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# Rally Report Insights: Body Confidence Designing Sport with Girls in Mind

Theme:  
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 Rally Report Insights: Body Confidence


Co-authored by Canadian Women & Sport


**During adolescence, body changes and menstruation, combined with social and cultural pressures, can contribute to low body confidence in girls. As a result, many girls are pushed out of sport. Designing sport environments that take girls' body confidence into consideration is one way we can build better, safer sport for all. The Rally Report 2022, by Canadian Women & Sport.**

## Rally Report Insights: Body Confidence

- [Rally-Report-Insights-Body-Confidence-Final-1.pdf 440KB PDF](#)

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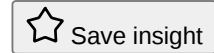
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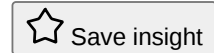
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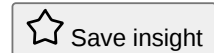
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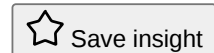
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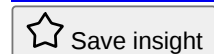
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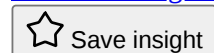
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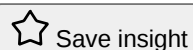


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By Cheycoda Cocks - Sport Manawatu

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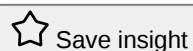


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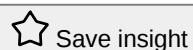


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## Netball Resources for Clubs and School Administrators

By Jenna Murie - Netball New Zealand

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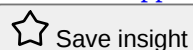


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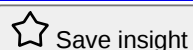


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By Roxanna Holdworth - This is ME

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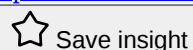


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By Jenna Murie - Netball New Zealand

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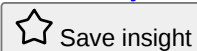
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By Kirsten Spencer - Auckland University of Technology

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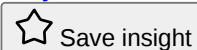


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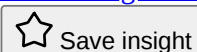
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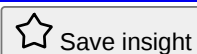
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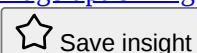
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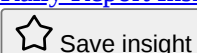
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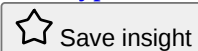
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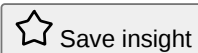
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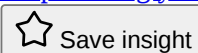
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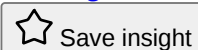


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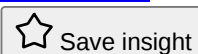


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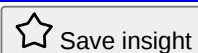


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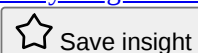


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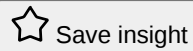


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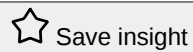


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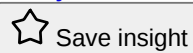


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## Manawatū Cricket Association case study

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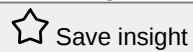


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By Roxanna Holdworth - This is ME

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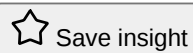


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By Roxanna Holdworth - This is ME

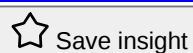
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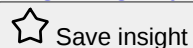
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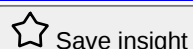
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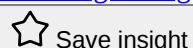
[Nutrition For Female Athletes](#)



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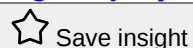
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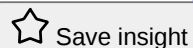
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## **Angel City Equity House Podcast: Myth Busters presented by Gatorade**

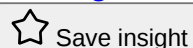
[2022 IWG: Emily Davidson - She Loves Golf Presentation](#)



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[Hikurangi Golf Club president Felice Croft encouraging more women into the sport](#)



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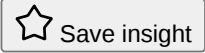
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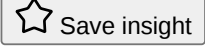
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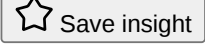
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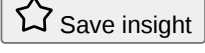
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### **Empowering Disengaged Girls Through A Participant-Centered Programme**

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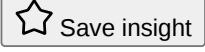
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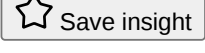
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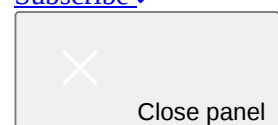
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