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

Theme: Participation

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

Rachel Howells

Co-authored by Sport NZ, Forward Foundation Sport New Zealand

Forward Foundation understand that traditional sport isn't for everyone and have created a club that's fun, free and just for girls. The Not-So-Sports Club (NSSC) offers recreational activities and a chance to make new friends every Wednesday of the school term for high school aged girls in Canterbury. Girls are collected from schools and can have a go at fun activities like Zorbing, Top Team, walks and outdoor games.

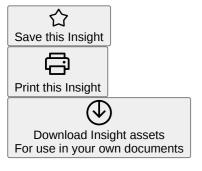
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Related Links



https://sportnz.org.nz/resources/forward-foundation/



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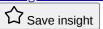
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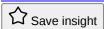
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ADIDAS BREAKING BARRIERS RESEARCH

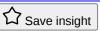
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Kiwi women take clean sweep of the Ski Podium at The North Face Frontier 4- Competition

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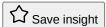


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By Emma Evans - Sport New Zealand

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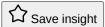


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By Ali Pottinger - Squadrun

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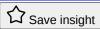
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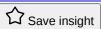
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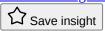
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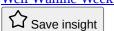
Understanding Period Poverty Infographic



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Understanding Period Poverty Infographic

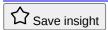
By Cheycoda Cocks - Sport Manawatu Well Wāhine Week Case Study



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

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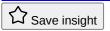
By Jess Davidson - New Zealand Cricket <u>Innovative approaches to encouraging women's participation in Golf</u>



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Innovative approaches to encouraging women's participation in Golf

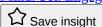
By Roxanna Holdworth - This is ME Netball Volunteer Programme



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Netball Volunteer Programme

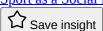
By Jenna Murie - Netball New Zealand Mind. Set. Engage. Rugby's mental wellbeing programme.



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

Sport as a Social Development Tool

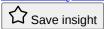




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Sport as a Social Development Tool

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

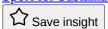
She Belongs: Building Social Connection for Lasting Participation in Sport



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She Belongs: Building Social Connection for Lasting Participation in Sport

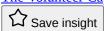
By Canadian Women & Sport - Canadian Women & Sport Sport for Sustainable Development: Designing Effective Policies and Programmes



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

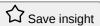
Huge uptick in girls and women playing football in New Zealand



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Huge uptick in girls and women playing football in New Zealand

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Rally Report Insights: Body Confidence

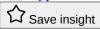
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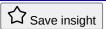
What type of uniforms do women want to wear when they referee or umpire sport?



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

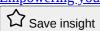
Women & Padel: Start of a love story



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Women & Padel: Start of a love story

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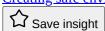


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Creating safe environments for young women to be active their way



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Creating safe environments for young women to be active their way

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Kōhine māia



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Kōhine māia

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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

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



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

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Manawatū Cricket Association case study

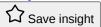


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Manawatū Cricket Association case study

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Backyard Smash & Sista Smash

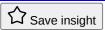


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Backyard Smash & Sista Smash

By Roxanna Holdworth - This is ME

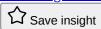
The female-friendliness of New Zealand's tennis clubs



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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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Pacific Women's Leadership Programme Impact - Sela Vaenuku Save insight
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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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Nutrition For Female Athletes

Coaching through a Gender Lens Infographic



Coaching through a Gender Lens Infographic

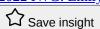
Angel City Equity House Podcast: Myth Busters presented by Gatorade



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Angel City Equity House Podcast: Myth Busters presented by Gatorade

2022 IWG: Emily Davidson - She Loves Golf Presentation



Participation

2022 IWG: Emily Davidson - She Loves Golf Presentation

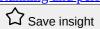
<u>Hikurangi Golf Club president Felice Croft encouraging more women into the sport</u>



Participation

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

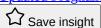
Running and periods: The myths about exercise and your menstrual cycle, debunked



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

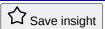
Updated Pregnancy guidance from UK Sport



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IWG: Daenin Roth - Grassroots Role Models Inspiring Change



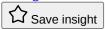
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IWG: Daenin Roth - Grassroots Role Models Inspiring Change

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



IWG: Dr Riki Tesler: Social capital and health among participants in the cachibol league in Israel Young Women Profile - September 2021



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Young Women Profile - September 2021

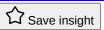
IWG: Etsuko Ogasawara - New Way of Thinking to Promote Physical Activity for Girls



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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

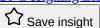
IWG: Christine Young - Women in Taekwondo - Over 40 is not Over the Hill



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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

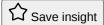


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Co-Designing Effective Programmes for Young Girls: Insights and Principles

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

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<u>Empowering Disengaged Girls Through A Participant-Centered Programme</u>

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

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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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