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ADIDAS BREAKING BARRIERS RESEARCH

Theme: Participation

ADIDAS BREAKING BARRIERS RESEARCH

Co-authored by Adidas

Dive into the key hurdles and systemic barriers women and girls are facing in sport – and learn about the key opportunities that can help make sport equal.

adidas Breaking Barriers: Research on Women's Sports in Europe (breakingbarriersacademy.com)

More Obstacles Than Achievements: An exploration of the key hurdles to girls' participation in sport in Europe and opportunities that remain

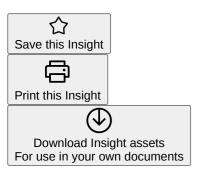
Investigate the current state of girls' sport in the EU, looking at the barriers that hinder sport participation and the actionable opportunities that remain.

adidas Research Reveals Gender Inequities in European Sports Participation

EMPOWERING HER GAME: EXPLORING THE IMPORTANCE OF GENDER-INFORMED COACHING

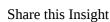
Find out about the role coaches play in girls' engagement with sports and learn how they can have a positive impact on their participation.

adidas Study Reveals Challenges in Coaching Girls' Sports



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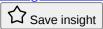
Change in Action Week - Innovative Impact FINALIST - Hibiscus Coast Football



Participation

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

<u>Change in Action Week - Innovative Impact FINALIST - Active Wahine</u>



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Change in Action Week - Innovative Impact FINALIST - Active Wahine

<u>Change in Action Week - Innovative Impact FINALIST - Kia Ora Academy</u>



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<u> Change in Action Week - Rangatahi FINALIST - Sylvia Brunt</u>



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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

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



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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

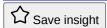


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GUIDE TO CREATING ACTIVITIES AND EVENTS FOR YOUNG WOMEN

By Emma Evans - Sport New Zealand

A 2024 SURVEY FOR: Women in Trail and Ultrarunning



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A 2024 SURVEY FOR: Women in Trail and Ultrarunning

By Ali Pottinger - Squadrun

2022 IWG: Christine Young - Integrity in HP Youth Sport



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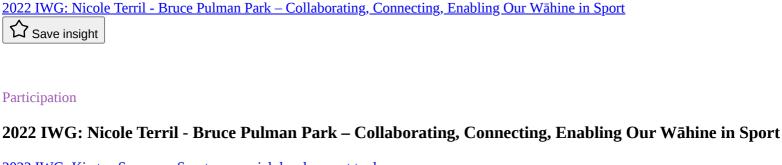
2022 IWG: Christine Young - Integrity in HP Youth Sport

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

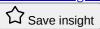
2022 IWG: Erin Hatton - Driving transformational change



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2022 IWG: Erin Hatton - Driving transformational change

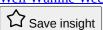
Understanding Period Poverty Infographic



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Understanding Period Poverty Infographic

By Cheycoda Cocks - Sport Manawatu Well Wāhine Week Case Study



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Well Wāhine Week Case Study

By Helayna Ruifrok - Sport Gisborne Tairawhiti Netball Resources for Clubs and School Administrators



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Netball Resources for Clubs and School Administrators

By Jenna Murie - Netball New Zealand

Girls Smash Modified Girls Only Cricket Programme



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Girls Smash Modified Girls Only Cricket Programme

By Jess Davidson - New Zealand Cricket

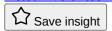
<u>Innovative approaches to encouraging women's participation in Golf</u>



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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

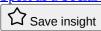
<u>Mind. Set. Engage. Rugby's mental wellbeing programme.</u>



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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 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



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

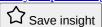
Resources on Male Allyship



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Resources on Male Allyship

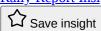
Rally Report Insights: Body Confidence



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Rally Report Insights: Body Confidence

Rally Report Insights: Mental Health



Rally Report Insights: Mental Health

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

Empowering young women to lead their experiences - Journeys Central Otago

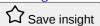


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Empowering young women to lead their experiences - Journeys Central Otago

By Rachel Howells - Sport New Zealand

<u>Creating safe environments for young women to be active their way</u>



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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





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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



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

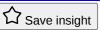
By Rachel Howells - Sport New Zealand
Not just for the "sporty", the Not-So-Sports-Club



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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

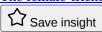
By Cheycoda Cocks - Sport Manawatu Backyard Smash & Sista Smash



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Backyard Smash & Sista Smash

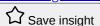
By Roxanna Holdworth - This is ME The female-friendliness of New Zealand's tennis clubs



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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

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Te Awamutu AFC starts 2024 off strong with growing demand



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

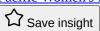
Has the Olympics become too sexualised? How sex and gender debates drove online discourse



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

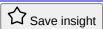
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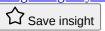
IWG: Claire Badenhorst - Iron regulation throughout the lifespan - An active female perspective



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

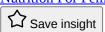
"Beginning Day 1" Checklist: How to Coach and Support Women and Teen Girl Athletes



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

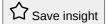
Nutrition For Female Athletes



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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 Save insight

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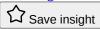
2022 IWG: Emily Davidson - She Loves Golf Presentation



Participation

2022 IWG: Emily Davidson - She Loves Golf Presentation

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



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

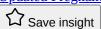
Running and periods: The myths about exercise and your menstrual cycle, debunked



Participation

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

Updated Pregnancy guidance from UK Sport



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



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

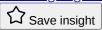
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| Young Women Profile - September 2021 |
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IWG: Christine Young - Women in Taekwondo - Over 40 is not Over the Hill

<u>Co-Designing Effective Programmes for Young Girls: Insights and Principles</u>



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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



Participation

Participation

How To Co-Design A Programme With Participants

By Briana irving - Aktive - Auckland Sport & Recreation Empowering Disengaged Girls Through A Participant-Centered Programme



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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"

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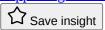
IWG: Helen Parker - Transgender competitors in women's sport - Change for the better?



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

Supporting Disabled Teenage Girls to be Active



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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"



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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