the stories of female athletes in ultimate.

SUPPORT WOMEN AND GIRLS IN ULTIMATE!

— Attend women’s and mixed ultimate games.
— Watch women’s and mixed ultimate games when they’re on TV or live streamed.

GUM.USUALTimate.ORG
CREATE ENVIRONMENTS FOR GIRLS THAT PROMOTE AND TEACH SKILLS THAT LEAD TO MEANINGFUL CONTRIBUTIONS ON THE FIELD AS WELL AS CONNECTIONS FOR CONTINUED POSITIVE INVOLVEMENT IN ULTIMATE.
BECOME A COACH.
— USA Ultimate will cover the certification costs for female coaches and coaches of female athletes.

SHARE YOUR EXPERIENCE!
BECOME A GIRLS’ OUTREACH COORDINATOR (GOC).
— Run GUM programming and serve as a resource for your local community.
RUN A GUM CLINIC.
— IT’S EASY! LEARN MORE AT GUM.USAUltIMATE.ORG.

START A NEW GIRLS’ LEAGUE.
— FUNDING IS AVAILABLE TO HELP YOU GET STARTED!
— LEAGUES COME IN ALL SHAPES AND SIZES!
— FOR MORE INFORMATION, CONTACT GIRLSULTIMATEMOVEMENT@USAUltIMATE.ORG.

START A NEW GIRLS’ HIGH SCHOOL TEAM, AND APPLY FOR THE GIRLS’ TEAM STARTUP PROJECT (GTSP).
— GTSP PROVIDES UP TO 3 YEARS OF FUNDING, RESOURCES AND SUPPORT TO HELP NEW TEAMS BECOME COMPETITIVE AND SELF-SUSTAINING.
— GUM.USAUltIMATE.ORG/GIRLS-TEAM-STARTUP-PROJECT