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

Theme: Participation

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

#### **Rachel Howells**

Co-authored by Sport NZ, Forward Foundation Sport New Zealand

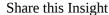
Forward Foundation understand that traditional sport isn't for everyone and have created a club that's fun, free and just for girls. The Not-So-Sports Club (NSSC) offers recreational activities and a chance to make new friends every Wednesday of the school term for high school aged girls in Canterbury. Girls are collected from schools and can have a go at fun activities like Zorbing, Top Team, walks and outdoor games.

Forward Foundation understand that traditional sport isn't for everyone and have created a club that's fun, free and just for girls. The Not-So-Sports Club (NSSC) offers recreational activities and a chance to make new friends every Wednesday of the school term for high school aged girls in Canterbury. Girls are collected from schools and can have a go at fun activities like Zorbing, Top Team, walks and outdoor games.



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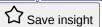
Good Practice Guide - Increasing participation of Muslim women and girls



Participation

# Good Practice Guide - Increasing participation of Muslim women and girls

**Healthy Women in Performance Sport** 



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#### **Healthy Women in Performance Sport**

Making sport inclusive: Free period products in clubs - report



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



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By Canadian Women & Sport - Canadian Women & Sport Women in Trail Running - Aotearoa 2015-24



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

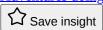
<u>UN Report of the Special Rapporteur on violence against women and girls, its causes and consequences - Violence against women and girls in sports</u>



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# UN Report of the Special Rapporteur on violence against women and girls, its causes and consequences - Violence against women and girls in sports

Adventures doing a POWA of good



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#### Adventures doing a POWA of good

By Angela Walker - LockerRoom

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#### Is Paris 2024 really achieving its goals for gender equality?

By Victoria University Melbourne Australia - Victoria University | Melbourne Australia New legislation for gender identity and sex characteristics in Queensland sport



#### New legislation for gender identity and sex characteristics in Queensland sport

By Victoria University Melbourne Australia - Victoria University | Melbourne Australia <a href="Strength">Strength</a>, power and aerobic capacity of transgender athletes: a cross-sectional study

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#### Strength, power and aerobic capacity of transgender athletes: a cross-sectional study

<u>Change in Action Week - Innovative Impact FINALIST - Hibiscus Coast Football</u>



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#### **Change in Action Week - Innovative Impact FINALIST - Hibiscus Coast Football**

Change in Action Week - Innovative Impact FINALIST - Active Wāhine



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#### Change in Action Week - Innovative Impact FINALIST - Active Wāhine

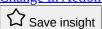
Change in Action Week - Innovative Impact FINALIST - Kia Ora Academy



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#### Change in Action Week - Innovative Impact FINALIST - Kia Ora Academy

<u> Change in Action Week - Rangatahi FINALIST - Sylvia Brunt</u>



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#### Change in Action Week - Rangatahi FINALIST - Sylvia Brunt

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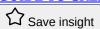
Kiwi women take clean sweep of the Ski Podium at The North Face Frontier 4- Competition



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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



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#### 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

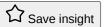
2022 IWG: Christine Young - Integrity in HP Youth Sport



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#### 2022 IWG: Christine Young - Integrity in HP Youth Sport

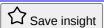
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#### 2022 IWG: David Cabello - A Gender Policy for Increasing Women's Representation in Badminton

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



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

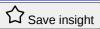
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#### 2022 IWG: Kirsten Spencer - Sport as a social development tool

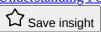
2022 IWG: Erin Hatton - Driving transformational change



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#### 2022 IWG: Erin Hatton - Driving transformational change

**Understanding Period Poverty Infographic** 



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#### **Understanding Period Poverty Infographic**

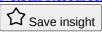
By Cheycoda Cocks - Sport Manawatu Well Wāhine Week Case Study



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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**

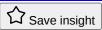
By Jess Davidson - New Zealand Cricket

Innovative approaches to encouraging women's participation in Golf



#### 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**

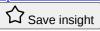
By Jenna Murie - Netball New Zealand Mind. Set. Engage. Rugby's mental wellbeing programme.



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

Sport as a Social Development Tool

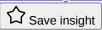


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#### **Sport as a Social Development Tool**

By Kirsten Spencer - Auckland University of Technology Netball Player Development Programme

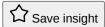


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# **Netball Player Development Programme**

By Alysha Jensen - Netball New Zealand

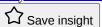
COACHING GIRLS GUIDE: HOW TO GET (AND KEEP) GIRLS PLAYING



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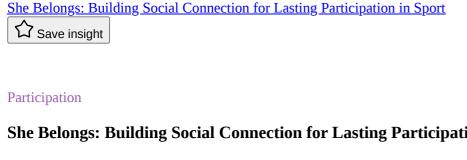
# COACHING GIRLS GUIDE: HOW TO GET (AND KEEP) GIRLS PLAYING

Why Aussie women's sport needs to talk about fertility



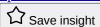
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Why Aussie women's sport needs to talk about fertility



**She Belongs: Building Social Connection for Lasting Participation in Sport** 

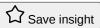
By Canadian Women & Sport - Canadian Women & Sport Sport for Sustainable Development: Designing Effective Policies and Programmes



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Sport for Sustainable Development: Designing Effective Policies and Programmes

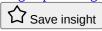
The Volunteer Capacity of Community Sports Clubs to Support Women and Girls in Sport



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

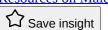
Huge uptick in girls and women playing football in New Zealand



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Huge uptick in girls and women playing football in New Zealand

