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

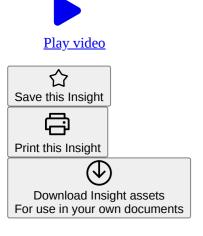
Theme: Participation

Change in Action Week - Innovative Impact FINALIST - Active Wahine

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

Active Wāhine empowers secondary school girls to engage in physical activity by developing safe after-school fitness programmes co-designed with the girls to improve access, knowledge and confidence in sport.

Led by School Sport Canterbury and supported by local community providers, this initiative has not only increased participation but boosted the girls' confidence in physical education and introduced them to recreational facilities they previously knew little about.



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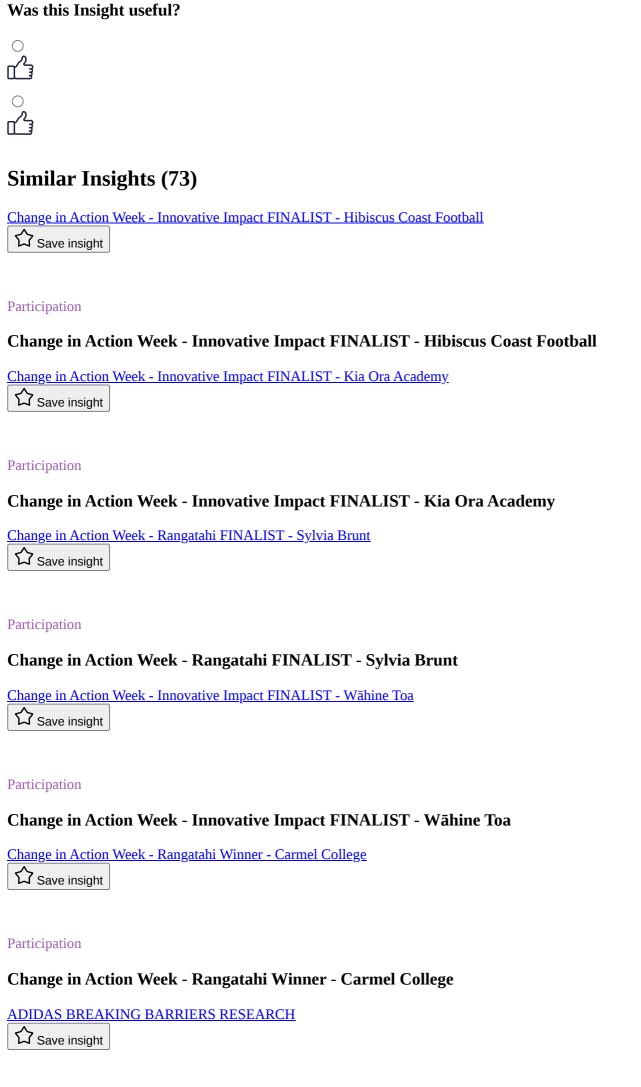






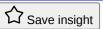
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### ADIDAS BREAKING BARRIERS RESEARCH

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

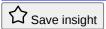
2022 IWG: Christine Young - Integrity in HP Youth Sport



Participation

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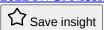
2022 IWG: David Cabello - A Gender Policy for Increasing Women's Representation in Badminton



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 Wahine in Sport



Participation

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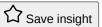
2022 IWG: Kirsten Spencer - Sport as a social development tool



Participation

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

2022 IWG: Erin Hatton - Driving transformational change



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### 2022 IWG: Erin Hatton - Driving transformational change

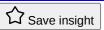
<u>Understanding Period Poverty Infographic</u>



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 Tairawhiti
Netball Resources for Clubs and School Administrators



Participation

### **Netball Resources for Clubs and School Administrators**

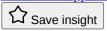
By Jenna Murie - Netball New Zealand <u>Girls Smash Modified Girls Only Cricket Programme</u>



Participation

### Girls Smash Modified Girls Only Cricket Programme

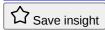
By Jess Davidson - New Zealand Cricket Innovative approaches to encouraging women's participation in Golf



Participation

### Innovative approaches to encouraging women's participation in Golf

By Roxanna Holdworth - This is ME Netball Volunteer Programme



### **Netball Volunteer Programme**

By Jenna Murie - Netball New Zealand

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

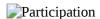


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### Mind. Set. Engage. Rugby's mental wellbeing programme.

Sport as a Social Development Tool

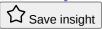




Participation

### **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

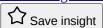
Why Aussie women's sport needs to talk about fertility



