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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.



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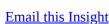












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Participation

#### Adventures doing a POWA of good

By Angela Walker - LockerRoom

Is Paris 2024 really achieving its goals for gender equality?

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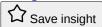
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Change in Action Week - Innovative Impact FINALIST - Wahine Toa

Save insight

#### Change in Action Week - Innovative Impact FINALIST - Wāhine Toa

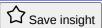
Change in Action Week - Rangatahi Winner - Carmel College



Participation

#### Change in Action Week - Rangatahi Winner - Carmel College

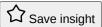
ADIDAS BREAKING BARRIERS RESEARCH



Participation

#### ADIDAS BREAKING BARRIERS RESEARCH

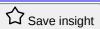
Kiwi women take clean sweep of the Ski Podium at The North Face Frontier 4- Competition



Participation

#### 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

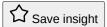


Participation

#### A 2024 SURVEY FOR: Women in Trail and Ultrarunning

By Ali Pottinger - Squadrun

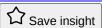
2022 IWG: Christine Young - Integrity in HP Youth Sport



Participation

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



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

2022 IWG: Nicole Terril - Bruce Pulman Park - Collaborating, Connecting, Enabling Our Wahine in Sport



Participation

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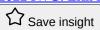
2022 IWG: Kirsten Spencer - Sport as a social development tool



Participation

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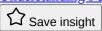
2022 IWG: Erin Hatton - Driving transformational change



Participation

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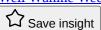
<u>Understanding Period Poverty Infographic</u>



Participation

#### **Understanding Period Poverty Infographic**

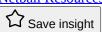
By Cheycoda Cocks - Sport Manawatu Well Wāhine Week Case Study



Participation

#### Well Wāhine Week Case Study

By Helayna Ruifrok - Sport Gisborne Tairawhiti Netball Resources for Clubs and School Administrators



Participation

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

By Jenna Murie - Netball New Zealand

Girls Smash Modified Girls Only Cricket Programme



#### Girls Smash Modified Girls Only Cricket Programme

By Jess Davidson - New Zealand Cricket

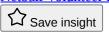
<u>Innovative approaches to encouraging women's participation in Golf</u>



Participation

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

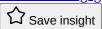
By Roxanna Holdworth - This is ME Netball Volunteer Programme



Participation

#### **Netball Volunteer Programme**

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



Participation

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

Sport as a Social Development Tool

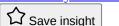


**Participation** 

Participation

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

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



Participation

#### **Netball Player Development Programme**

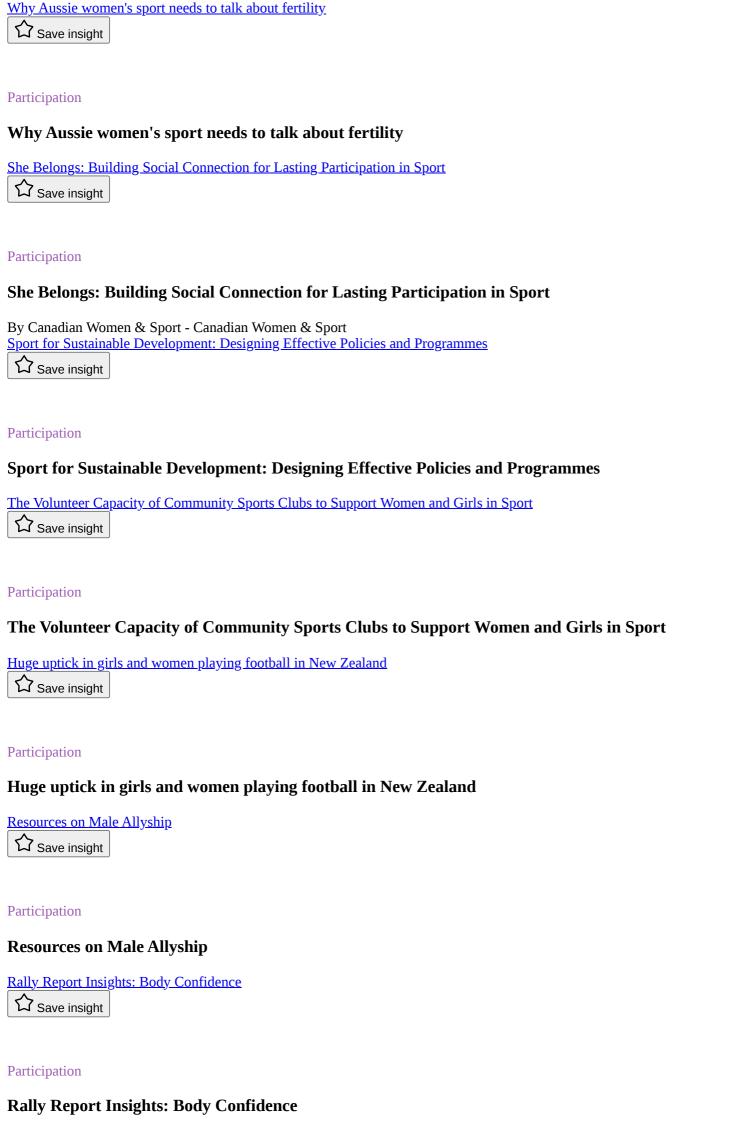
By Alysha Jensen - Netball New Zealand

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



Participation

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



Rally Report Insi	g <u>hts: Mental Health</u>
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**Rally Report Insights: Mental Health** 

