



SPORTS, MOSQUES AND YOUNG FEMALES

Yashmin Harun
Chair

Muslimah Sports Association

Background of Muslimah Sports Association

- Established in 2014 by Yashmin Harun with just Basketball sessions.
- The Association has grown organically and now offers over 18 sports a week.
- Working with key stakeholders such as British Fencing, The FA, London FA, Essex FA, Leyton Orient Community Trust, Badminton England, London Sport and Sporting Equals- to name a few.
- Challenging NGB's to ensure opportunities for Asian participation is high on the agenda across **ALL** sports at Elite Standard.
- Involved in key consultations with the FA on 'Female Asians in Football' National Working Group, Part of the Leadership Group for the British Asian in Sports and Physical Activity Summit with Sporting Equals, and the London Mayor's New Strategy for Sport and Physical Activity with London Sports.
- I am now a Non-Executive Director for British Fencing and a London FA Director.
- I passionately believe sports should be for all and has worked with several key stakeholders to ensure positive changes are being made.





Empowering Young Muslim Females through Sports.

Offering opportunities via

- Participation
- Volunteering
- Coaching
- Competitions



Participation

- Continuously looking for new challenges and sports to engage with.
- Always pushing the boundaries and breaking stereotypes.
- Offering sports which develop individuals with transferrable skills for everyday life.
- Reaching over 1500 Muslim and BAME Female participants.

Class	No of Females Attended since Jan - Sep 2019
MSA Badminton	194
MSA Basketball	88
MSA Boxing	117
MSA Fencing	30
MSA Football	205
MSA Karate	150
MSA Martial Arts	206
MSA Pilates	229
MSA Netball	23
MSA Tennis	77
MSA Bootcamp	179
MSA Yin Yoga Mindfulness	74
MSA Cricket	20
MSA Go Tri	100





Volunteers

- MSA has built a great volunteer base, the foundation that has allowed the Association to grow.
- The fantastic coaches and volunteers understand the philosophy and ethos of MSA, which has resulted in the success of its growth.



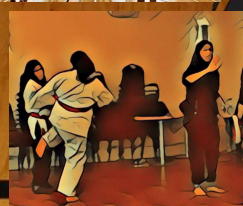
Tailored Female Only Coaching Courses

- Working in partnership with the FA, Essex FA, Sporting Equals, London FA and Redbridge Vision, to design a Female Only FA level 1 Course.
 - 16 Female Coaches of BAME background are now coaching in the community – acting as role models and inspiring the next Generation.
- Same Model was applied to British Fencing.
- Tennis Activators – working with Sporting Equals and Tennis Foundation so these activators can deliver in the schools and communities they work in, making the sports accessible and fun.
 - BUILD CONFIDENCE
 - BUILD SKILLS
 - BUILD LEADERS





- We faced numerous obstacles, most importantly finding suitable venues
- We made contact with Al-Madina Mosque as they had the ideal space.
- The Essex FA sourced female tutors to support the beliefs of the learners – overcoming a major obstacle
- The project took 2 years to become successful and ensuring that all the needs of the ladies were met
- All the organisations came together collectively to help overcome each and every barrier
- We consequently set up Mother & Daughter Football sessions lead with the female qualified coach which was the catalyst of its success
- Similar projects were then set up for fencing, self defence and boxing with local mosques engaging young Muslim girls as well as inactive Muslim Women.



FAL1 FEEDBACK

Pushpa Momin

1. What is your background?
Bangladeshi (ethnicity)
University Student

2. Why did you choose to do this course?
I have wanted to do it since I was in high school but couldn't find a female only one

3. What did you enjoy about the course?
- was good exercise
- skills applicable elsewhere
- getting to try it out ourselves regularly

4. What do you intend to do now you have the qualification?
After finishing uni and training for a few years, I am thinking of starting a youth club for young girls.

Yasmin Hussain

1. What is your background?
I am 34 years old, am a stay at home mother, I have 3 kids and my ethnicity is Bangladeshi.

2. Why did you choose to do this course?
I chose this course as I enjoy football and was unable to take part due to cultural barriers whilst growing up. I hope to go teach football and break the cultural barriers.

3. What did you enjoy about the course?
I really enjoyed the course, the practical work was really fun and learnt a lot from the course and have greater knowledge on delivering a session.

4. What do you intend to do now you have the qualification?
I now play football once a week and hopefully I can learn new skills. I want to be able to play football so I can be a good coach and also pick up on how the coach delivers her sessions.