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

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# Well Wāhine Week Case Study

Theme:  
Participation

 Well Wāhine Week Case Study

[Helayna Ruifrok](#)

**In 2019, we convened group of regional champions for women and girls in sport/physical activity, called Well Wāhine (WW). This growing group connects 35 wāhine and kōhine across variety of leadership/advocacy roles connected to sport, physical activity, fitness, health, wellbeing. The purpose of this group is to address inequities that wāhine and kōhine face to being active and well. Ongoing conversations in the year prior to this project articulated, among other things, a desire to create opportunities to participate in ways that made wāhine feel safe and did more to meet their needs.**

## Well Wāhine Week Case Study & Insights

- [2021 Well Wāhine Feedback results.pdf 9.6MB PDF](#)
- [2021 Well Wāhine Week Case Study.pdf 4.4MB PDF](#)



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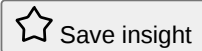
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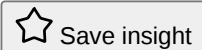
[2022 IWG: Christine Young - Integrity in HP Youth Sport](#)



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

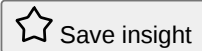
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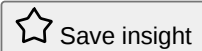
[2022 IWG: Nicole Terril - Bruce Pulman Park – Collaborating, Connecting, Enabling Our Wāhine in Sport](#)



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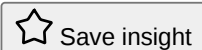
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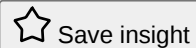
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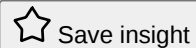


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## Understanding Period Poverty Infographic

By Cheycoda Cocks - Sport Manawatu

[Netball Resources for Clubs and School Administrators](#)

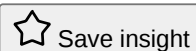


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## Netball Resources for Clubs and School Administrators

By Jenna Murie - Netball New Zealand

[Girls Smash Modified Girls Only Cricket Programme](#)

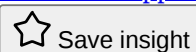


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## Girls Smash Modified Girls Only Cricket Programme

By Jess Davidson - New Zealand Cricket

[Innovative approaches to encouraging women's participation in Golf](#)

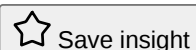


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## Innovative approaches to encouraging women's participation in Golf

By Roxanna Holdworth - This is ME

[Netball Volunteer Programme](#)

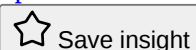


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## Netball Volunteer Programme

By Jenna Murie - Netball New Zealand

[Sport as a Social Development Tool](#)



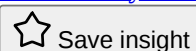
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## Sport as a Social Development Tool

By Kirsten Spencer - Auckland University of Technology

[Netball Player Development Programme](#)

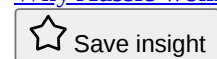


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## Netball Player Development Programme

By Alysha Jensen - Netball New Zealand

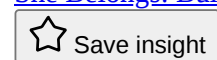
[Why Aussie women's sport needs to talk about fertility](#)



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## Why Aussie women's sport needs to talk about fertility

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

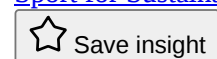


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## She Belongs: Building Social Connection for Lasting Participation in Sport

By Canadian Women & Sport - Canadian Women & Sport

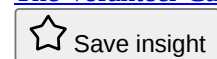
[Sport for Sustainable Development: Designing Effective Policies and Programmes](#)



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## Sport for Sustainable Development: Designing Effective Policies and Programmes

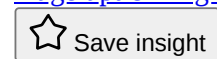
[The Volunteer Capacity of Community Sports Clubs to Support Women and Girls in Sport](#)



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

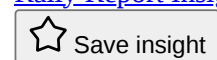
[Huge uptick in girls and women playing football in New Zealand](#)



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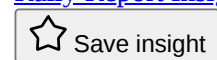
[Rally Report Insights: Body Confidence](#)



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## Rally Report Insights: Body Confidence

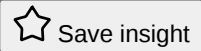
[Rally Report Insights: Mental Health](#)



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### Rally Report Insights: Mental Health

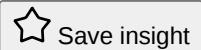
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### What type of uniforms do women want to wear when they referee or umpire sport?

