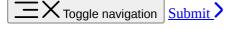
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### For young women, by young women - WORD girls-only programme

Theme: Participation

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

### **Rachel Howells**

Co-authored by Sport NZ, WORD

Sport New Zealand

Focussed on encouraging young people to enjoy mountain biking, WORD is working to build the confidence of young women, encouraging new friendships and fostering a lifelong love of mountain biking. Meet the amazing young women involved in creating and leading the mahi.

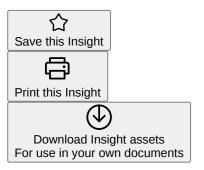
Focussed on encouraging young people to enjoy mountain biking, WORD is working to build the confidence of young women, encouraging new friendships and fostering a lifelong love of mountain biking. Meet the amazing young women involved in creating and leading the mahi.



### **Related Links**



https://sportnz.org.nz/resources/word-world-off-road-riding-department/



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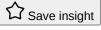
Change in Action Week - Innovative Impact FINALIST - Hibiscus Coast Football



Participation

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

<u>Change in Action Week - Innovative Impact FINALIST - Active Wahine</u>



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### Change in Action Week - Innovative Impact FINALIST - Active Wahine

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### Change in Action Week - Innovative Impact FINALIST - Kia Ora Academy

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Change in Action Week - Rangatahi Winner - Carmel College



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Change in Action Week - Rangatahi Winner - Carmel College

ADIDAS BREAKING BARRIERS RESEARCH



Participation

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

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



Participation

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

By Emma Evans - Sport New Zealand

A 2024 SURVEY FOR: Women in Trail and Ultrarunning



Participation

A 2024 SURVEY FOR: Women in Trail and Ultrarunning

By Ali Pottinger - Squadrun

2022 IWG: Christine Young - Integrity in HP Youth Sport



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

<u>Understanding Period Poverty Infographic</u>

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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 Tairawhiti Netball Resources for Clubs and School Administrators

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### **Netball Resources for Clubs and School Administrators**

By Jenna Murie - Netball New Zealand Girls Smash Modified Girls Only Cricket Programme

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### **Girls Smash Modified Girls Only Cricket Programme**

By Jess Davidson - New Zealand Cricket Innovative approaches to encouraging women's participation in Golf



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

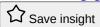
By Roxanna Holdworth - This is ME Netball Volunteer Programme



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### **Netball Volunteer Programme**

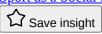
By Jenna Murie - Netball New Zealand Mind. Set. Engage. Rugby's mental wellbeing programme.

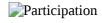


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### Mind. Set. Engage. Rugby's mental wellbeing programme.

Sport as a Social Development Tool





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### **Sport as a Social Development Tool**

By Kirsten Spencer - Auckland University of Technology Netball Player Development Programme



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### **Netball Player Development Programme**

By Alysha Jensen - Netball New Zealand COACHING GIRLS GUIDE: HOW TO GET (AND KEEP) GIRLS PLAYING



### COACHING GIRLS GUIDE: HOW TO GET (AND KEEP) GIRLS PLAYING

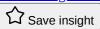
Why Aussie women's sport needs to talk about fertility



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### Why Aussie women's sport needs to talk about fertility

She Belongs: Building Social Connection for Lasting Participation in Sport



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

By Canadian Women & Sport - Canadian Women & Sport

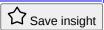
Sport for Sustainable Development: Designing Effective Policies and Programmes



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### **Sport for Sustainable Development: Designing Effective Policies and Programmes**

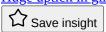
The Volunteer Capacity of Community Sports Clubs to Support Women and Girls in Sport



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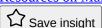
Huge uptick in girls and women playing football in New Zealand



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### Huge uptick in girls and women playing football in New Zealand

Resources on Male Allyship



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### **Resources on Male Allyship**

Rally Report Insights: Body Confidence



**Rally Report Insights: Body Confidence** 

Rally Report Insights: Mental Health



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**Rally Report Insights: Mental Health** 

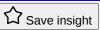
What type of uniforms do women want to wear when they referee or umpire sport?



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

Women & Padel: Start of a love story



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Women & Padel: Start of a love story

Empowering young women to lead their experiences - Journeys Central Otago



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

By Rachel Howells - Sport New Zealand

Creating safe environments for young women to be active their way

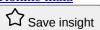


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Creating safe environments for young women to be active their way

By Rachel Howells - Sport New Zealand

Kōhine māia



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Kōhine māia



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

By Rachel Howells - Sport New Zealand Not just for the "sporty", the Not-So-Sports-Club Save insight

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By Cheycoda Cocks - Sport Manawatu **Backyard Smash & Sista Smash** 



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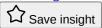
By Roxanna Holdworth - This is ME The female-friendliness of New Zealand's tennis clubs



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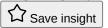
IWG: Claire Badenhorst - Iron regulation throughout the lifespan - An active female perspective



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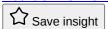
"Beginning Day 1" Checklist: How to Coach and Support Women and Teen Girl Athletes



Participation

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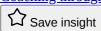
**Nutrition For Female Athletes** 



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### **Nutrition For Female Athletes**

Coaching through a Gender Lens Infographic



### Coaching through a Gender Lens Infographic

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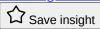
2022 IWG: Emily Davidson - She Loves Golf Presentation



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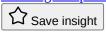
Hikurangi Golf Club president Felice Croft encouraging more women into the sport



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### Hikurangi Golf Club president Felice Croft encouraging more women into the sport

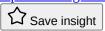
Running and periods: The myths about exercise and your menstrual cycle, debunked



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Updated Pregnancy guidance from UK Sport



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### **Updated Pregnancy guidance from UK Sport**

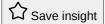
IWG: Daenin Roth - Grassroots Role Models Inspiring Change



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### **IWG: Daenin Roth - Grassroots Role Models Inspiring Change**

IWG: Dr Riki Tesler: Social capital and health among participants in the cachibol league in Israel





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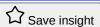
IWG: Etsuko Ogasawara - New Way of Thinking to Promote Physical Activity for Girls



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New Zealand Football Performance & Prevention - Considerations for Female Athletes



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

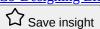
IWG: Christine Young - Women in Taekwondo - Over 40 is not Over the Hill



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### **IWG: Christine Young - Women in Taekwondo - Over 40 is not Over the Hill**

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

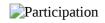


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### **Co-Designing Effective Programmes for Young Girls: Insights and Principles**

By Briana irving - Aktive - Auckland Sport & Recreation How To Co-Design A Programme With Participants



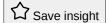


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### **How To Co-Design A Programme With Participants**

By Briana irving - Aktive - Auckland Sport & Recreation

Empowering Disengaged Girls Through A Participant-Centered Programme



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By Rachel Howells - Sport New Zealand

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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
<a href="Insights-to-Young Women's Participation">Insights to Young Women's Participation - Webinar #3 "Focus on Wellbeing and creating a safe environment"</a>



### 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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