

Creating a Women's and Girls' Volleyball Team



Aim: To empower women and girls through volleyball by fostering teamwork, well-being, community engagement, and competitive opportunities."

Objective:

1. **Promoting Sports Participation;** encourages women and girls to engage in volleyball as a recreational and competitive sport.
2. **Developing Teamwork and Discipline;** fosters teamwork, leadership and discipline through regular training and matches.
3. **Increases Physical and Mental Well-being;** improves fitness, coordination and mental health through consistent physical activity.
4. **Encouraging Community Engagement;** strengthens social bonds and inclusivity by involving local communities in sports activities.
5. **Providing Competitive Opportunities;** it prepares the team to participate in local, national or even international volleyball competitions.
6. **Empowering Women and Girls,** boosts confidence and personal growth through sports, breaking gender barriers in athletics.

Mentees- Erina Alushi, Ana Kaja, Gracia Salgaolo,
Uarda Hasanja, Armina Xhatufa, Sara Cikalleshi, Paula
Uka Merita Uzuni , Denis Buli

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Achieved results of the project:

Successful Team Formation established a structured volleyball team with committed players.

Regular Training Sessions implemented a training schedule with professional coaching to enhance skills and fitness levels.

Participation in Competitions competed in local and regional tournaments, gaining experience and exposure.

Community Recognition and Support increased awareness and support from local organizations, schools, and sponsors.

Growth in Membership attracted more women and girls to join, expanding the team and creating a sustainable sports culture.

Improved Skills and Confidence notable progress in players' performance, teamwork and overall self-confidence.



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