

 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](#) >



# 2022 IWG Conference - Day 1: Netball Develops Life Skills

Theme:  
Participation

 2022 IWG Conference - Day 1: Netball Develops Life Skills



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](#)



Save this Insight



Print this Insight



Download Insight assets



[Email this Insight](#)

Close 'Download Insight Assets' modal

 **Download Insight assets**


- [2022 IWG Conference - Day 1: Netball Develops Life Skills.pdf](#)
- [174825366\\_5920510461323984\\_5728865679577922815\\_n.png 20KB PNG](#)

Was this Insight useful?



**Similar Insights (84)**


[Healthy Women in Performance Sport](#)

 Save insight

Participation

## Healthy Women in Performance Sport

[Making sport inclusive: Free period products in clubs - report](#)


 Save insight

Participation

## Making sport inclusive: Free period products in clubs - report

By Emma Evans - Sport New Zealand

[Rally Report 2024](#)


 Save insight

Participation

## Rally Report 2024

By Canadian Women & Sport - Canadian Women & Sport


[Women in Trail Running - Aotearoa 2015-24](#)

 Save insight

Participation

## Women in Trail Running - Aotearoa 2015-24


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

 Save insight

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](#)

 Save insight

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](#)

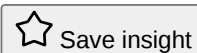
 Save insight

Participation

## Adventures doing a POWA of good

By Angela Walker - LockerRoom

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

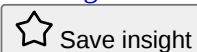


Participation

### 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](#)

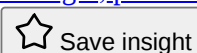


Participation

### New legislation for gender identity and sex characteristics in Queensland sport

By Victoria University Melbourne Australia - Victoria University | Melbourne Australia

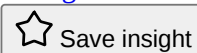
[Strength, power and aerobic capacity of transgender athletes: a cross-sectional study](#)



Participation

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

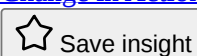
[Change in Action Week - Innovative Impact FINALIST - Hibiscus Coast Football](#)



Participation

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

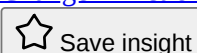
[Change in Action Week - Innovative Impact FINALIST - Active Wāhine](#)



Participation

### Change in Action Week - Innovative Impact FINALIST - Active Wāhine

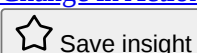
[Change in Action Week - Innovative Impact FINALIST - Kia Ora Academy](#)



Participation

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

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



Participation

## **Change in Action Week - Rangatahi FINALIST - Sylvia Brunt**

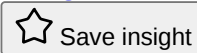
[Change in Action Week - Innovative Impact FINALIST - Wāhine Toa](#)



Participation

## **Change in Action Week - Innovative Impact FINALIST - Wāhine Toa**

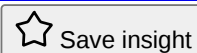
[Change in Action Week - Rangatahi Winner - Carmel College](#)



Participation

## **Change in Action Week - Rangatahi Winner - Carmel College**

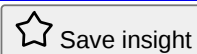
[ADIDAS BREAKING BARRIERS RESEARCH](#)



Participation

## **ADIDAS BREAKING BARRIERS RESEARCH**

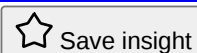
[Kiwi women take clean sweep of the Ski Podium at The North Face Frontier 4- Competition](#)



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](#)

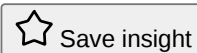


Participation

## **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

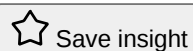
[2022 IWG: David Cabello - A Gender Policy for Increasing Women's Representation in Badminton](#)



Participation

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

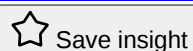
[2022 IWG: Nicole Terril - Bruce Pulman Park – Collaborating, Connecting, Enabling Our Wāhine in Sport](#)



Participation

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

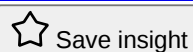
[2022 IWG: Kirsten Spencer - Sport as a social development tool](#)



Participation

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

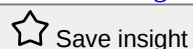
[2022 IWG: Erin Hatton - Driving transformational change](#)



Participation

## 2022 IWG: Erin Hatton - Driving transformational change

[Understanding Period Poverty Infographic](#)

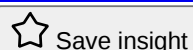


Participation

## Understanding Period Poverty Infographic

By Cheycoda Cocks - Sport Manawatu

[Well Wāhine Week Case Study](#)

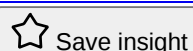


Participation

## 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](#)

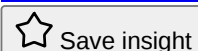


Participation

## 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

Participation

## Sport as a Social Development Tool

By Kirsten Spencer - Auckland University of Technology

[Netball Player Development Programme](#)