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

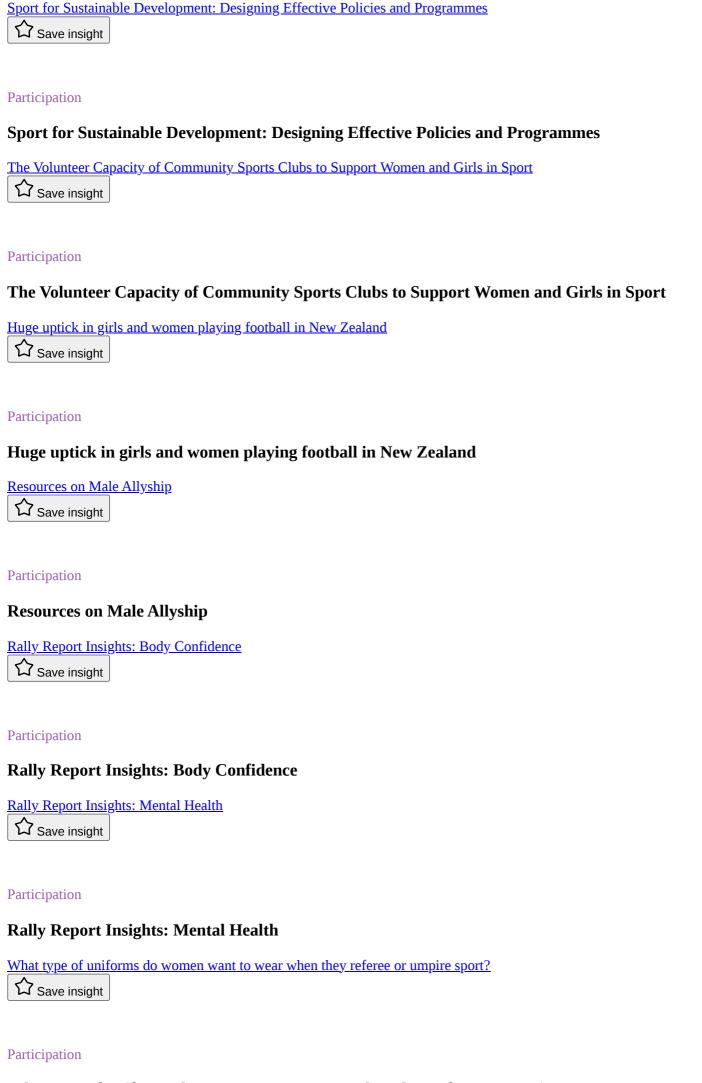
She Belongs: Building Social Connection for Lasting Participation in Sport



Participation

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

By Canadian Women & Sport - Canadian Women & Sport



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



**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





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



### 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

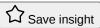


Participation

### **Backyard Smash & Sista Smash**

By Roxanna Holdworth - This is ME

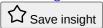
<u>The female-friendliness of New Zealand's tennis clubs</u>



Participation

### The female-friendliness of New Zealand's tennis clubs

Removing Period Poverty As a Barrier to Participation



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



Participation

### Te Awamutu AFC starts 2024 off strong with growing demand

Five things to know about women and sport



Participation

### 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
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

<u>Angel City Equity House Podcast: Myth Busters presented by Gatorade</u>

Save insight

Participation

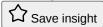
**Angel City Equity House Podcast: Myth Busters presented by Gatorade** 

2022 IWG: Emily Davidson - She Loves Golf Presentation



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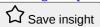
Hikurangi Golf Club president Felice Croft encouraging more women into the sport



Participation

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

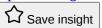
Running and periods: The myths about exercise and your menstrual cycle, debunked



Participation

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

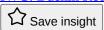
Updated Pregnancy guidance from UK Sport



Participation

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

IWG: Daenin Roth - Grassroots Role Models Inspiring Change



Participation

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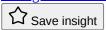
IWG: Dr Riki Tesler: Social capital and health among participants in the cachibol league in Israel



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



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

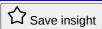
New Zealand Football Performance & Prevention - Considerations for Female Athletes



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

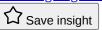
IWG: Christine Young - Women in Taekwondo - Over 40 is not Over the Hill



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 irving - Aktive - Auckland Sport & Recreation How To Co-Design A Programme With Participants

TW 10 CO-Design A Programme With Participants



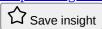
Participation

Participation

### **How To Co-Design A Programme With Participants**

By Briana irving - Aktive - Auckland Sport & Recreation

Empowering Disengaged Girls Through A Participant-Centered Programme

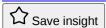


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Participation

### **Empowering Disengaged Girls Through A Participant-Centered Programme**

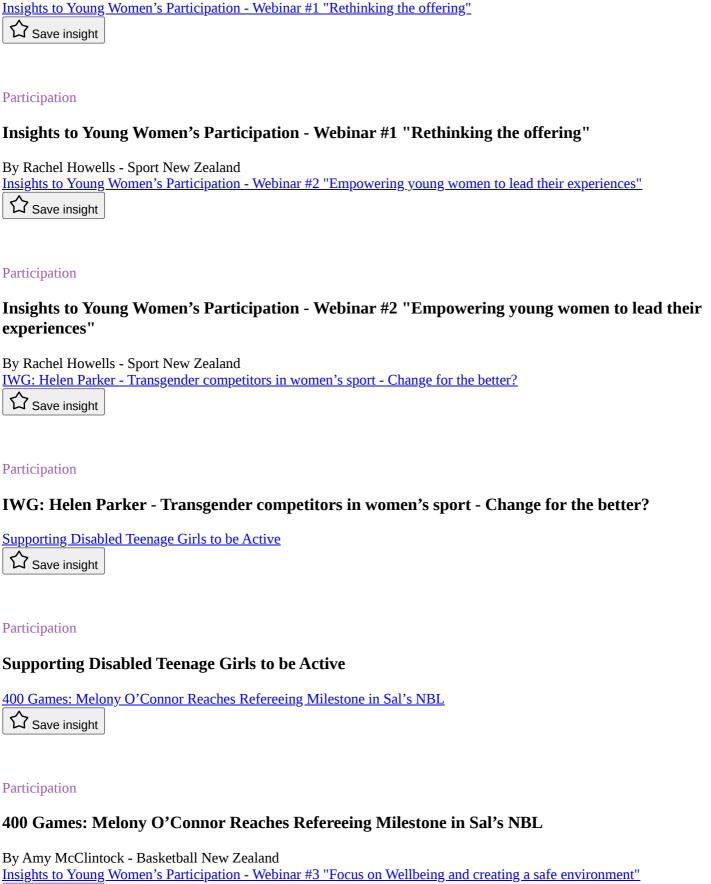
By Briana irving - Aktive - Auckland Sport & Recreation Aktive Women & Girls Facility Guide



Women & Girls Facility Guide

Participation

### **Aktive Women & Girls Facility Guide**



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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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