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- <u>Partnerships</u> <u>Rangapū</u>
- <u>Impact</u><u>Whakaaweawe</u>
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  - Overview
  - <u>History</u>
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# Why Aussie women's sport needs to talk about fertility

Theme: Participation

Why Aussie women's sport needs to talk about fertility

#### Co-authored by Sarah Burt

In recent days, two-time Australian Open Champion Naomi Osaka publicly expressed her disappointment at her early exit from the Grand Slam after just returning to the court after giving birth to her first child in July 2023.

Returning from a year away from the sport, Osaka gave weight to the nuanced situation she's in -- an athlete at the top of her athletic powers who has just used the same body to grow a human being.

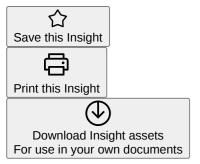
"Of course, I have to tell myself, 'hey, like six months ago you were pregnant' and stuff like that. And of course, there's a voice in my head that's like, who are you to think you can come back and immediately start winning matches... but I don't know, I kind of always expect myself to stand a chance anyway," she said in a post-match interview.

"So, I guess just being nicer to myself is a key thing that I learned in my time away."

It's a well-trodden path, but one which most female athletes have had to navigate alone.

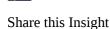
The topic of childbirth, fertility, reproductive health, and the impact that the stressors of being an athlete put on them are often overlooked in the media and underrepresented in contracts and discussions in sporting clubs.

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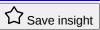
Kiwi women take clean sweep of the Ski Podium at The North Face Frontier 4- Competition



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



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

By Emma Evans - Sport New Zealand

A 2024 SURVEY FOR: Women in Trail and Ultrarunning

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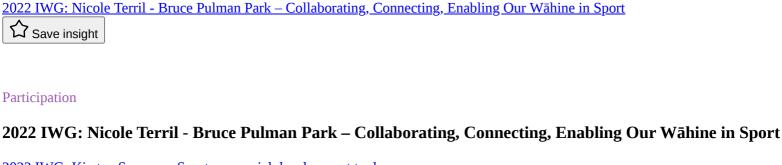
#### 2022 IWG: Christine Young - Integrity in HP Youth Sport

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



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



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



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

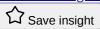
2022 IWG: Erin Hatton - Driving transformational change



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2022 IWG: Erin Hatton - Driving transformational change

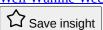
**Understanding Period Poverty Infographic** 



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# **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



Participation

#### **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**

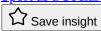
By Jenna Murie - Netball New Zealand Mind. Set. Engage. Rugby's mental wellbeing programme.



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

Sport as a Social Development Tool



Participation

Participation

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

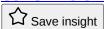
By Kirsten Spencer - Auckland University of Technology Netball Player Development Programme



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

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



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

She Belongs: Building Social Connection for Lasting Participation in Sport



#### **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**

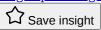
The Volunteer Capacity of Community Sports Clubs to Support Women and Girls in Sport



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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

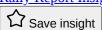
Resources on Male Allyship



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# **Resources on Male Allyship**

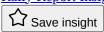
Rally Report Insights: Body Confidence



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# **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?



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

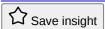
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Yeah! Girls Move - Cricket not the way you know it



Yeah! Girls Move

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

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

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

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



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#### Manawatū Cricket Association case study

By Cheycoda Cocks - Sport Manawatu Backyard Smash & Sista Smash



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

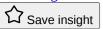
By Roxanna Holdworth - This is ME The female-friendliness of New Zealand's tennis clubs



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

Five things to know about women and sport



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#### Five things to know about women and sport

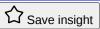
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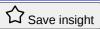
Pacific Women's Leadership Programme Impact - Sela Vaenuku



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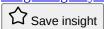
IWG: Claire Badenhorst - Iron regulation throughout the lifespan - An active female perspective



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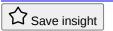
"Beginning Day 1" Checklist: How to Coach and Support Women and Teen Girl Athletes



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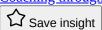
**Nutrition For Female Athletes** 



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

Coaching through a Gender Lens Infographic



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#### Coaching through a Gender Lens Infographic

Angel City Equity House Podcast: Myth Busters presented by Gatorade



# Angel City Equity House Podcast: Myth Busters presented by Gatorade 2022 IWG: Emily Davidson - She Loves Golf Presentation Save insight Participation 2022 IWG: Emily Davidson - She Loves Golf Presentation Hikurangi Golf Club president Felice Croft encouraging more women into the sport Save insight 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 Save insight Participation Running and periods: The myths about exercise and your menstrual cycle, debunked Updated Pregnancy guidance from UK Sport Save insight Participation **Updated Pregnancy guidance from UK Sport** IWG: Daenin Roth - Grassroots Role Models Inspiring Change Save insight 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 Save insight Participation 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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Co-Designing Effective Programmes for Young Girls: Insights and Principles  Save insight
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

Participation

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

By Briana irving - Aktive - Auckland Sport & Recreation

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



Participation

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

By Briana irving - Aktive - Auckland Sport & Recreation Aktive Women & Girls Facility Guide



Women & Girls Facility Guide

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

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#### 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

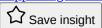
IWG: Helen Parker - Transgender competitors in women's sport - Change for the better?



Participation

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

Supporting Disabled Teenage Girls to be Active



Participation

#### **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

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



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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