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# Empowering Disengaged Girls Through A Participant-Centered Programme

Theme:  
Participation


[Briana irving](#)  
Co-authored by Aktive  
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**The case study focuses on a 14-week programme for girls aged 15-18 that identified themselves as disengaged with physical activity. Learn how how to take a participant-led approach and find out how this programme engaged and empowered their participants.**

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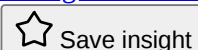
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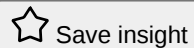
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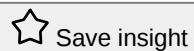
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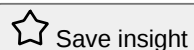
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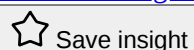
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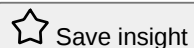


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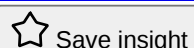


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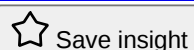


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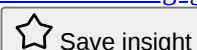


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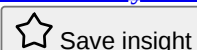
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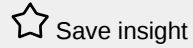
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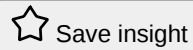


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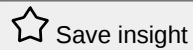
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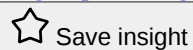
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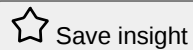
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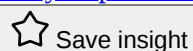
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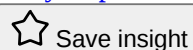
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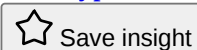




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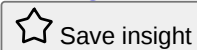


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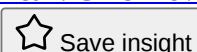


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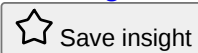
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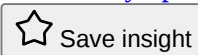
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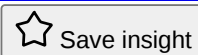
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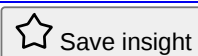
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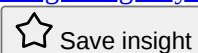
[IWG: Claire Badenhorst - Iron regulation throughout the lifespan - An active female perspective](#)



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["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**

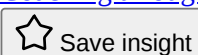
[Nutrition For Female Athletes](#)



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## **Nutrition For Female Athletes**

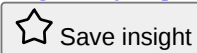
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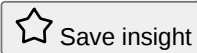
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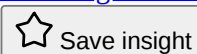
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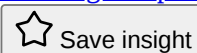
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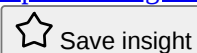
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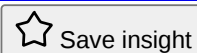
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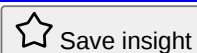
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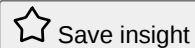
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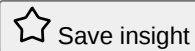
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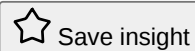
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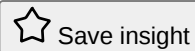
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## New Zealand Football Performance & Prevention - Considerations for Female Athletes

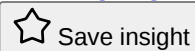
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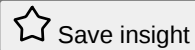


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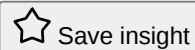
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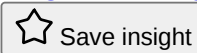


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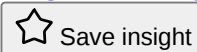


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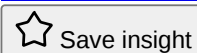


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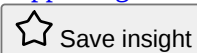
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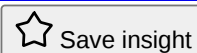
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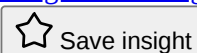


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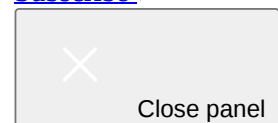
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