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

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 Change in Action Week - Innovative Impact FINALIST - Wāhine Toa

## Innovative Impact FINALIST - Wāhine Toa

Wahine Toa is a two-day programme based in the Waikato and Bay of Plenty, it was created in September 2022 by Natalie Broadhead and Vicki Lahana. Running two times a year during the school holidays for 50 girls.

It provides an opportunity for young women to learn, holistically develop themselves and build on their Football and Futsal knowledge together in a fun and safe learning environment all while making new friends from around the rohe.

Wahine Toa is aimed at 13 – 16 year old Females at all levels of playing ability from around the WaiBOP region, with the only requirement being that they love football/futsal, have great attitudes and are keen learners.

They wanted to create a programme where they could get to know the footballers and futsal players in their region and for them to connect with each other.

They also wanted to tie in Te Ao Māori, leadership, building self-confidence through E Tū Tāngata, nutrition for the female athlete and helping to foster a growth mindset in a safe environment, all while getting to experience the different aspects of Football and Futsal.

So far they have delivered four Wahine Toa Programmes in Hamilton and Tauranga over 2022-2024 to 184 kōhine and engaged 29 coaches!



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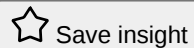
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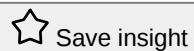
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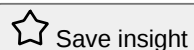
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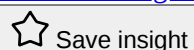
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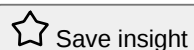


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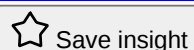


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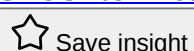


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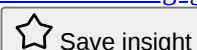


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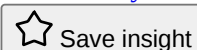


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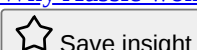
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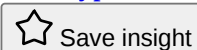
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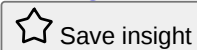


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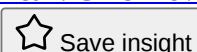


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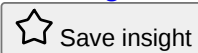
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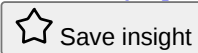
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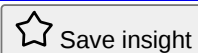
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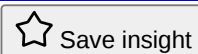
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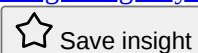
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["Beginning Day 1" Checklist: How to Coach and Support Women and Teen Girl Athletes](#)



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

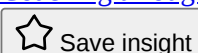
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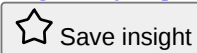
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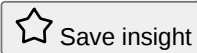
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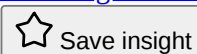
[2022 IWG: Emily Davidson - She Loves Golf Presentation](#)



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## 2022 IWG: Emily Davidson - She Loves Golf Presentation

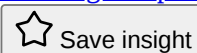
[Hikurangi Golf Club president Felice Croft encouraging more women into the sport](#)



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

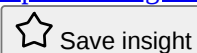
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## Running and periods: The myths about exercise and your menstrual cycle, debunked

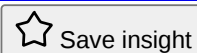
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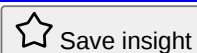
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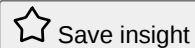
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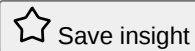
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## Young Women Profile - September 2021

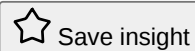
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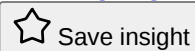
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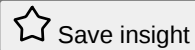


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By Briana iring - Aktive - Auckland Sport & Recreation

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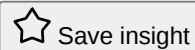
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## How To Co-Design A Programme With Participants

By Briana iring - Aktive - Auckland Sport & Recreation

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



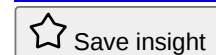
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By Briana Irving - Aktive - Auckland Sport & Recreation

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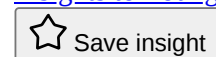


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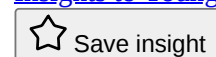


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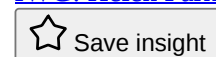


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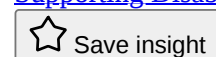
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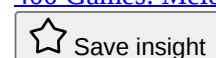
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## 400 Games: Melony O'Connor Reaches Refereeing Milestone in Sal's NBL

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By Rachel Howells - Sport New Zealand

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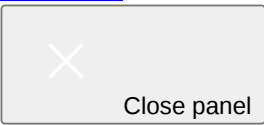
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