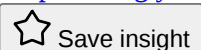
[Women & Padel: Start of a love story](#)



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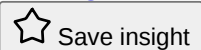


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By Rachel Howells - Sport New Zealand

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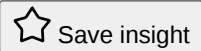


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By Rachel Howells - Sport New Zealand

[Kōhine māia](#)

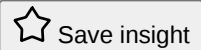


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### Kōhine māia

By Rachel Howells - Sport New Zealand

[Yeah! Girls Move - Cricket not the way you know it](#)

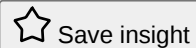


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### Yeah! Girls Move - Cricket not the way you know it

By Rachel Howells - Sport New Zealand

[For young women, by young women - WORD girls-only programme](#)

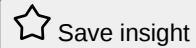


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## For young women, by young women - WORD girls-only programme

By Rachel Howells - Sport New Zealand

[Not just for the "sporty", the Not-So-Sports-Club](#)

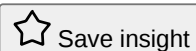


Participation

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

By Rachel Howells - Sport New Zealand

[Manawatū Cricket Association case study](#)

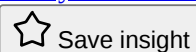


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## Manawatū Cricket Association case study

By Cheycoda Cocks - Sport Manawatu

[Backyard Smash & Sista Smash](#)

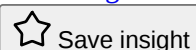


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## Backyard Smash & Sista Smash

By Roxanna Holdworth - This is ME

[Removing Period Poverty As a Barrier to Participation](#)

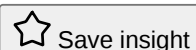


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## Removing Period Poverty As a Barrier to Participation

By Roxanna Holdworth - This is ME

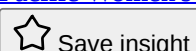
[Te Awamutu AFC starts 2024 off strong with growing demand](#)



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

[Pacific Women's Leadership Programme Impact - Sela Vaenuku](#)

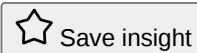




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## **Pacific Women's Leadership Programme Impact - Sela Vaenuku**

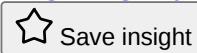
[IWG: Claire Badenhorst - Iron regulation throughout the lifespan - An active female perspective](#)



Participation

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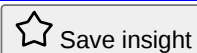
["Beginning Day 1" Checklist: How to Coach and Support Women and Teen Girl Athletes](#)



Participation

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

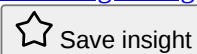
[Nutrition For Female Athletes](#)



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## **Nutrition For Female Athletes**

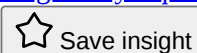
[Coaching through a Gender Lens Infographic](#)



Participation

## **Coaching through a Gender Lens Infographic**

[Angel City Equity House Podcast: Myth Busters presented by Gatorade](#)



Participation

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

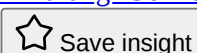
[2022 IWG: Emily Davidson - She Loves Golf Presentation](#)



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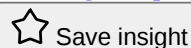
[Hikurangi Golf Club president Felice Croft encouraging more women into the sport](#)



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

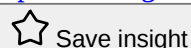
[Running and periods: The myths about exercise and your menstrual cycle, debunked](#)



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

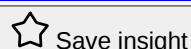
[Updated Pregnancy guidance from UK Sport](#)



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## **Updated Pregnancy guidance from UK Sport**

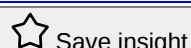
[IWG: Daenin Roth - Grassroots Role Models Inspiring Change](#)



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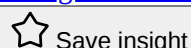
[IWG: Dr Riki Tesler: Social capital and health among participants in the cachibol league in Israel](#)



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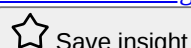
[Young Women Profile - September 2021](#)



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

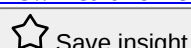
[IWG: Etsuko Ogasawara - New Way of Thinking to Promote Physical Activity for Girls](#)



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## **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**

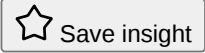
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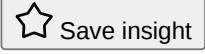
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By Briana irving - Aktive - Auckland Sport & Recreation

[How To Co-Design A Programme With Participants](#)

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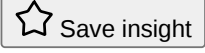
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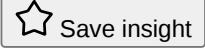
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## **Empowering Disengaged Girls Through A Participant-Centered Programme**

By Briana irving - Aktive - Auckland Sport & Recreation

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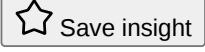
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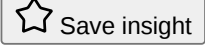
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## IWG: Helen Parker - Transgender competitors in women's sport - Change for the better?

[400 Games: Melony O'Connor Reaches Refereeing Milestone in Sal's NBL](#)



## 400 Games: Melony O'Connor Reaches Refereeing Milestone in Sal's NBL

By Amy McClintock - Basketball New Zealand

[Insights to Young Women's Participation - Webinar #3 "Focus on Wellbeing and creating a safe environment"](#)







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By Rachel Howells - Sport New Zealand

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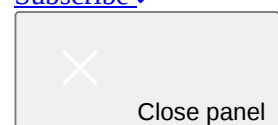
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