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# Healthy Women in Performance Sport Empowering and supporting women and girls thriving through performance sport

Theme:  
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 Healthy Women in Performance Sport

Co-authored by High Performance Sport NZ

Healthy women in Performance Sport is a HPSNZ initiative designed to support the health, wellbeing and performance of female athletes.

Read the [Healthy Women in Performance Sport Strategy](#).

Below are some great resources for women in high performance sport, and their coaches and advisors.

- [Women's Health in Sport Media](#)
- [Low Energy Availability](#)
- [Relative Energy Deficiency in Sport](#)
- [The Menstrual Cycle and Sport](#)
- [ACL Injury in Female Athletes](#)
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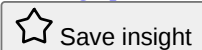
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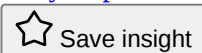


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### Making sport inclusive: Free period products in clubs - report

By Emma Evans - Sport New Zealand

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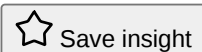


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### Rally Report 2024

By Canadian Women & Sport - Canadian Women & Sport

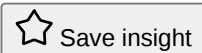
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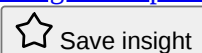
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### Kea Kids News: Skateboarding girls are dropping in on Iron Awareness Week


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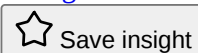
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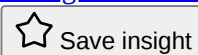
[Change in Action Week - Rangatahi FINALIST - Sylvia Brunt](#)



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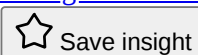
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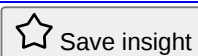
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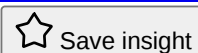
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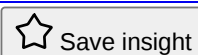
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## **Kiwi women take clean sweep of the Ski Podium at The North Face Frontier 4- Competition**

[GUIDE TO CREATING ACTIVITIES AND EVENTS FOR YOUNG WOMEN](#)



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

By Emma Evans - Sport New Zealand

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

By Ali Pottinger - Squadrun

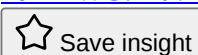
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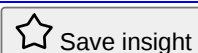
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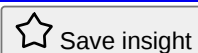
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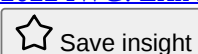
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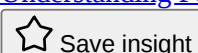
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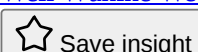


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By Cheycoda Cocks - Sport Manawatu

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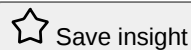


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## Well Wāhine Week Case Study

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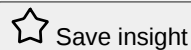


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By Jenna Murie - Netball New Zealand

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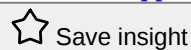


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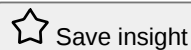


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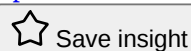
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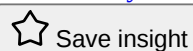
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## Sport as a Social Development Tool



By Kirsten Spencer - Auckland University of Technology

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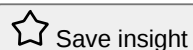


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## Netball Player Development Programme

By Alysha Jensen - Netball New Zealand

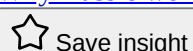
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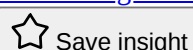
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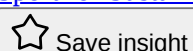


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By Canadian Women & Sport - Canadian Women & Sport

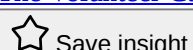
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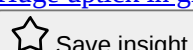
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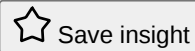
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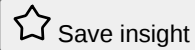
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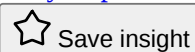
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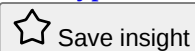
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## Rally Report Insights: Mental Health

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## Women & Padel: Start of a love story

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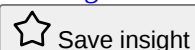


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## Empowering young women to lead their experiences - Journeys Central Otago

By Rachel Howells - Sport New Zealand

[Creating safe environments for young women to be active their way.](#)

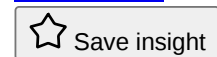


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# Creating safe environments for young women to be active their way

By Rachel Howells - Sport New Zealand

[Kōhine māia](#)

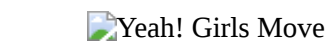
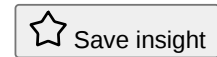


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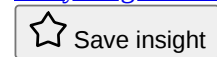


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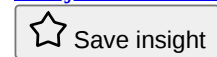


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[Not just for the "sporty", the Not-So-Sports-Club](#)

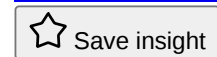


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## Not just for the "sporty", the Not-So-Sports-Club

By Rachel Howells - Sport New Zealand

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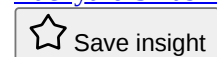


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## Manawatū Cricket Association case study

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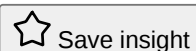
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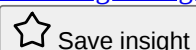
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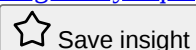
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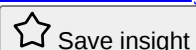
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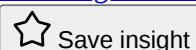
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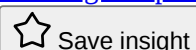
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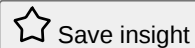
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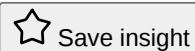
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## Updated Pregnancy guidance from UK Sport

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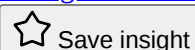
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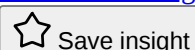
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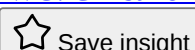
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## New Zealand Football Performance & Prevention - Considerations for Female Athletes

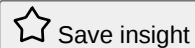
[IWG: Christine Young - Women in Taekwondo - Over 40 is not Over the Hill](#)



Participation

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

## [Co-Designing Effective Programmes for Young Girls: Insights and Principles](#)

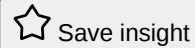


### Participation

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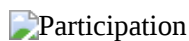
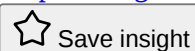


### Participation

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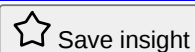


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### Participation

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

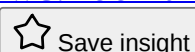


### Participation

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

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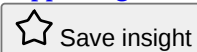
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Participation

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

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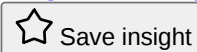


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## 400 Games: Melony O'Connor Reaches Refereeing Milestone in Sal's NBL

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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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