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# Change in Action Week - Innovative Impact FINALIST - Hibiscus Coast Football

Theme:  
Participation

 Change in Action Week - Innovative Impact FINALIST - Hibiscus Coast Football

## Innovative Impact FINALIST - Hibiscus Coast Football

Hibiscus Coast Football Club set out in February 2024 with a bold vision to increase girls' participation. Through employing free girls-only events, increasing their online presence, and a \$5,000 fundraiser, the club has made history by fielding girls-only teams in every grade.

From a memorable Muster Day with 80 enthusiastic players to the launch of their Girls Only Summer League, the club is creating a vibrant, supportive space where girls from years 0 to 13 can be inspired, thrive, and get involved in sport!

No score, no pressure - just pure fun, confidence and a love for the game!



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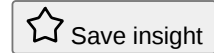
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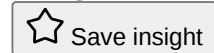
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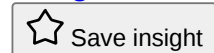
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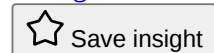
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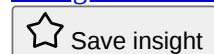
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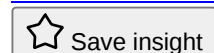
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## **ADIDAS BREAKING BARRIERS RESEARCH**

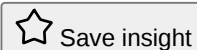
[Kiwi women take clean sweep of the Ski Podium at The North Face Frontier 4- Competition](#)



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## **Kiwi women take clean sweep of the Ski Podium at The North Face Frontier 4- Competition**

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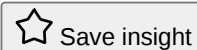


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## **GUIDE TO CREATING ACTIVITIES AND EVENTS FOR YOUNG WOMEN**

By Emma Evans - Sport New Zealand

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## **2022 IWG: David Cabello - A Gender Policy for Increasing Women's Representation in Badminton**

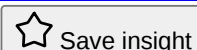
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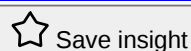


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## Understanding Period Poverty Infographic

By Cheycoda Cocks - Sport Manawatu

[Well Wāhine Week Case Study](#)

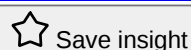


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## Well Wāhine Week Case Study

By Helayna Ruifrok - Sport Gisborne Tairāwhiti

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## Netball Resources for Clubs and School Administrators

By Jenna Murie - Netball New Zealand

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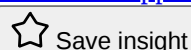


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## Girls Smash Modified Girls Only Cricket Programme

By Jess Davidson - New Zealand Cricket

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## Innovative approaches to encouraging women's participation in Golf

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By Alysha Jensen - Netball New Zealand


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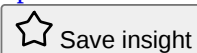
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# She Belongs: Building Social Connection for Lasting Participation in Sport

By Canadian Women & Sport - Canadian Women & Sport

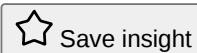
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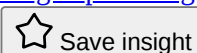
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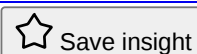
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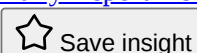
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## Resources on Male Allyship

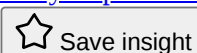
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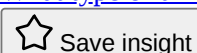
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## Rally Report Insights: Mental Health

[What type of uniforms do women want to wear when they referee or umpire sport?](#)

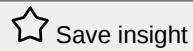


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## What type of uniforms do women want to wear when they referee or umpire sport?

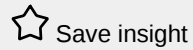
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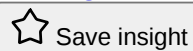


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### Empowering young women to lead their experiences - Journeys Central Otago

By Rachel Howells - Sport New Zealand

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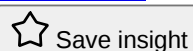


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### Creating safe environments for young women to be active their way

By Rachel Howells - Sport New Zealand

[Kōhine māia](#)

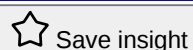


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### Kōhine māia

By Rachel Howells - Sport New Zealand

[Yeah! Girls Move - Cricket not the way you know it](#)

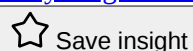


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### Yeah! Girls Move - Cricket not the way you know it

By Rachel Howells - Sport New Zealand

[For young women, by young women - WORD girls-only programme](#)

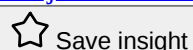


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### For young women, by young women - WORD girls-only programme

By Rachel Howells - Sport New Zealand

[Not just for the "sporty", the Not-So-Sports-Club](#)

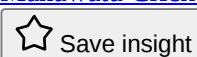


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## Not just for the "sporty", the Not-So-Sports-Club

By Rachel Howells - Sport New Zealand

[Manawatū Cricket Association case study](#)

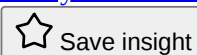


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## Manawatū Cricket Association case study

By Cheycoda Cocks - Sport Manawatu

[Backyard Smash & Sista Smash](#)

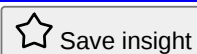


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## Backyard Smash & Sista Smash

