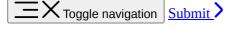
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### ADIDAS BREAKING BARRIERS RESEARCH

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

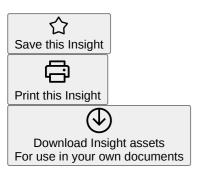
Investigate the current state of girls' sport in the EU, looking at the barriers that hinder sport participation and the actionable opportunities that remain.

adidas Research Reveals Gender Inequities in European Sports Participation

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

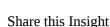
Find out about the role coaches play in girls' engagement with sports and learn how they can have a positive impact on their participation.

adidas Study Reveals Challenges in Coaching Girls' Sports



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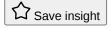
Change in Action Week - Innovative Impact FINALIST - Hibiscus Coast Football



**Participation** 

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

Change in Action Week - Innovative Impact FINALIST - Active Wahine



Participation

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

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



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

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



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Change in Action Week - Rangatahi Winner - Carmel College



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

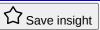
Kiwi women take clean sweep of the Ski Podium at The North Face Frontier 4- Competition



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

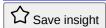


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### GUIDE TO CREATING ACTIVITIES AND EVENTS FOR YOUNG WOMEN

By Emma Evans - Sport New Zealand

A 2024 SURVEY FOR: Women in Trail and Ultrarunning

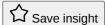


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### A 2024 SURVEY FOR: Women in Trail and Ultrarunning

By Ali Pottinger - Squadrun

2022 IWG: Christine Young - Integrity in HP Youth Sport



Participation

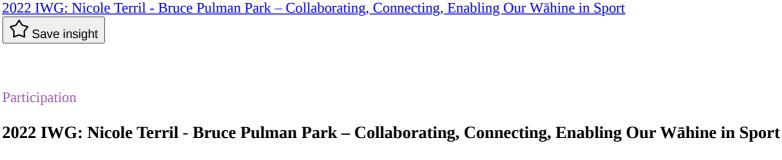
### 2022 IWG: Christine Young - Integrity in HP Youth Sport

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: Kirsten Spencer - Sport as a social development tool



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2022 IWG: Erin Hatton - Driving transformational change



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2022 IWG: Erin Hatton - Driving transformational change

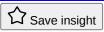
**Understanding Period Poverty Infographic** 



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### **Understanding Period Poverty Infographic**

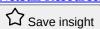
By Cheycoda Cocks - Sport Manawatu Well Wahine Week Case Study



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**

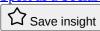
By Jenna Murie - Netball New Zealand Mind. Set. Engage. Rugby's mental wellbeing programme.



Participation

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Sport as a Social Development Tool

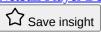


Participation

Participation

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

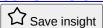
By Kirsten Spencer - Auckland University of Technology Netball Player Development Programme



Participation

### **Netball Player Development Programme**

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



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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



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



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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

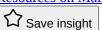
Huge uptick in girls and women playing football in New Zealand



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Resources on Male Allyship



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### **Resources on Male Allyship**

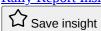
Rally Report Insights: Body Confidence



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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?



Participation

### 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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Empowering young women to lead their experiences - Journeys Central Otago

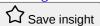


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### Empowering young women to lead their experiences - Journeys Central Otago

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

∧



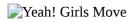
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### Kōhine māia

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

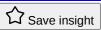
By Rachel Howells - Sport New Zealand
Not just for the "sporty", the Not-So-Sports-Club



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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

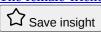
By Cheycoda Cocks - Sport Manawatu Backyard Smash & Sista Smash



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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

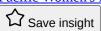
Has the Olympics become too sexualised? How sex and gender debates drove online discourse



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

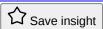
Pacific Women's Leadership Programme Impact - Sela Vaenuku



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### Pacific Women's Leadership Programme Impact - Sela Vaenuku

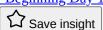
IWG: Claire Badenhorst - Iron regulation throughout the lifespan - An active female perspective



Participation

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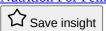
"Beginning Day 1" Checklist: How to Coach and Support Women and Teen Girl Athletes



Participation

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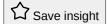
**Nutrition For Female Athletes** 



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### **Nutrition For Female Athletes**

Coaching through a Gender Lens Infographic



### 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

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



Participation

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

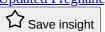
Running and periods: The myths about exercise and your menstrual cycle, debunked



Participation

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

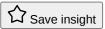
Updated Pregnancy guidance from UK Sport



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

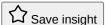
IWG: Daenin Roth - Grassroots Role Models Inspiring Change



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

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Young Women Profile - September 2021
IWG: Etsuko Ogasawara - New Way of Thinking to Promote Physical Activity for Girls  Save insight
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New Zealand Football Performance & Prevention - Considerations for Female Athletes  Save insight
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Save insight

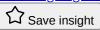
Young Women Profile - September 2021

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

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

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



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

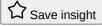


Participation

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>



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# Empowering Disengaged Girls Through A Participant-Centered Programme By Briana irving - Aktive - Auckland Sport & Recreation Aktive Women & Girls Facility Guide Save insight Women & Girls Facility Guide Participation Aktive Women & Girls Facility Guide Insights to Young Women's Participation - Webinar #1 "Rethinking the offering" Save insight 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" Save insight

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By Rachel Howells - Sport New Zealand

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

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### 400 Games: Melony O'Connor Reaches Refereeing Milestone in Sal's NBL

By Amy McClintock - Basketball New Zealand
<a href="Insights-to-Young Women's Participation">Insights to Young Women's Participation - Webinar #3 "Focus on Wellbeing and creating a safe environment"</a>



### 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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