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Angel City Equity House Podcast: Myth Busters presented by Gatorade

Theme: Participation

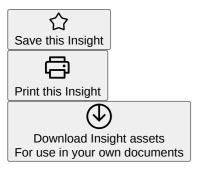
Angel City Equity House Podcast: Myth Busters presented by Gatorade

Co-authored by Angel City FC

Angel City Equity House: Myth Busters presented by Gatorade

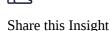
Dive into the world of sports science and bust myths surrounding women in sports with Gatorade and Angel City FC. In this conversation, ESPN commentator and Chicago Red Stars minority owner Sarah Spain sits down with Dr. Nicole LaVoi, Director at the Tucker Center for Research on Girls and Women In Sport, to discover how fostering an empowering atmosphere on the field fuels growth, learning, and the pure joy of the game.

View the Video here: Angel City Equity House: Myth Busters presented by Gatorade - YouTube



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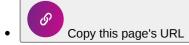
















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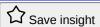
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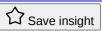
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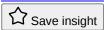
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2022 IWG: Erin Hatton - Driving transformational change

Understanding Period Poverty Infographic



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Understanding Period Poverty Infographic



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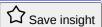
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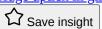
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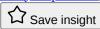
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Huge uptick in girls and women playing football in New Zealand

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Rally Report Insights: Body Confidence

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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?

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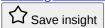


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Empowering young women to lead their experiences - Journeys Central Otago

By Rachel Howells - Sport New Zealand

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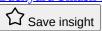
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Manawatū Cricket Association case study

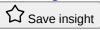
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Te Awamutu AFC starts 2024 off strong with growing demand



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Pacific Women's Leadership Programme Impact - Sela Vaenuku



Pacific Women's Leadership Programme Impact - Sela Vaenuku

IWG: Claire Badenhorst - Iron regulation throughout the lifespan - An active female perspective



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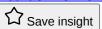
"Beginning Day 1" Checklist: How to Coach and Support Women and Teen Girl Athletes



Participation

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

Nutrition For Female Athletes



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Nutrition For Female Athletes

Coaching through a Gender Lens Infographic



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Coaching through a Gender Lens Infographic

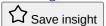
2022 IWG: Emily Davidson - She Loves Golf Presentation



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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



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

<u>Updated Pregnancy guidance from UK Sport</u>

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Updated Pregnancy guidance from UK Sport

IWG: Daenin Roth - Grassroots Role Models Inspiring Change



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IWG: Daenin Roth - Grassroots Role Models Inspiring Change

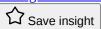
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IWG: Dr Riki Tesler: Social capital and health among participants in the cachibol league in Israel

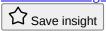
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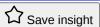
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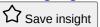
New Zealand Football Performance & Prevention - Considerations for Female Athletes

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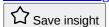
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By Briana irving - Aktive - Auckland Sport & Recreation How To Co-Design A Programme With Participants



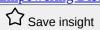
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Empowering Disengaged Girls Through A Participant-Centered Programme



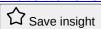
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Aktive Women & Girls Facility Guide



Women & Girls Facility Guide

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Aktive Women & Girls Facility Guide

Insights to Young Women's Participation - Webinar #1 "Rethinking the offering"



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Insights to Young Women's Participation - Webinar #1 "Rethinking the offering"

By Rachel Howells - Sport New Zealand

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



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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?

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

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



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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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