

Welcome to the FLY:FWD Movement

Empowering Girls with Comfort and Confidence

FLY:FWD, in partnership with the Washington Mystics EquipHer program and Monumental Sports & Entertainment, is thrilled to congratulate your school on being selected for our mission to empower the next generation of girls. Together, Washington Mystics EquipHer and FLY:FWD aim to address disparities and equip girls with the comfort and confidence they need to stay active. Our mission is to empower these girls to pursue their dreams.



Tap in to the game with the
Washington Mystics

Distribution Tips

- 1) Communicate clearly with the girls and their families** about the distribution process, and be responsive to any of their questions or concerns.
- 2) Staff or coaches can distribute sports bras** during team meetings, practices, or other group settings. Sports bras are essential anytime girls are active, providing support and comfort. Use this moment to encourage movement in all forms.
- 3) Be mindful of the privacy and sensitivity** of the girls. Ensure that distribution is conducted with respect for individual preferences and remember to empower girls to make their own choices.
- 4) Please help us improve future distributions** by completing the survey sent after you receive the sports bras. Additionally, if your organization has been selected for the participant survey, please ensure all girls provide this important feedback.



Scan the QR code to follow us on socials

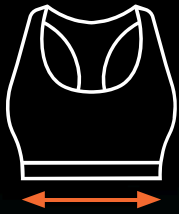
Please help by using our hashtags #GirlsInSports #FLYFWD

www.flyfwd.org

Find Your Perfect Fit

Choose based on your measurements or refer to your existing bra size.

1. Band Size



Wrap the tape measure around your chest, just beneath your breasts. This is your band size.

2. Bust Size



Wrap the tape measure around the fullest part of your breasts. This is your bust size.

3. Cup Size

Subtract the band size from your bust size. Match your final number to the corresponding cup sizes below.

Difference	Cup Size
2 Inches	B
3 Inches	C
4 inches	D
5 Inches	DD

Bra Sizing	28	30	32	34	36	38	40	42
A	XS	S	S	M	L	XL	XL	XXL
B	XS	S	S	M	L	XL	XL	XXL
C	XS	S	M	L	L	XL	XL	XXL
D	S	S	M	L	XL	XL	XXL	
DD	S	M	M	L	XL	XL	XXL	