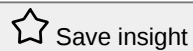
Participation

## Netball Player Development Programme



By Alysha Jensen - Netball New Zealand

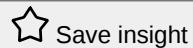
## [COACHING GIRLS GUIDE: HOW TO GET \(AND KEEP\) GIRLS PLAYING](#)



Participation

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

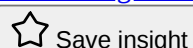
[Why Aussie women's sport needs to talk about fertility](#)



Participation

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

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

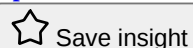


Participation

### **She Belongs: Building Social Connection for Lasting Participation in Sport**

By Canadian Women & Sport - Canadian Women & Sport

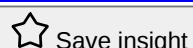
[Sport for Sustainable Development: Designing Effective Policies and Programmes](#)



Participation

### **Sport for Sustainable Development: Designing Effective Policies and Programmes**

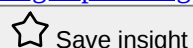
[The Volunteer Capacity of Community Sports Clubs to Support Women and Girls in Sport](#)



Participation

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

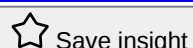
[Huge uptick in girls and women playing football in New Zealand](#)



Participation

### **Huge uptick in girls and women playing football in New Zealand**

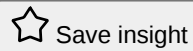
[Resources on Male Allyship](#)



Participation

## Resources on Male Allyship

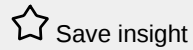
[Rally Report Insights: Body Confidence](#)



Participation

## Rally Report Insights: Body Confidence

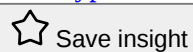
[Rally Report Insights: Mental Health](#)



Participation

## Rally Report Insights: Mental Health

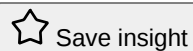
[What type of uniforms do women want to wear when they referee or umpire sport?](#)



Participation

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

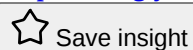
[Women & Padel: Start of a love story](#)



Participation

## Women & Padel: Start of a love story

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

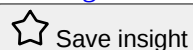


Participation

## 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](#)

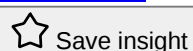


Participation

## Creating safe environments for young women to be active their way

By Rachel Howells - Sport New Zealand

[Kōhine māia](#)

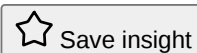


Participation

## Kōhine māia

By Rachel Howells - Sport New Zealand

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



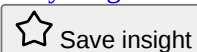
 Yeah! Girls Move

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](#)

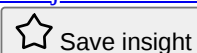


Participation

### **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](#)

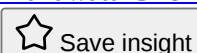


Participation

### **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](#)

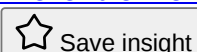


Participation

### **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**

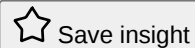
[Updated Pregnancy guidance from UK Sport](#)

 Save insight

Participation

## **Updated Pregnancy guidance from UK Sport**

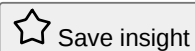
[IWG: Daenin Roth - Grassroots Role Models Inspiring Change](#)



Participation

**IWG: Daenin Roth - Grassroots Role Models Inspiring Change**

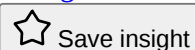
[IWG: Dr Riki Tesler: Social capital and health among participants in the cachibol league in Israel](#)



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**

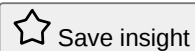
[New Zealand Football Performance & Prevention - Considerations for Female Athletes](#)



Participation

**New Zealand Football Performance & Prevention - Considerations for Female Athletes**

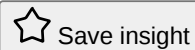
[IWG: Christine Young - Women in Taekwondo - Over 40 is not Over the Hill](#)



Participation

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

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

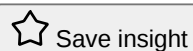


Participation

**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

Participation

## How To Co-Design A Programme With Participants

By Briana iring - Aktive - Auckland Sport & Recreation

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



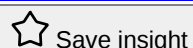
 Participation

Participation

## Empowering Disengaged Girls Through A Participant-Centered Programme

By Briana iring - Aktive - Auckland Sport & Recreation

[Aktive Women & Girls Facility Guide](#)

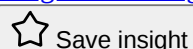


 Women & Girls Facility Guide

Participation

## Aktive Women & Girls Facility Guide

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

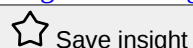


Participation

## 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"](#)

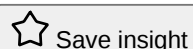


Participation

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

By Rachel Howells - Sport New Zealand

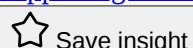
[IWG: Helen Parker - Transgender competitors in women's sport - Change for the better?](#)



Participation

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

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



## Participation

### Supporting Disabled Teenage Girls to be Active

[400 Games: Melony O'Connor Reaches Refereeing Milestone in Sal's NBL](#)

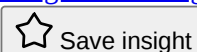


## Participation

### 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

## 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 [➤](#)