


# March – International Women’s Day

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

 Content being posted on this date

The above calendar shows which dates during the month that content will be posted.

All times, captions and hashtags of each post are detailed below.

## ***International Women's Day Captions and Hashtags***

### ***Sunday 5<sup>th</sup> March***

**Time:** 12pm

**What to upload:** [IWD\\_GIF1.mp4](#) uploaded on Instagram, Facebook, Twitter and LinkedIn

**Caption:** It's going to be an exciting week! 🗓️

#WeAreWomen #IWD #PowerOfSport

### ***Monday 6<sup>th</sup> March***

**Time:** 12pm

**What to upload:** [IWD\\_GIF2.mp4](#) uploaded on Instagram, Facebook, Twitter and LinkedIn

**Caption:** - We are strong, we are daring, we are intense, #WeAreWomen 💪

#IWD #PowerOfSport

### ***Tuesday 7<sup>th</sup> March***

**Time:** 12pm

**What to upload:** [IWD\\_GIF3.mp4](#) uploaded on Instagram, Facebook, Twitter and LinkedIn

**Caption:** - Get ready to celebrate all of our amazing women with us tomorrow! 🗓️

#WeAreWomen #IWD #PowerOfSport

### ***Wednesday 8<sup>th</sup> March***

**Time:** 9am

**What to upload:** [IWD\\_GRAPHIC1.png](#) uploaded on Facebook, Twitter and LinkedIn

**Caption:** - This goes out to the amazing women volunteers across the country who give up their time to provide expertise and empower our members – come rain or shine!

Here at Sported, our volunteers provide professional, skilled support to community groups on a long- or short-term basis, peer-to-peer support and knowledge-sharing, webinar facilitation, and support for Sported staff.

We appreciate you!

#WeAreWomen #IWD #PowerOfSport

**Time:** 12pm

**What to upload:** [IWD\\_GRAPHIC2.png](#) uploaded on Facebook, Twitter and LinkedIn

**Caption:** - Shout out to all our AMAZING women members this International Women's Day!

At Spotted, we want every woman and girl to have the opportunity to fulfil their potential through sport and physical activity. This year we've continued to support our network to be accessible to women and girls and delivered insight-led knowledge and education to groups on how to engage and retain girls in community sport.

We appreciate you!

#WeAreWomen #IWD #PowerOfSport

**Time:** 5pm

**What to upload:** [IWD\\_VIDEO.mp4](#) uploaded on Facebook, Twitter and LinkedIn

**Caption:** - Happy International Women's Day!

As we come to the end of today, take a look at some of our AMAZING women within Spotted. We want women and girls to feel positive about getting and staying active, to be encouraged, motivated and excited to take part in sport and physical activity.

We appreciate you!

#WeAreWomen #IWD #PowerOfSport

### ***Instagram Grid – 8<sup>th</sup> March***

**Time:** 9am

**What to upload:** [IWD\\_GRID1.png](#)

**Caption:** - Happy International Women's Day! (1/9)

#WeAreWomen #IWD #PowerOfSport

**Time:** 10am

**What to upload:** [IWD\\_GRID2.png](#)

**Caption:** - Happy International Women's Day! (2/9)

#WeAreWomen #IWD #PowerOfSport

**Time:** 11am

**What to upload:** [IWD\\_GRID3.png](#)

**Caption:** - Happy International Women's Day! (3/9)

#WeAreWomen #IWD #PowerOfSport

**Time:** 12pm

**What to upload:** [IWD\\_GRID4.png](#)

**Caption:** - Happy International Women's Day! (4/9)

#WeAreWomen #IWD #PowerOfSport

**Time:** 1pm

**What to upload:** [IWD\\_GRID5.png](#)

**Caption:** - Happy International Women's Day! (5/9)

#WeAreWomen #IWD #PowerOfSport

**Time:** 2pm

**What to upload:** [IWD\\_GRID6.png](#)

**Caption:** - Happy International Women's Day! (6/9)

#WeAreWomen #IWD #PowerOfSport

**Time:** 3pm

**What to upload:** [IWD\\_GRID7.png](#)

**Caption:** - Happy International Women's Day! (7/9)

#WeAreWomen #IWD #PowerOfSport

**Time:** 4pm

**What to upload:** [IWD\\_GRID8.png](#)

**Caption:** - Happy International Women's Day! (8/9)

#WeAreWomen #IWD #PowerOfSport

**Time:** 5pm

**What to upload:** [IWD\\_GRID9.png](#)

**Caption:** - Happy International Women's Day! (9/9)

#WeAreWomen #IWD #PowerOfSport