

 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](#) >



# Change in Action Week - Rangatahi Winner - Carmel College

Theme:  
Participation

 Change in Action Week - Rangatahi Winner - Carmel College

## Rangatahi Winner - Carmel College

Carmel College runs a Sports Council led by 35 students, planning and running lunchtime activities for girls to get involved in sport without cost or other barriers to stop them.

The council organises free lunchtime activities designed to encourage participation in sports, eliminating common obstacles such as cost, skill level, or previous experience. By providing a safe and welcoming space, these activities empower girls who may not have participated in traditional sports settings, helping them build confidence, develop new skills, and foster a love for physical activity.

This programme allows the rangatahi to take charge of their own physical recreation and develops leadership skills for those running the council who plan and execute the activities and budget.



[Play video](#)



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**

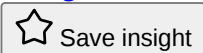
- [Change in Action Week - Rangatahi Winner - Carmel College.pdf](#)
- [Screenshot 2024-09-16 at 12.04.12.png 860KB PNG](#)

Was this Insight useful?



## Similar Insights (73)

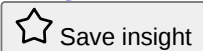
[Change in Action Week - Innovative Impact FINALIST - Hibiscus Coast Football](#)



Participation

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

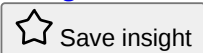
[Change in Action Week - Innovative Impact FINALIST - Active Wahine](#)



Participation

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

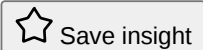
[Change in Action Week - Innovative Impact FINALIST - Kia Ora Academy](#)



Participation

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

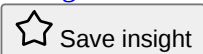
[Change in Action Week - Rangatahi FINALIST - Sylvia Brunt](#)



Participation

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

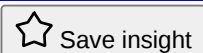
[Change in Action Week - Innovative Impact FINALIST - Wāhine Toa](#)



Participation

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

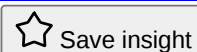
[ADIDAS BREAKING BARRIERS RESEARCH](#)



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](#)

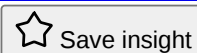


Participation

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

By Emma Evans - Sport New Zealand

[A 2024 SURVEY FOR: Women in Trail and Ultrarunning](#)

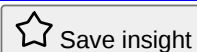


Participation

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

By Ali Pottinger - Squadrun

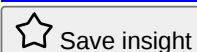
[2022 IWG: Christine Young - Integrity in HP Youth Sport](#)



Participation

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

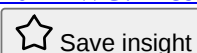
[2022 IWG: David Cabello - A Gender Policy for Increasing Women's Representation in Badminton](#)



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**

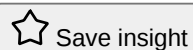
[2022 IWG: Kirsten Spencer - Sport as a social development tool](#)



Participation

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

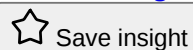
[2022 IWG: Erin Hatton - Driving transformational change](#)



Participation

## 2022 IWG: Erin Hatton - Driving transformational change

[Understanding Period Poverty Infographic](#)

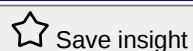


Participation

## Understanding Period Poverty Infographic

By Cheycoda Cocks - Sport Manawatu

[Well Wāhine Week Case Study](#)

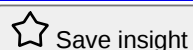


Participation

## Well Wāhine Week Case Study

By Helayna Ruifrok - Sport Gisborne Tairāwhiti

[Netball Resources for Clubs and School Administrators](#)

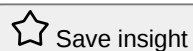


Participation

## Netball Resources for Clubs and School Administrators

By Jenna Murie - Netball New Zealand

[Girls Smash Modified Girls Only Cricket Programme](#)

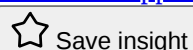


Participation

## 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](#)

 Save insight

Participation

## Netball Volunteer Programme

By Jenna Murie - Netball New Zealand


[Mind. Set. Engage. Rugby's mental wellbeing programme.](#)

 Save insight

Participation

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

[Sport as a Social Development Tool](#)

 Save insight


 Participation

Participation

## Sport as a Social Development Tool

By Kirsten Spencer - Auckland University of Technology

[Netball Player Development Programme](#)


 Save insight

Participation

## Netball Player Development Programme

By Alysha Jensen - Netball New Zealand


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

 Save insight

Participation

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


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

 Save insight

Participation

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

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


 Save insight

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](#)

 Save insight

Participation

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


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

 Save insight

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](#)

 Save insight

Participation

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


[Resources on Male Allyship](#)

 Save insight

Participation

## Resources on Male Allyship


[Rally Report Insights: Body Confidence](#)

 Save insight

Participation

## Rally Report Insights: Body Confidence


[Rally Report Insights: Mental Health](#)

 Save insight

Participation

## Rally Report Insights: Mental Health

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

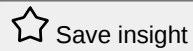
 Save insight

Participation



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

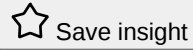
[Women & Padel: Start of a love story](#)