By Roxanna Holdworth - This is ME

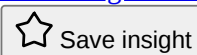
[The female-friendliness of New Zealand's tennis clubs](#)



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## The female-friendliness of New Zealand's tennis clubs

[Removing Period Poverty As a Barrier to Participation](#)

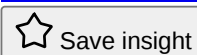


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## Removing Period Poverty As a Barrier to Participation

By Roxanna Holdworth - This is ME

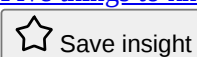
[Te Awamutu AFC starts 2024 off strong with growing demand](#)



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## Te Awamutu AFC starts 2024 off strong with growing demand

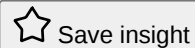
[Five things to know about women and sport](#)



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## Five things to know about women and sport

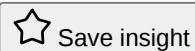
[Has the Olympics become too sexualised? How sex and gender debates drove online discourse](#)



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**Has the Olympics become too sexualised? How sex and gender debates drove online discourse**

[Pacific Women's Leadership Programme Impact - Sela Vaenuku](#)



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**Pacific Women's Leadership Programme Impact - Sela Vaenuku**

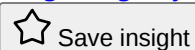
[IWG: Claire Badenhorst - Iron regulation throughout the lifespan - An active female perspective](#)



Participation

**IWG: Claire Badenhorst - Iron regulation throughout the lifespan - An active female perspective**

["Beginning Day 1" Checklist: How to Coach and Support Women and Teen Girl Athletes](#)



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**"Beginning Day 1" Checklist: How to Coach and Support Women and Teen Girl Athletes**

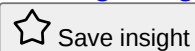
[Nutrition For Female Athletes](#)



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**Nutrition For Female Athletes**

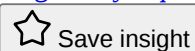
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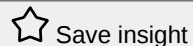
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## Young Women Profile - September 2021

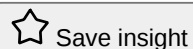
[IWG: Etsuko Ogasawara - New Way of Thinking to Promote Physical Activity for Girls](#)



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## **IWG: Etsuko Ogasawara - New Way of Thinking to Promote Physical Activity for Girls**

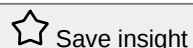
[New Zealand Football Performance & Prevention - Considerations for Female Athletes](#)



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## **New Zealand Football Performance & Prevention - Considerations for Female Athletes**

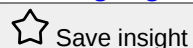
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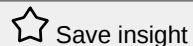


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## **Co-Designing Effective Programmes for Young Girls: Insights and Principles**

By Briana irving - Aktive - Auckland Sport & Recreation

[How To Co-Design A Programme With Participants](#)



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## **How To Co-Design A Programme With Participants**

By Briana irving - Aktive - Auckland Sport & Recreation

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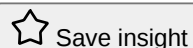
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## **Empowering Disengaged Girls Through A Participant-Centered Programme**

By Briana irving - Aktive - Auckland Sport & Recreation

[Active Women & Girls Facility Guide](#)

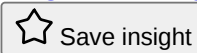


 Women & Girls Facility Guide

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## Aktive Women & Girls Facility Guide

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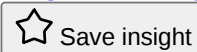


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### **Insights to Young Women's Participation - Webinar #1 "Rethinking the offering"**

By Rachel Howells - Sport New Zealand

[Insights to Young Women's Participation - Webinar #2 "Empowering young women to lead their experiences"](#)

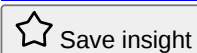


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### **Insights to Young Women's Participation - Webinar #2 "Empowering young women to lead their experiences"**

By Rachel Howells - Sport New Zealand

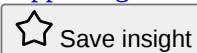
[IWG: Helen Parker - Transgender competitors in women's sport - Change for the better?](#)



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### **IWG: Helen Parker - Transgender competitors in women's sport - Change for the better?**

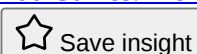
[Supporting Disabled Teenage Girls to be Active](#)



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### **Supporting Disabled Teenage Girls to be Active**

[400 Games: Melony O'Connor Reaches Refereeing Milestone in Sal's NBL](#)

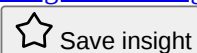


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### **400 Games: Melony O'Connor Reaches Refereeing Milestone in Sal's NBL**

By Amy McClintock - Basketball New Zealand

[Insights to Young Women's Participation - Webinar #3 "Focus on Wellbeing and creating a safe environment"](#)



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### **Insights to Young Women's Participation - Webinar #3 "Focus on Wellbeing and creating a safe environment"**

By Rachel Howells - Sport New Zealand

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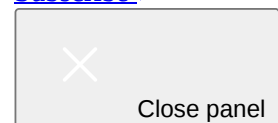
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