

Open search panel



Search

Search the Insight Hub...

Cancel

- [Insights](#)
[Rangahau](#)
- [Events](#)
[Hui](#)
- [Partnerships](#)
[Rangapū](#)
- [Impact](#)
[Whakaaweawe](#)
- About
Mō Mātou
 - [Overview](#)
 - [History](#)
 - [Support](#)
- [☆ 0 Saved](#)

[☆ 0 Saved](#)

 EN 

- [Sign in](#)
- [Submit](#) 



Toggle navigation

[Submit](#) 


#Itsmymove Podcast episode #4 - Irene and Bianca Van Dyk 'Expectations, taking the first step and why friends are key to moving!'


Theme:
Participation


 #Itsmymove Podcast episode #4 - Irene and Bianca Van Dyk 'Expectations, taking the first step and why friends are key to moving!'

[Rachel Howells](#)
Co-authored by Sport NZ, Bel Crawford
 Sport New Zealand

Episode 4 of the #itsmymove podcast is with Irene van Dyk and her daughter Bianca van Dyk. Excuse us while we fangirl! A career highlight interviewing someone we all looked up to so much and changed the game of netball We find out about Irene's time in netball, how she didn't make top teams at school. Why did Bianca have to stop playing? And the importance of mother daughter relationships. Laugh and feel inspired #itsmymove


Save this Insight






Print this Insight


Download Insight assets
For use in your own documents

Was this Insight helpful?



Share this Insight

-  [Facebook](#)
-  [Twitter](#)
-  [Email](#)
-  Copy this page's URL

Related Insights from Rachel

- #Itsmymove Podcast episode 1- Jess Quinn 'Normalising different and freeing ourselves from body confidence issues'


Save this Insight


Print this Insight


Download Insight assets



[Email this Insight](#)

 Close 'Download Insight Assets' modal

Download Insight assets

- [#Itsmymove Podcast episode #4 - Irene and Bianca Van Dyk 'Expectations, taking the first step and why friends are key to moving!'.pdf](#)
- [IMMPodcast 1.JPG 70KB JPG](#)

Was this Insight useful?



Similar Insights (82)

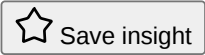
[Rally Report 2024](#)



Participation

Rally Report 2024

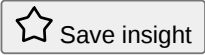
By Canadian Women & Sport - Canadian Women & Sport
[Women in Trail Running - Aotearoa 2015-24](#)



Participation

Women in Trail Running - Aotearoa 2015-24

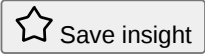
[Kea Kids News: Skateboarding girls are dropping in on Iron Awareness Week](#)



Participation

Kea Kids News: Skateboarding girls are dropping in on Iron Awareness Week

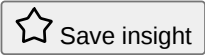
[UN Report of the Special Rapporteur on violence against women and girls, its causes and consequences - Violence against women and girls in sports](#)



Participation

UN Report of the Special Rapporteur on violence against women and girls, its causes and consequences - Violence against women and girls in sports

[Adventures doing a POWA of good](#)



Participation

Adventures doing a POWA of good

By Angela Walker - LockerRoom

[Is Paris 2024 really achieving its goals for gender equality?](#)


 Save insight

Participation

Is Paris 2024 really achieving its goals for gender equality?

By Victoria University Melbourne Australia - Victoria University | Melbourne Australia

[New legislation for gender identity and sex characteristics in Queensland sport](#)


 Save insight

Participation

New legislation for gender identity and sex characteristics in Queensland sport

By Victoria University Melbourne Australia - Victoria University | Melbourne Australia


[Strength, power and aerobic capacity of transgender athletes: a cross-sectional study](#)

 Save insight

Participation

Strength, power and aerobic capacity of transgender athletes: a cross-sectional study


[Change in Action Week - Innovative Impact FINALIST - Hibiscus Coast Football](#)

 Save insight

Participation

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


[Change in Action Week - Innovative Impact FINALIST - Active Wāhine](#)

