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Healthy Women in Performance Sport Empowering and supporting women and girls thriving through performance sport

Theme:
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 Healthy Women in Performance Sport

Co-authored by High Performance Sport NZ

Healthy women in Performance Sport is a HPSNZ initiative designed to support the health, wellbeing and performance of female athletes.

Read the [Healthy Women in Performance Sport Strategy](#).

Below are some great resources for women in high performance sport, and their coaches and advisors.

- [Women's Health in Sport Media](#)
- [Low Energy Availability](#)
- [Relative Energy Deficiency in Sport](#)
- [The Menstrual Cycle and Sport](#)
- [ACL Injury in Female Athletes](#)
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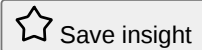
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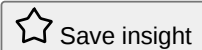


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By Emma Evans - Sport New Zealand

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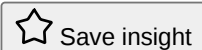


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By Canadian Women & Sport - Canadian Women & Sport

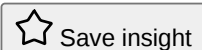
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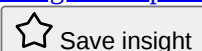
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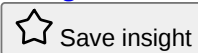
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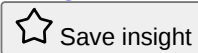
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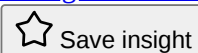
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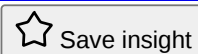
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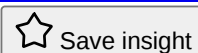
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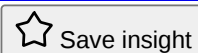


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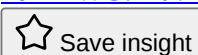
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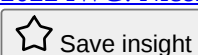
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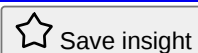
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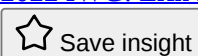
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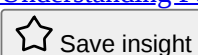
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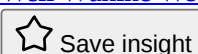


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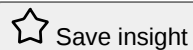


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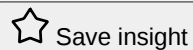


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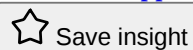


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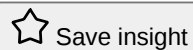


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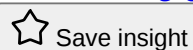


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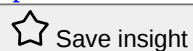
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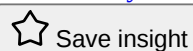
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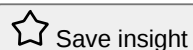


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By Alysha Jensen - Netball New Zealand

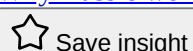
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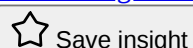
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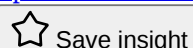


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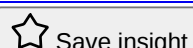
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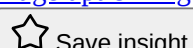
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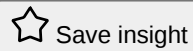
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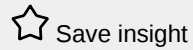
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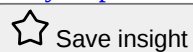
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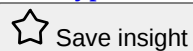
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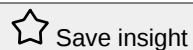
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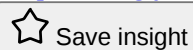
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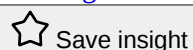


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By Rachel Howells - Sport New Zealand

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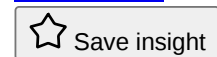


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Creating safe environments for young women to be active their way

By Rachel Howells - Sport New Zealand

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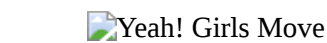
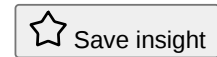


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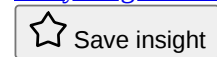


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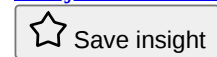


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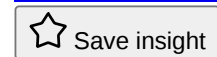


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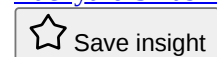


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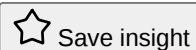
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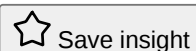
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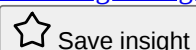
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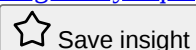
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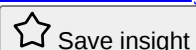
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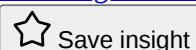
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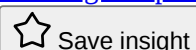
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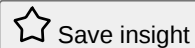
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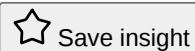
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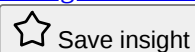
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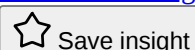
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IWG: Etsuko Ogasawara - New Way of Thinking to Promote Physical Activity for Girls

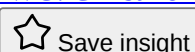
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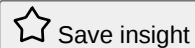
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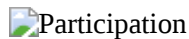
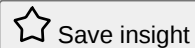


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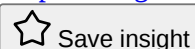


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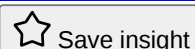


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Empowering Disengaged Girls Through A Participant-Centered Programme

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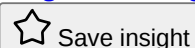
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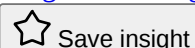


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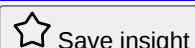


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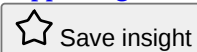
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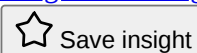


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Insights to Young Women's Participation - Webinar #3 "Focus on Wellbeing and creating a safe environment"

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