Participation

**Women & Padel: Start of a love story**

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

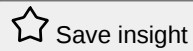


Participation

**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](#)

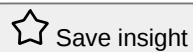


Participation

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

By Rachel Howells - Sport New Zealand

[Kōhine māia](#)

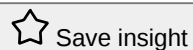


Participation

**Kōhine māia**

By Rachel Howells - Sport New Zealand

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

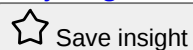


Participation

**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](#)

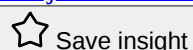


Participation

**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](#)

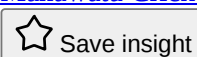


Participation

## Not just for the "sporty", the Not-So-Sports-Club

By Rachel Howells - Sport New Zealand

[Manawatū Cricket Association case study](#)

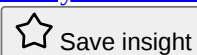


Participation

## Manawatū Cricket Association case study

By Cheycoda Cocks - Sport Manawatu

[Backyard Smash & Sista Smash](#)

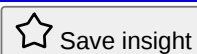


Participation

## Backyard Smash & Sista Smash

By Roxanna Holdworth - This is ME

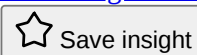
[The female-friendliness of New Zealand's tennis clubs](#)



Participation

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

[Removing Period Poverty As a Barrier to Participation](#)

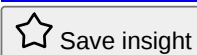


Participation

## Removing Period Poverty As a Barrier to Participation

By Roxanna Holdworth - This is ME

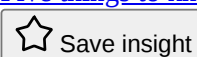
[Te Awamutu AFC starts 2024 off strong with growing demand](#)



Participation

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

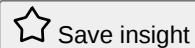
[Five things to know about women and sport](#)



Participation

## Five things to know about women and sport

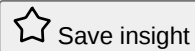
[Has the Olympics become too sexualised? How sex and gender debates drove online discourse](#)



Participation

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

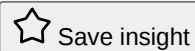
[Pacific Women's Leadership Programme Impact - Sela Vaenuku](#)



Participation

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

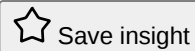
[IWG: Claire Badenhorst - Iron regulation throughout the lifespan - An active female perspective](#)



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](#)



Participation

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

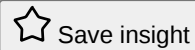
[Nutrition For Female Athletes](#)



Participation

**Nutrition For Female Athletes**

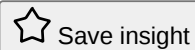
[Coaching through a Gender Lens Infographic](#)



Participation

**Coaching through a Gender Lens Infographic**


[Angel City Equity House Podcast: Myth Busters presented by Gatorade](#)



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](#)

 Save insight

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](#)

 Save insight

Participation

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

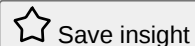
[Young Women Profile - September 2021](#)

 Save insight

Participation

## Young Women Profile - September 2021

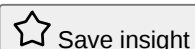
[IWG: Etsuko Ogasawara - New Way of Thinking to Promote Physical Activity for Girls](#)



Participation

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

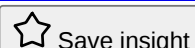
[New Zealand Football Performance & Prevention - Considerations for Female Athletes](#)



Participation

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

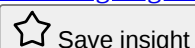
[IWG: Christine Young - Women in Taekwondo - Over 40 is not Over the Hill](#)



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 irving - Aktive - Auckland Sport & Recreation

[How To Co-Design A Programme With Participants](#)



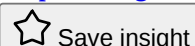
Participation

Participation

## How To Co-Design A Programme With Participants

By Briana irving - Aktive - Auckland Sport & Recreation

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



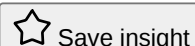
Participation

Participation

## Empowering Disengaged Girls Through A Participant-Centered Programme

By Briana irving - Aktive - Auckland Sport & Recreation

[Active Women & Girls Facility Guide](#)

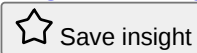


Women & Girls Facility Guide

Participation

## Aktive Women & Girls Facility Guide

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

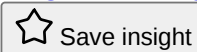


Participation

### 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"](#)

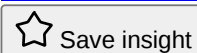


Participation

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

By Rachel Howells - Sport New Zealand

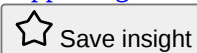
[IWG: Helen Parker - Transgender competitors in women's sport - Change for the better?](#)



Participation

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

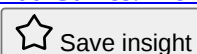
[Supporting Disabled Teenage Girls to be Active](#)



Participation

### Supporting Disabled Teenage Girls to be Active

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

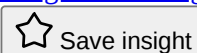


Participation

### 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](#)
-  [Twitter](#)
-  [YouTube](#)
- [Contact](#)
- [FAQs](#)
- [Privacy policy](#)
- [Terms of use](#)

© 2024 Women in Sport Aotearoa

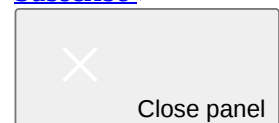
## Subscribe to our newsletter


Receive the latest news, events and insights as we publish them.

Name:

Email:

[Subscribe](#) >



 Women in Sport Aotearoa Insight Hub | Ngā Wāhine Hākinakina o Aotearoa

## 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 [➤](#)