 Save insight

Participation

Change in Action Week - Innovative Impact FINALIST - Active Wāhine


[Change in Action Week - Innovative Impact FINALIST - Kia Ora Academy](#)

 Save insight

Participation

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

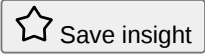
[Change in Action Week - Rangatahi FINALIST - Sylvia Brunt](#)

 Save insight

Participation

Change in Action Week - Rangatahi FINALIST - Sylvia Brunt

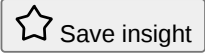
[Change in Action Week - Innovative Impact FINALIST - Wāhine Toa](#)



Participation

Change in Action Week - Innovative Impact FINALIST - Wāhine Toa

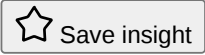
[Change in Action Week - Rangatahi Winner - Carmel College](#)



Participation

Change in Action Week - Rangatahi Winner - Carmel College

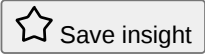
[ADIDAS BREAKING BARRIERS RESEARCH](#)



Participation

ADIDAS BREAKING BARRIERS RESEARCH

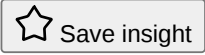
[Kiwi women take clean sweep of the Ski Podium at The North Face Frontier 4- Competition](#)



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](#)

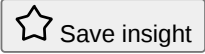


Participation

GUIDE TO CREATING ACTIVITIES AND EVENTS FOR YOUNG WOMEN

By Emma Evans - Sport New Zealand

[A 2024 SURVEY FOR: Women in Trail and Ultrarunning](#)

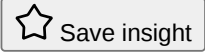


Participation

A 2024 SURVEY FOR: Women in Trail and Ultrarunning

By Ali Pottinger - Squadrun

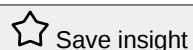
[2022 IWG: Christine Young - Integrity in HP Youth Sport](#)



Participation

2022 IWG: Christine Young - Integrity in HP Youth Sport

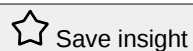
[2022 IWG: David Cabello - A Gender Policy for Increasing Women's Representation in Badminton](#)



Participation

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

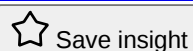
[2022 IWG: Nicole Terril - Bruce Pulman Park – Collaborating, Connecting, Enabling Our Wāhine in Sport](#)



Participation

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

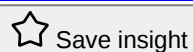
[2022 IWG: Kirsten Spencer - Sport as a social development tool](#)



Participation

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

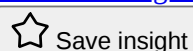
[2022 IWG: Erin Hatton - Driving transformational change](#)



Participation

2022 IWG: Erin Hatton - Driving transformational change

[Understanding Period Poverty Infographic](#)

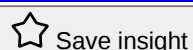


Participation

Understanding Period Poverty Infographic

By Cheycoda Cocks - Sport Manawatu

[Well Wāhine Week Case Study](#)

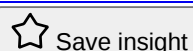


Participation

Well Wāhine Week Case Study

By Helayna Ruifrok - Sport Gisborne Tairāwhiti

[Netball Resources for Clubs and School Administrators](#)



Participation

Netball Resources for Clubs and School Administrators

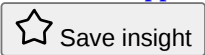
By Jenna Murie - Netball New Zealand
[Girls Smash Modified Girls Only Cricket Programme](#)



Participation

Girls Smash Modified Girls Only Cricket Programme

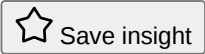
By Jess Davidson - New Zealand Cricket
[Innovative approaches to encouraging women's participation in Golf](#)



Participation

Innovative approaches to encouraging women's participation in Golf

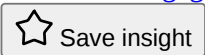
By Roxanna Holdworth - This is ME
[Netball Volunteer Programme](#)



Participation

Netball Volunteer Programme

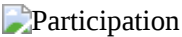
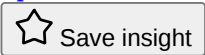
By Jenna Murie - Netball New Zealand
[Mind. Set. Engage. Rugby's mental wellbeing programme.](#)



Participation

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

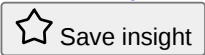
[Sport as a Social Development Tool](#)



