

Sportivate She Shredders 2013-2017 – *Physical wellbeing*

Brighton-based skateboarding project – She Shredders at the ‘National Sportivate Project of the Year’ Awards 2014



The [She Shredders](#), a skateboarding group for young women, is a Brighton & Hove City Council Sports Development Project run in partnership with Brighton Youth Centre. The lessons were set up at the start of 2013 to encourage teenage girls and young women in the city to gain confidence and develop skills in skateboarding.

The She Shredders now meet weekly and are trained by UK Skateboarding Champion **Lucy Adams**. By meeting collectively and sharing experiences, the She Shredders have developed a strong friendship as well as an array of sporting achievements.

Lessons have taken place across the city’s skateparks, including Woodingdean, Hove Lagoon and Brighton Youth Centre and also Shoreham.

Lucy said: *“We are widely recognised as having one of the largest female skate scenes in the UK. Other skateparks across the country have been getting in touch to ask about our development model so they can recreate something similar in their area.”*

Brighton & Hove City Council sports development officer Ricardo Magee Atxukarro was instrumental in setting up and supporting the group as the project lead. Ricardo, alongside Lucy on behalf of all involved, was invited to the National Sportivate Project of the Year Awards (2014), organised by [Sport England](#), at the Houses of Parliament to accept the Bronze award.

The Brighton & Hove City Council’s sports development team helped set up the She Shredders and subsequently organises “Sportivate” courses providing skateboarding training to new recruits in a female only environment.

The She Shredders training helps participants build skills and experience in a sport which is traditionally dominated by male skateboarders.

Active Sussex awarded funding from Sport England to Brighton & Hove City Council to help support the project. **She Shredders were named as best ‘Sportivate’ project in the South East and joined 40 finalists at the national awards which took place in London on Tuesday 22 October 2014.**