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

Theme:
Participation

 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](#)
- [Sport Related Concussion in Female Athletes](#)
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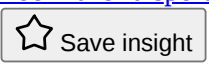
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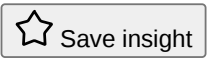
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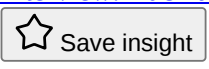
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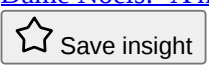
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Interview: Auckland FC launch 'The Next 50' to keep girls in football longer

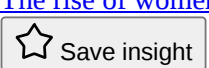
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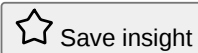
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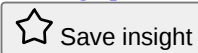
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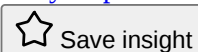


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By Emma Evans - Sport New Zealand

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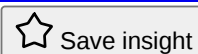


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By Canadian Women & Sport - Canadian Women & Sport

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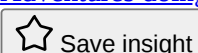
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[Adventures doing a POWA of good](#)




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By Angela Walker - LockerRoom

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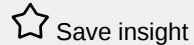
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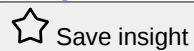
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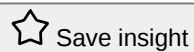
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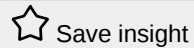
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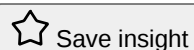
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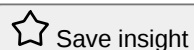


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By Emma Evans - Sport New Zealand

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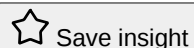


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By Ali Pottinger - Squadrun

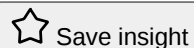
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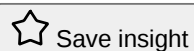
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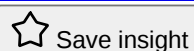
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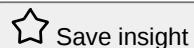
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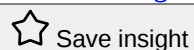
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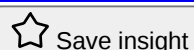


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By Cheycoda Cocks - Sport Manawatu

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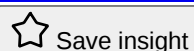


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By Helayna Ruifrok - Sport Gisborne Tairāwhiti

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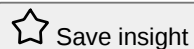


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By Jenna Murie - Netball New Zealand

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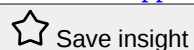


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By Jess Davidson - New Zealand Cricket

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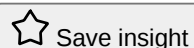


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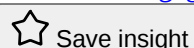


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By Jenna Murie - Netball New Zealand

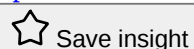
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[Sport as a Social Development Tool](#)



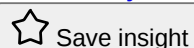
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Sport as a Social Development Tool

By Kirsten Spencer - Auckland University of Technology

[Netball Player Development Programme](#)



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By Alysha Jensen - Netball New Zealand

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Why Aussie women's sport needs to talk about fertility

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

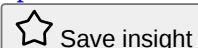


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She Belongs: Building Social Connection for Lasting Participation in Sport

By Canadian Women & Sport - Canadian Women & Sport

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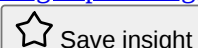
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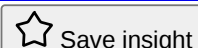
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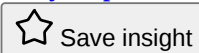
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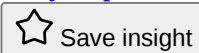
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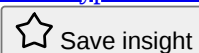
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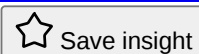
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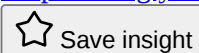
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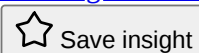


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By Rachel Howells - Sport New Zealand

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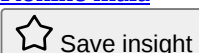


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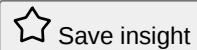
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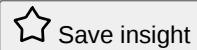
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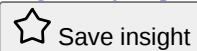
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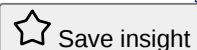
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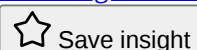
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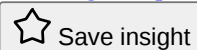
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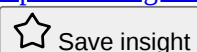
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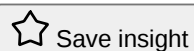
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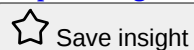
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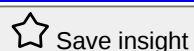
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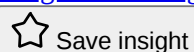


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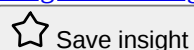


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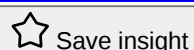


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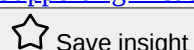
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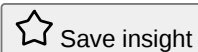
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