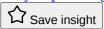
Resources on Male Allyship



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**Resources on Male Allyship** 

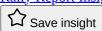
Rally Report Insights: Body Confidence



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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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By Rachel Howells - Sport New Zealand
<u>Creating safe environments for young women to be active their way</u>
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#### For young women, by young women - WORD girls-only programme

By Rachel Howells - Sport New Zealand Manawatū Cricket Association case study



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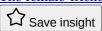
By Cheycoda Cocks - Sport Manawatu Backyard Smash & Sista Smash



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#### **Backyard Smash & Sista Smash**

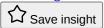
By Roxanna Holdworth - This is ME The female-friendliness of New Zealand's tennis clubs



Participation

#### The female-friendliness of New Zealand's tennis clubs

Removing Period Poverty As a Barrier to Participation



Participation

# Removing Period Poverty As a Barrier to Participation

By Roxanna Holdworth - This is ME

Te Awamutu AFC starts 2024 off strong with growing demand



Participation

#### Te Awamutu AFC starts 2024 off strong with growing demand

Five things to know about women and sport



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#### Five things to know about women and sport

Has the Olympics become too sexualised? How sex and gender debates drove online discourse

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Has the Olympics become too sexualised? How sex and gender debates drove online discourse
Pacific Women's Leadership Programme Impact - Sela Vaenuku  Save insight
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IWG: Claire Badenhorst - Iron regulation throughout the lifespan - An active female perspective
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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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Nutrition For Female Athletes
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Nutrition For Female Athletes
Coaching through a Gender Lens Infographic
Save insight
Darticipation
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Coaching through a Gender Lens Infographic
Association Provides Harris De Jacob Mode Description and the Co. 1

<u>Angel City Equity House Podcast: Myth Busters presented by Gatorade</u>

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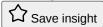
**Angel City Equity House Podcast: Myth Busters presented by Gatorade** 

2022 IWG: Emily Davidson - She Loves Golf Presentation



#### 2022 IWG: Emily Davidson - She Loves Golf Presentation

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



Participation

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

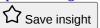
Running and periods: The myths about exercise and your menstrual cycle, debunked



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

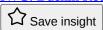
Updated Pregnancy guidance from UK Sport



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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**

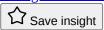
IWG: Dr Riki Tesler: Social capital and health among participants in the cachibol league in Israel



Participation

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

Young Women Profile - September 2021



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#### **Young Women Profile - September 2021**

IWG: Etsuko Ogasawara - New Way of Thinking to Promote Physical Activity for Girls



IWG: Etsuko Ogasawara - New Way of Thinking to Promote Physical Activity for Girls

New Zealand Football Performance & Prevention - Considerations for Female Athletes



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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



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

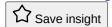
Co-Designing Effective Programmes for Young Girls: Insights and Principles



Participation

**Co-Designing Effective Programmes for Young Girls: Insights and Principles** 

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



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Participation

## **How To Co-Design A Programme With Participants**

By Briana irving - Aktive - Auckland Sport & Recreation

Empowering Disengaged Girls Through A Participant-Centered Programme

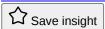


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Participation

#### **Empowering Disengaged Girls Through A Participant-Centered Programme**

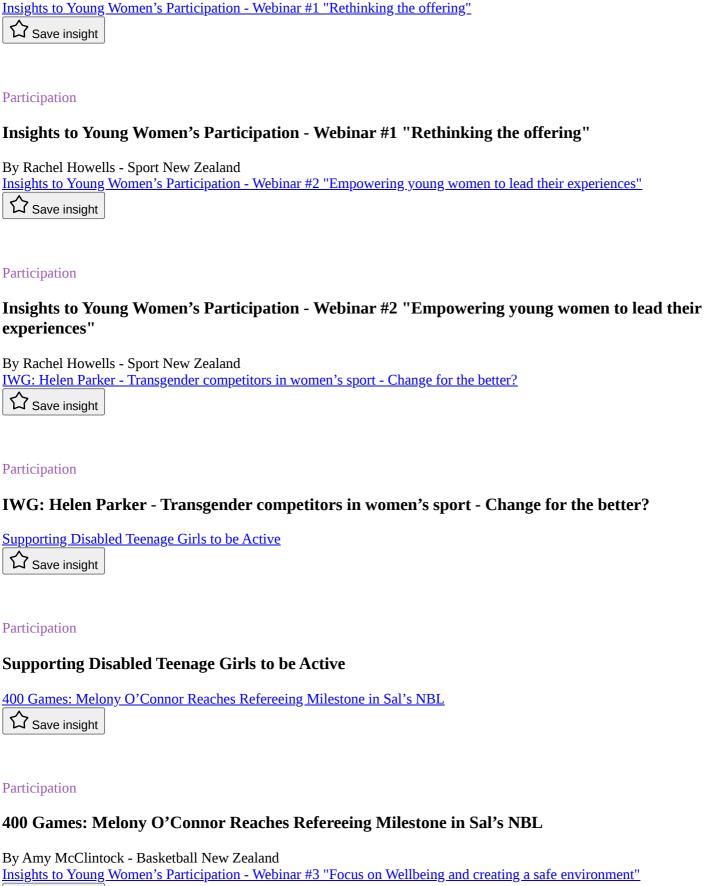
By Briana irving - Aktive - Auckland Sport & Recreation Aktive Women & Girls Facility Guide



Women & Girls Facility Guide

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**Aktive Women & Girls Facility Guide** 



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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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