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Webinar replay: Supporting Sporty Girls for coaches or administrators Are you a coach or administrator supporting young women to develop a love of sport? There are some important things that you should know but are rarely talked about.

Theme:
Youth

 Webinar replay: Supporting Sporty Girls for coaches or administrators

Co-authored by Sport NZ - Kelly Curr & Kylie Cox

This webinar replay is hosted by youth sport experts, Kelly Curr and Kylie Cox.

Kelly and Kylie discuss some key topics that coaches and administrators should consider.

In this kōrero they cover:

- Sport NZ's [Balanced Female Health](#) resource, which has practical tips on topics such as changes throughout female puberty, the menstrual cycle, and factors that impact young people's physical and mental well-being.
- Tips for club and school administrators about creating positive environments for girls.
- Ideas for coaches about how to have safe and supportive conversations with young women about their health.

Time Stamps:

0.00 – 4.45 – Intro
4.45 – 7.05 – Balanced Female Health: Intro to Resource
7.05 – 10.25 – The pillars of female athlete health
10.25 – 19.40 – How can coaches best use this resource and support female athlete health and wellbeing?
19.40 – 22.43 – Top tips: Puberty & Development
22.43 – 25.42 – Top tips: Menstrual cycle
25.42 – 34.53 – Top tips: Energy
34.53 – 47.49 – How can organisations best use this resource and support female participants?
47.49 – 57.56 – Q&A

About the guests

Kelly Curr

Kelly is a Sport Development Consultant at Sport NZ. She has worked in a number of different roles at regional and national level in sport both in Aotearoa and the UK. Kelly leads the Parenting area within Sport Development at Sport NZ.

Kylie Cox – MSS, PGDipl. SportsMed., BPhy

Kylie is a Physiotherapist with postgraduate qualifications in Sports Medicine and Sport Science.

Kylies' special interest is the female athlete, in particular, adolescent and young women in sport and active recreation

Kylie works at Performance Physio in Christchurch and as a team physiotherapist with Mainland's National Netball League and New Zealand Secondary Schools Netball teams.

As Director of The Healthy Athlete Project, Kylie provides education on female athletic health to schools, clubs and sporting organisations both regionally and nationally. Her goal is to work with athletes, coaches, whānau, and support staff to improve awareness of female health-related issues and in promoting best-practice support for the female athlete.

[Webinar replay: Supporting Sporty Girls - Balance is Better](#)



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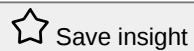
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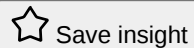


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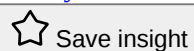
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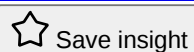


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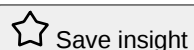


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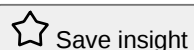


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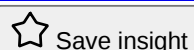
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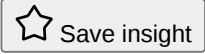
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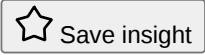
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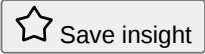
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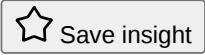
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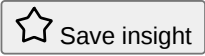
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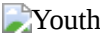


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