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#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



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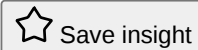
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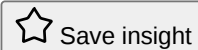
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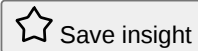
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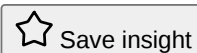


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By Angela Walker - LockerRoom

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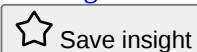


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By Victoria University Melbourne Australia - Victoria University | Melbourne Australia

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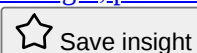


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By Victoria University Melbourne Australia - Victoria University | Melbourne Australia

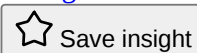
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Strength, power and aerobic capacity of transgender athletes: a cross-sectional study

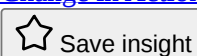
[Change in Action Week - Innovative Impact FINALIST - Hibiscus Coast Football](#)



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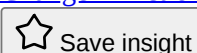
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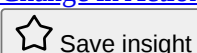
[Change in Action Week - Innovative Impact FINALIST - Kia Ora Academy](#)



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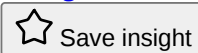
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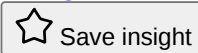
[Change in Action Week - Innovative Impact FINALIST - Wāhine Toa](#)



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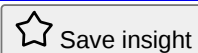
[Change in Action Week - Rangatahi Winner - Carmel College](#)



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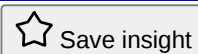
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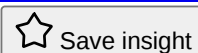
[Kiwi women take clean sweep of the Ski Podium at The North Face Frontier 4- Competition](#)



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[GUIDE TO CREATING ACTIVITIES AND EVENTS FOR YOUNG WOMEN](#)

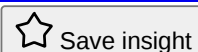


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By Emma Evans - Sport New Zealand

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

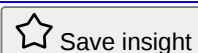


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A 2024 SURVEY FOR: Women in Trail and Ultrarunning

By Ali Pottinger - Squadrun

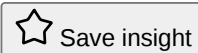
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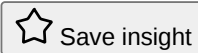
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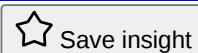
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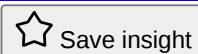
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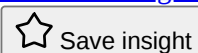
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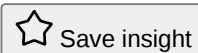


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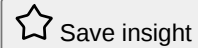


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Netball Resources for Clubs and School Administrators

By Jenna Murie - Netball New Zealand

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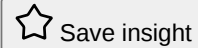


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By Jess Davidson - New Zealand Cricket

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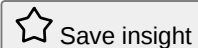


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By Roxanna Holdworth - This is ME

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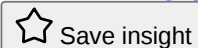


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By Jenna Murie - Netball New Zealand

[Mind. Set. Engage. Rugby's mental wellbeing programme.](#)



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[Sport as a Social Development Tool](#)



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By Kirsten Spencer - Auckland University of Technology

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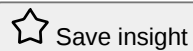


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By Alysha Jensen - Netball New Zealand

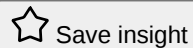
[COACHING GIRLS GUIDE: HOW TO GET \(AND KEEP\) GIRLS PLAYING](#)



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

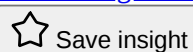
[Why Aussie women's sport needs to talk about fertility](#)



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

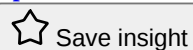


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She Belongs: Building Social Connection for Lasting Participation in Sport

By Canadian Women & Sport - Canadian Women & Sport

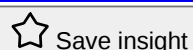
[Sport for Sustainable Development: Designing Effective Policies and Programmes](#)



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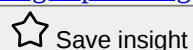
[The Volunteer Capacity of Community Sports Clubs to Support Women and Girls in Sport](#)



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

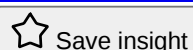
[Huge uptick in girls and women playing football in New Zealand](#)



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Huge uptick in girls and women playing football in New Zealand

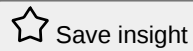
[Resources on Male Allyship](#)



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Resources on Male Allyship

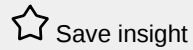
[Rally Report Insights: Body Confidence](#)



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Rally Report Insights: Body Confidence

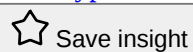
[Rally Report Insights: Mental Health](#)



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Rally Report Insights: Mental Health

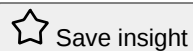
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What type of uniforms do women want to wear when they referee or umpire sport?

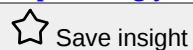
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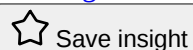


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Empowering young women to lead their experiences - Journeys Central Otago

By Rachel Howells - Sport New Zealand

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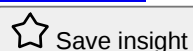


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Creating safe environments for young women to be active their way

By Rachel Howells - Sport New Zealand

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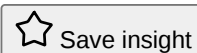


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Kōhine māia

By Rachel Howells - Sport New Zealand

[Yeah! Girls Move - Cricket not the way you know it](#)



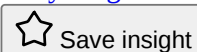
 Yeah! Girls Move

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

By Rachel Howells - Sport New Zealand

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

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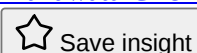


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Not just for the "sporty", the Not-So-Sports-Club

By Rachel Howells - Sport New Zealand

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Manawatū Cricket Association case study

By Cheycoda Cocks - Sport Manawatu

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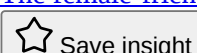


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Backyard Smash & Sista Smash

By Roxanna Holdworth - This is ME

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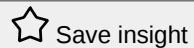
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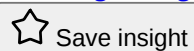
[Nutrition For Female Athletes](#)



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Nutrition For Female Athletes

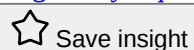
[Coaching through a Gender Lens Infographic](#)



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Coaching through a Gender Lens Infographic

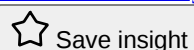
[Angel City Equity House Podcast: Myth Busters presented by Gatorade](#)



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Angel City Equity House Podcast: Myth Busters presented by Gatorade

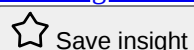
[2022 IWG: Emily Davidson - She Loves Golf Presentation](#)



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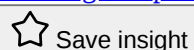
[Hikurangi Golf Club president Felice Croft encouraging more women into the sport](#)



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

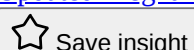
[Running and periods: The myths about exercise and your menstrual cycle, debunked](#)



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

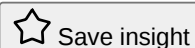
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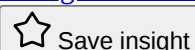
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[Young Women Profile - September 2021](#)



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



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New Zealand Football Performance & Prevention - Considerations for Female Athletes

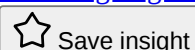
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[Co-Designing Effective Programmes for Young Girls: Insights and Principles](#)

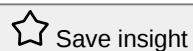


Participation

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 Participation

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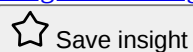


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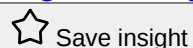


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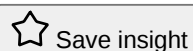


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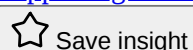
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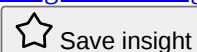


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