

WOMEN'S INDOOR CRICKET LEAGUE

SEASON 1 IMPACT REPORT

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July 14 - August 25, 2026

A Season That Created Opportunity

Season 1 marked an important milestone for The Empower Play Project (TEPP): the launch and completion of its first structured women's indoor cricket league. Seventy-eight women participated across six teams and 33 matches, supported by volunteers, umpires, team leaders, and the wider community.

The season was designed to create more than opportunities to compete. It provided a space for women to play, learn, connect, build confidence, and support one another through sport. Participant feedback from the season repeatedly reflected encouragement, belonging, shared learning, and appreciation for a supportive environment.

Season 1 by the Numbers

78	6	33	8
women participated	teams	matches	average players per team per match

League support: 10 volunteers and 2 umpires contributed to Season 1 delivery.

Season 1 Champion: Dallas Dazzlers.

10	2	1
Volunteers	Umpires	Strength-training workshop

What Season 1 Made Possible

- A structured competitive platform for 78 women to participate in indoor cricket.
- Six teams and a 33-match schedule that created repeated opportunities to play rather than a one-time event.
- A community environment where participants could learn from teammates, leaders, and more experienced players.
- Opportunities for women newer to indoor cricket to participate alongside established players and develop through play.
- A pathway beyond competition through complementary programming, beginning with TEPP's first strength-training workshop.
- Volunteer and umpire engagement that helped build the operational foundation for future TEPP seasons and programs.

PLAY	CONNECT	SUPPORT	GROW
33 matches	6 teams	10 volunteers + 2 umpires	Strength + wellness pathway

What We Heard From Participants

Messages shared by participants during and after the season offer an important window into the experience TEPP is working to create. These messages were not collected through a standardized research interview, so they are presented as participant feedback rather than formal research findings.

SUPPORT & BELONGING	Healthy environment; women supporting women.
LEARNING TOGETHER	Learning from teammates and leaders; growing within the game.
ENCOURAGEMENT	Reassurance and opportunities to keep participating.
CONNECTION	Being welcomed into teams and valuing relationships through sport.
<i>“It’s hard to find women supporting women... and I must say it was such a healthy environment.”</i>	

— Season 1 participant feedback

Recognizing Performance and Sportsmanship

Recognition	Recipient
Season 1 Champion	Dallas Dazzlers
Season 1 Runners-Up	Dallas Warriors
Best Batter	Sayema Ahmad — Dallas Warriors
Best Bowler	Maria Ahmed — Dallas Dazzlers
Most Valuable Player (MVP)	Maria Ahmed — Dallas Dazzlers
Emerging Player	Nabiha — Dallas Titans
Fair Play Team	Wild Divas

Growing Beyond the League

Season 1 also began connecting cricket with TEPP’s wider women’s wellness programming. The first strength-training workshop introduced participants to practical strength education and created an early model for complementary programming alongside league participation.

As TEPP grows, this broader approach can connect sport with strength, yoga, mental wellness, community sessions, and other opportunities that support women both on and beyond the field.

Why Continued Support Matters

Season 1 demonstrated that a structured platform can bring women together repeatedly through sport and create opportunities for competition, learning, leadership, connection, and wellness. Sustaining and expanding this work requires continued investment in facilities, equipment, program delivery, workshops, volunteer development, outreach, and opportunities for more women to participate.

Support for TEPP helps turn one successful season into an ongoing platform for women to play, connect, learn, and grow.

FACILITIES	EQUIPMENT	WELLNESS	PEOPLE
More opportunities to play	Accessible, quality programming	Strength, yoga & related programs	Volunteers, umpires & leadership

Priorities for the Next Phase

- Expand opportunities for women to participate in future cricket seasons.
- Strengthen pathways for new and developing players.
- Continue complementary strength-training, yoga, and wellness programming.
- Develop women's leadership, volunteer, and umpiring opportunities.
- Improve attendance, participant-experience, and outcome tracking so TEPP can measure impact more consistently.
- Build partnerships and philanthropic support that can increase program access and sustainability.

Our Commitment to Evidence-Informed Growth

TEPP is building its research and impact practice alongside its programs. Season 1 provides an important baseline for improving future data collection. Future registration, attendance, end-of-season surveys, and consent-based participant interviews will help TEPP better understand participation, confidence, social connection, continued sport engagement, and the needs of women in its programs.

Data & Interpretation Note

This impact report draws on official Season 1 program information, registration data, and selected participant feedback messages. Season 1 included 78 participating players. The registration information was collected primarily for program administration and does not contain a complete standardized research questionnaire.

Participant feedback is used illustratively and is not presented as formal qualitative research. Personally identifiable information from registration records was not used for public analysis beyond information intentionally reported for league awards and recognition. Future research use of program data will be considered separately from routine program evaluation and will follow applicable consent, privacy, and research ethics requirements.

Acknowledgment

The Empower Play Project thanks every Season 1 player, team leader, volunteer, umpire, supporter, and community member who contributed to the league. Season 1 was made possible by people who showed up, participated, supported one another, and helped establish the foundation for what comes next.