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#Itsmymove Podcast episode #4 - Irene and Bianca Van Dyk 'Expectations, taking the first step and why friends are key to moving!'


Theme:
Participation


 #Itsmymove Podcast episode #4 - Irene and Bianca Van Dyk 'Expectations, taking the first step and why friends are key to moving!'

[Rachel Howells](#)
Co-authored by Sport NZ, Bel Crawford
 Sport New Zealand

Episode 4 of the #itsmymove podcast is with Irene van Dyk and her daughter Bianca van Dyk. Excuse us while we fangirl! A career highlight interviewing someone we all looked up to so much and changed the game of netball We find out about Irene's time in netball, how she didn't make top teams at school. Why did Bianca have to stop playing? And the importance of mother daughter relationships. Laugh and feel inspired #itsmymove


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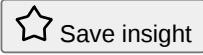
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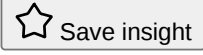
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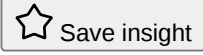
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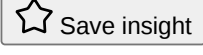


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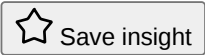
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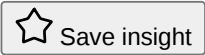


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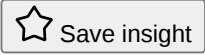


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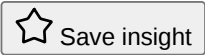
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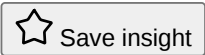
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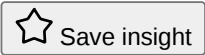
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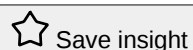
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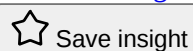
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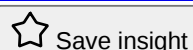


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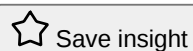


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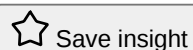


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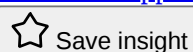


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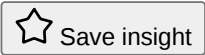
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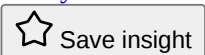
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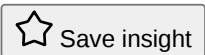
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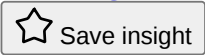
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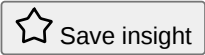
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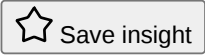
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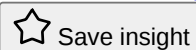
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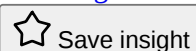
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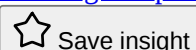
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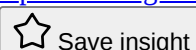
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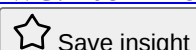
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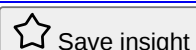
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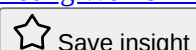
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