Participation

Sport as a Social Development Tool

By Kirsten Spencer - Auckland University of Technology
[Netball Player Development Programme](#)

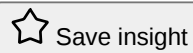


Participation

Netball Player Development Programme

By Alysha Jensen - Netball New Zealand

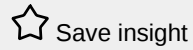
[COACHING GIRLS GUIDE: HOW TO GET \(AND KEEP\) GIRLS PLAYING](#)



Participation

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

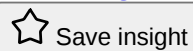
[Why Aussie women's sport needs to talk about fertility](#)



Participation

Why Aussie women's sport needs to talk about fertility

[She Belongs: Building Social Connection for Lasting Participation in Sport](#)

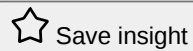


Participation

She Belongs: Building Social Connection for Lasting Participation in Sport

By Canadian Women & Sport - Canadian Women & Sport

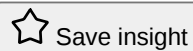
[Sport for Sustainable Development: Designing Effective Policies and Programmes](#)



Participation

Sport for Sustainable Development: Designing Effective Policies and Programmes

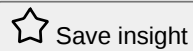
[The Volunteer Capacity of Community Sports Clubs to Support Women and Girls in Sport](#)



Participation

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

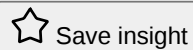
[Huge uptick in girls and women playing football in New Zealand](#)



Participation

Huge uptick in girls and women playing football in New Zealand

[Resources on Male Allyship](#)



Participation

Resources on Male Allyship
[Rally Report Insights: Body Confidence](#)

☆ Save insight

Participation

Rally Report Insights: Body Confidence

[Rally Report Insights: Mental Health](#)

☆ Save insight

Participation

Rally Report Insights: Mental Health

[What type of uniforms do women want to wear when they referee or umpire sport?](#)

☆ Save insight

Participation

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

[Women & Padel: Start of a love story](#)

☆ Save insight

Participation

Women & Padel: Start of a love story

[Empowering young women to lead their experiences - Journeys Central Otago](#)

☆ Save insight

Participation

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](#)

☆ Save insight

Participation

Creating safe environments for young women to be active their way

By Rachel Howells - Sport New Zealand

[Kōhine māia](#)

☆ Save insight

Participation

Kōhine māia

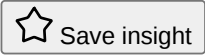
By Rachel Howells - Sport New Zealand
[Yeah! Girls Move - Cricket not the way you know it](#)



Participation

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

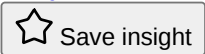
By Rachel Howells - Sport New Zealand
[For young women, by young women - WORD girls-only programme](#)



Participation

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

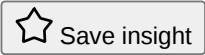
By Rachel Howells - Sport New Zealand
[Not just for the "sporty", the Not-So-Sports-Club](#)



Participation

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

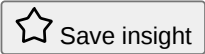
By Rachel Howells - Sport New Zealand
[Manawatū Cricket Association case study](#)



Participation

Manawatū Cricket Association case study

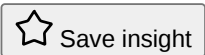
By Cheycoda Cocks - Sport Manawatu
[Backyard Smash & Sista Smash](#)



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](#)


 Save insight

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](#)

 Save insight

Participation

Five things to know about women and sport


[Has the Olympics become too sexualised? How sex and gender debates drove online discourse](#)

 Save insight

Participation

Has the Olympics become too sexualised? How sex and gender debates drove online discourse


[Pacific Women's Leadership Programme Impact - Sela Vaenuku](#)

 Save insight

Participation

Pacific Women's Leadership Programme Impact - Sela Vaenuku


[IWG: Claire Badenhorst - Iron regulation throughout the lifespan - An active female perspective](#)

 Save insight

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](#)

 Save insight

Participation

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

[Nutrition For Female Athletes](#)

 Save insight

Participation

Nutrition For Female Athletes


[Coaching through a Gender Lens Infographic](#)

 Save insight

Participation

Coaching through a Gender Lens Infographic

[Angel City Equity House Podcast: Myth Busters presented by Gatorade](#)

