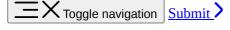
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COACHING GIRLS GUIDE: HOW TO GET (AND KEEP) GIRLS PLAYING

Theme: Participation

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

Co-authored by 'Made to Play' by Nike and CHJS

In collaboration with Nike and CHJS, this transformative guide delves into the art and science of coaching girls.

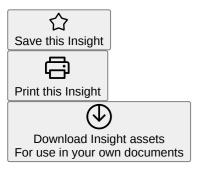
The goal of this guide is to help coaches create sport spaces that are more inclusive and welcoming for girls and other young people on the gender spectrum who are traditionally marginalized from sport.

While we know that young people with diverse gender identities certainly face additional barriers to inclusion in sport, we believe that many of the lessons learned about coaching girls can dismantle some of those exclusionary practices.

When program leaders and coaches become more curious about how to pull more young people, especially girls and trans girls, into sport, we can move toward a system that welcomes all young people, not regardless of who they are, but because of who they are.

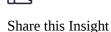
Click the link below for the full guide:

https://chjs.org/wp-content/uploads/2022/10/coaching-girls-guide.pdf



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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



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: Nicole Terril - Bruce Pulman Park - Collaborating, Connecting, Enabling Our Wahine in Sport



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2022 IWG: Nicole Terril - Bruce Pulman Park - Collaborating, Connecting, Enabling Our Wāhine in Sport

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



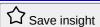
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2022 IWG: Erin Hatton - Driving transformational change



Understanding Period Poverty Infographic

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

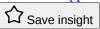
By Jenna Murie - Netball New Zealand
Girls Smash Modified Girls Only Cricket Programme



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Girls Smash Modified Girls Only Cricket Programme

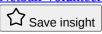
By Jess Davidson - New Zealand Cricket <u>Innovative approaches to encouraging women's participation in Golf</u>



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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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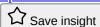
Netball Volunteer Programme

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



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

Sport as a Social Development Tool

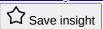


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Sport as a Social Development Tool

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
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



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She Belongs: Building Social Connection for Lasting Participation in Sport

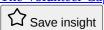
By Canadian Women & Sport - Canadian Women & Sport <u>Sport for Sustainable Development: Designing Effective Policies and Programmes</u>



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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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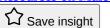
The Volunteer Capacity of Community Sports Clubs to Support Women and Girls in Sport

Huge uptick in girls and women playing football in New Zealand



Huge uptick in girls and women playing football in New Zealand

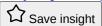
Resources on Male Allyship



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Resources on Male Allyship

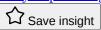
Rally Report Insights: Body Confidence



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Rally Report Insights: Body Confidence

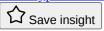
Rally Report Insights: Mental Health



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Rally Report Insights: Mental Health

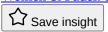
What type of uniforms do women want to wear when they referee or umpire sport?



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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

Creating safe environments for young women to be active their way



Creating safe environments for young women to be active their way

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Kōhine māia



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Kōhine māia

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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



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

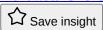
By Rachel Howells - Sport New Zealand Not just for the "sporty", the Not-So-Sports-Club



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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

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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



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

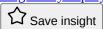
Coaching through a Gender Lens Infographic



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Coaching through a Gender Lens Infographic

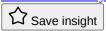
Angel City Equity House Podcast: Myth Busters presented by Gatorade



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Angel City Equity House Podcast: Myth Busters presented by Gatorade

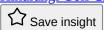
2022 IWG: Emily Davidson - She Loves Golf Presentation



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2022 IWG: Emily Davidson - She Loves Golf Presentation

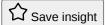
Hikurangi Golf Club president Felice Croft encouraging more women into the sport

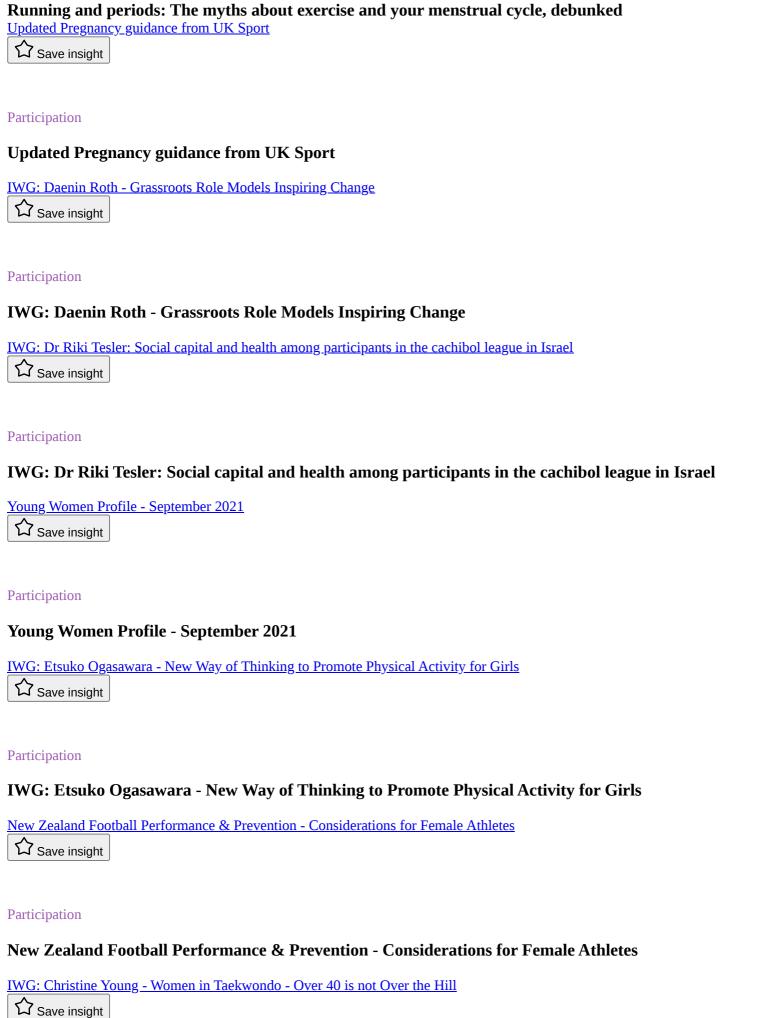


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Hikurangi Golf Club president Felice Croft encouraging more women into the sport

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





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

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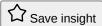
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Insights to Young Women's Participation - Webinar #2 "Empowering young women to lead their experiences"

By Rachel Howells - Sport New Zealand

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



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

Insights to Young Women's Participation - Webinar #3 "Focus on Wellbeing and creating a safe environment"



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Insights to Young Women's Participation - Webinar #3 "Focus on Wellbeing and creating a safe environment"

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