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



**Participation** 

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

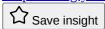
Women & Padel: Start of a love story



Participation

Women & Padel: Start of a love story

Empowering young women to lead their experiences - Journeys Central Otago

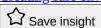


Participation

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

By Rachel Howells - Sport New Zealand

<u>Creating safe environments for young women to be active their way</u>



Participation

Creating safe environments for young women to be active their way

By Rachel Howells - Sport New Zealand

Kōhine māia

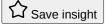


Participation

Kōhine māia

By Rachel Howells - Sport New Zealand

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



Yeah! Girls Move

Participation

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

By Rachel Howells - Sport New Zealand
<a href="Not just for the "sporty", the Not-So-Sports-Club">Not just for the "sporty", the Not-So-Sports-Club">Not just for the "sporty", the Not-So-Sports-Club"</a>

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Participation

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

By Rachel Howells - Sport New Zealand Manawatū Cricket Association case study



Participation

#### Manawatū Cricket Association case study

By Cheycoda Cocks - Sport Manawatu

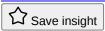
Backyard Smash & Sista Smash



Participation

#### **Backyard Smash & Sista Smash**

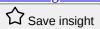
By Roxanna Holdworth - This is ME The female-friendliness of New Zealand's tennis clubs



Participation

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

Removing Period Poverty As a Barrier to Participation



Participation

#### **Removing Period Poverty As a Barrier to Participation**

By Roxanna Holdworth - This is ME

Te Awamutu AFC starts 2024 off strong with growing demand

Save insight

Participation

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

Five things to know about women and sport



Five	things	to	know	about	women	and	sport
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Has the Olympics become too sexualised? How sex and gender debates drove online discourse

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Participation

#### 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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Participation

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

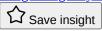
IWG: Claire Badenhorst - Iron regulation throughout the lifespan - An active female perspective



Participation

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

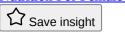
"Beginning Day 1" Checklist: How to Coach and Support Women and Teen Girl Athletes



Participation

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

Nutrition For Female Athletes



Participation

#### **Nutrition For Female Athletes**

Coaching through a Gender Lens Infographic



Participation

#### Coaching through a Gender Lens Infographic

Angel City Equity House Podcast: Myth Busters presented by Gatorade



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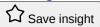
2022 IWG: Emily Davidson - She Loves Golf Presentation

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Participation

#### 2022 IWG: Emily Davidson - She Loves Golf Presentation

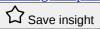
<u>Hikurangi Golf Club president Felice Croft encouraging more women into the sport</u>



Participation

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

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



Participation

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

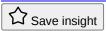
**Updated Pregnancy guidance from UK Sport** 



Participation

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

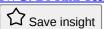
IWG: Daenin Roth - Grassroots Role Models Inspiring Change



Participation

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

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



Participation

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

Young Women Profile - September 2021



Participation

# Young Women Profile - September 2021 IWG: Etsuko Ogasawara - New Way of Thinking to Promote Physical Activity for Girls Save insight

Participation

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

New Zealand Football Performance & Prevention - Considerations for Female Athletes



**Participation** 

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

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



Participation

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

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



Participation

#### **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





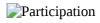
Participation

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

By Briana irving - Aktive - Auckland Sport & Recreation

Empowering Disengaged Girls Through A Participant-Centered Programme





Participation

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

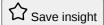
By Briana irving - Aktive - Auckland Sport & Recreation





#### **Aktive Women & Girls Facility Guide**

<u>Insights to Young Women's Participation - Webinar #1 "Rethinking the offering"</u>



Participation

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

By Rachel Howells - Sport New Zealand

<u>Insights to Young Women's Participation - Webinar #2 "Empowering young women to lead their experiences"</u>



Participation

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

By Rachel Howells - Sport New Zealand

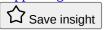
IWG: Helen Parker - Transgender competitors in women's sport - Change for the better?



Participation

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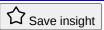
Supporting Disabled Teenage Girls to be Active



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#### Supporting Disabled Teenage Girls to be Active

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

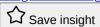


Participation

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

By Amy McClintock - Basketball New Zealand

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



Participation

### 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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