 Save insight

Participation

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

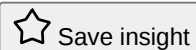
[Updated Pregnancy guidance from UK Sport](#)

 Save insight

Participation

Updated Pregnancy guidance from UK Sport

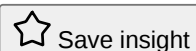
[IWG: Daenin Roth - Grassroots Role Models Inspiring Change](#)



Participation

IWG: Daenin Roth - Grassroots Role Models Inspiring Change

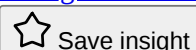
[IWG: Dr Riki Tesler: Social capital and health among participants in the cachibol league in Israel](#)



Participation

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

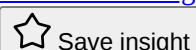
[Young Women Profile - September 2021](#)



Participation

Young Women Profile - September 2021

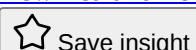
[IWG: Etsuko Ogasawara - New Way of Thinking to Promote Physical Activity for Girls](#)



Participation

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

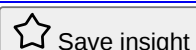
[New Zealand Football Performance & Prevention - Considerations for Female Athletes](#)



Participation

New Zealand Football Performance & Prevention - Considerations for Female Athletes

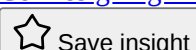
[IWG: Christine Young - Women in Taekwondo - Over 40 is not Over the Hill](#)



Participation

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

[Co-Designing Effective Programmes for Young Girls: Insights and Principles](#)

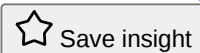


Participation

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

By Briana iring - Aktive - Auckland Sport & Recreation

[How To Co-Design A Programme With Participants](#)

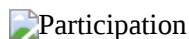
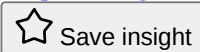


Participation

How To Co-Design A Programme With Participants

By Briana iring - Aktive - Auckland Sport & Recreation

[Empowering Disengaged Girls Through A Participant-Centered Programme](#)

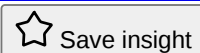


Participation

Empowering Disengaged Girls Through A Participant-Centered Programme

By Briana iring - Aktive - Auckland Sport & Recreation

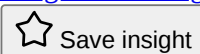
[Aktive Women & Girls Facility Guide](#)



Participation

Aktive Women & Girls Facility Guide

[Insights to Young Women's Participation - Webinar #1 "Rethinking the offering"](#)

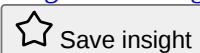


Participation

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

By Rachel Howells - Sport New Zealand

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

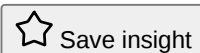


Participation

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

By Rachel Howells - Sport New Zealand

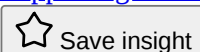
[IWG: Helen Parker - Transgender competitors in women's sport - Change for the better?](#)




Participation

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

[Supporting Disabled Teenage Girls to be Active](#)




Supporting Disabled Teenage Girls to be Active
400 Games: Melony O’Connor Reaches Refereeing Milestone in Sal’s NBL

 Save insight

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"](#)

 Save insight






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

By Rachel Howells - Sport New Zealand

Our Partners

-  Sport NZ
-  NZ Foreign affairs and trade
-  US Embassy NZ

[Women in Sport Aotearoa Insight Hub](#) | [Ngā Wāhine Hākinakina o Aotearoa](#)

-  [Facebook](#)
-  [Instagram](#)
-  [Linkedin](#)
-  [TikTok](#)
-  [YouTube](#)
- [Contact](#)
- [FAQs](#)
- [Privacy policy](#)
- [Terms of use](#)

© 2025 Women in Sport Aotearoa


Subscribe to our newsletter

Receive the latest news, events and insights as we publish them.

Name:

Email:

[Subscribe](#) 

 Close panel

Subscribe to our newsletter

Our weekly email delivering the latest insights as we publish them, tailored to your tastes.

First name:*

Email:*

Preferences

Select those that apply to you to help us customise your Insight Hub experience.

Insight Themes

- ☒ All
- ☒ Leadership
- ☒ Social Change
- ☒ Active Lives
- ☒ High Performance
- ☒ Visibility and Voice

Insight Content Types

- ☒ All
- ☒ Research
- ☒ Case studies
- ☒ News stories
- ☒ Toolkits

Subscribe now 