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

Theme: Participation

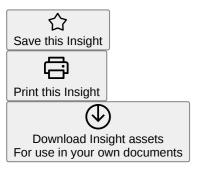
"Beginning Day 1" Checklist: How to Coach and Support Women and Teen Girl Athletes

Co-authored by Gatorade and the Women's Sports Foundation

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

Download this checklist below from Gatorade and the Women's Sports Foundation to ensure you're creating an inclusive, safe, and empowering environment for your women and teen girl athletes.

https://performancepartner.gat...



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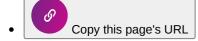


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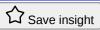
The rise of women's football in New Zealand



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The rise of women's football in New Zealand

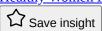
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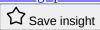
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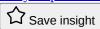


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Making sport inclusive: Free period products in clubs - report

By Emma Evans - Sport New Zealand

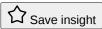
Rally Report 2024



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Rally Report 2024

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



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Women in Trail Running - Aotearoa 2015-24

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



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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

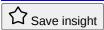


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Adventures doing a POWA of good

By Angela Walker - LockerRoom

<u>Is Paris 2024 really achieving its goals for gender equality?</u>



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New legislation for gender identity and sex characteristics in Queensland sport

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

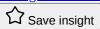
<u>Change in Action Week - Innovative Impact FINALIST - Hibiscus Coast Football</u>



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

Change in Action Week - Innovative Impact FINALIST - Active Wahine



Participation

Change in Action Week - Innovative Impact FINALIST - Active Wāhine

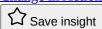
Change in Action Week - Innovative Impact FINALIST - Kia Ora Academy



Participation

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

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



Participation

Change in Action Week - Rangatahi FINALIST - Sylvia Brunt

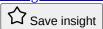
Change in Action Week - Innovative Impact FINALIST - Wahine Toa



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Change in Action Week - Innovative Impact FINALIST - Wāhine Toa

Change in Action Week - Rangatahi Winner - Carmel College



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Change in Action Week - Rangatahi Winner - Carmel College

ADIDAS BREAKING BARRIERS RESEARCH



ADIDAS BREAKING BARRIERS RESEARCH

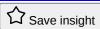
Kiwi women take clean sweep of the Ski Podium at The North Face Frontier 4- Competition



Participation

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

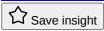


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A 2024 SURVEY FOR: Women in Trail and Ultrarunning

By Ali Pottinger - Squadrun

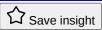
2022 IWG: Christine Young - Integrity in HP Youth Sport



Participation

2022 IWG: Christine Young - Integrity in HP Youth Sport

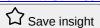
2022 IWG: David Cabello - A Gender Policy for Increasing Women's Representation in Badminton



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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



Participation

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



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

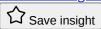
2022 IWG: Erin Hatton - Driving transformational change



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2022 IWG: Erin Hatton - Driving transformational change

<u>Understanding Period Poverty Infographic</u>



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Understanding Period Poverty Infographic

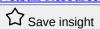
By Cheycoda Cocks - Sport Manawatu Well Wāhine Week Case Study



Participation

Well Wāhine Week Case Study

By Helayna Ruifrok - Sport Gisborne Tairawhiti Netball Resources for Clubs and School Administrators



Participation

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 <u>Innovative approaches to encouraging women's participation in Golf</u>



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

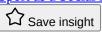
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Mind. Set. Engage. Rugby's mental wellbeing programme.

Sport as a Social Development Tool

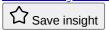


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Sport as a Social Development Tool

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

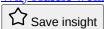
COACHING GIRLS GUIDE: HOW TO GET (AND KEEP) GIRLS PLAYING



Participation

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

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She Belongs: Building Social Connection for Lasting Participation in Sport

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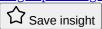
The Volunteer Capacity of Community Sports Clubs to Support Women and Girls in Sport



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

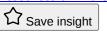
Huge uptick in girls and women playing football in New Zealand



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Huge uptick in girls and women playing football in New Zealand

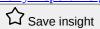
Resources on Male Allyship



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Resources on Male Allyship

Rally Report Insights: Body Confidence



Participation

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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Empowering young women to lead their experiences - Journeys Central Otago Save insight
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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
Not just for the "sporty", the Not-So-Sports-Club

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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

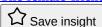
By Cheycoda Cocks - Sport Manawatu Backyard Smash & Sista Smash



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Backyard Smash & Sista Smash

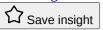
By Roxanna Holdworth - This is ME
The female-friendliness of New Zealand's tennis clubs



Participation

The female-friendliness of New Zealand's tennis clubs

Removing Period Poverty As a Barrier to Participation



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Removing Period Poverty As a Barrier to Participation

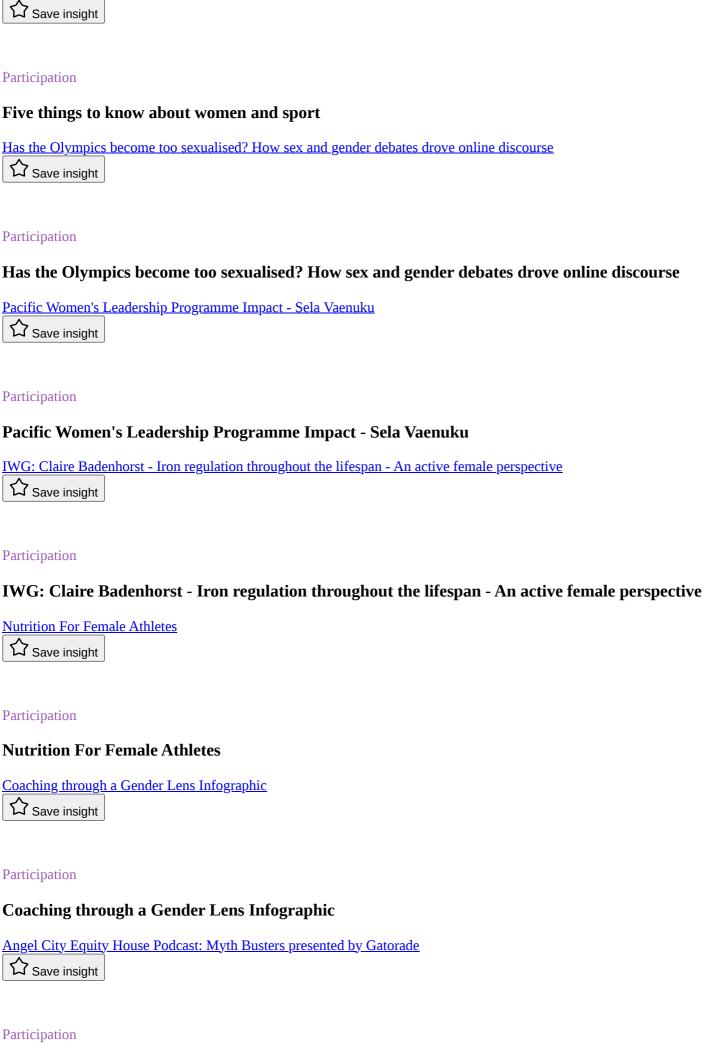
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Te Awamutu AFC starts 2024 off strong with growing demand



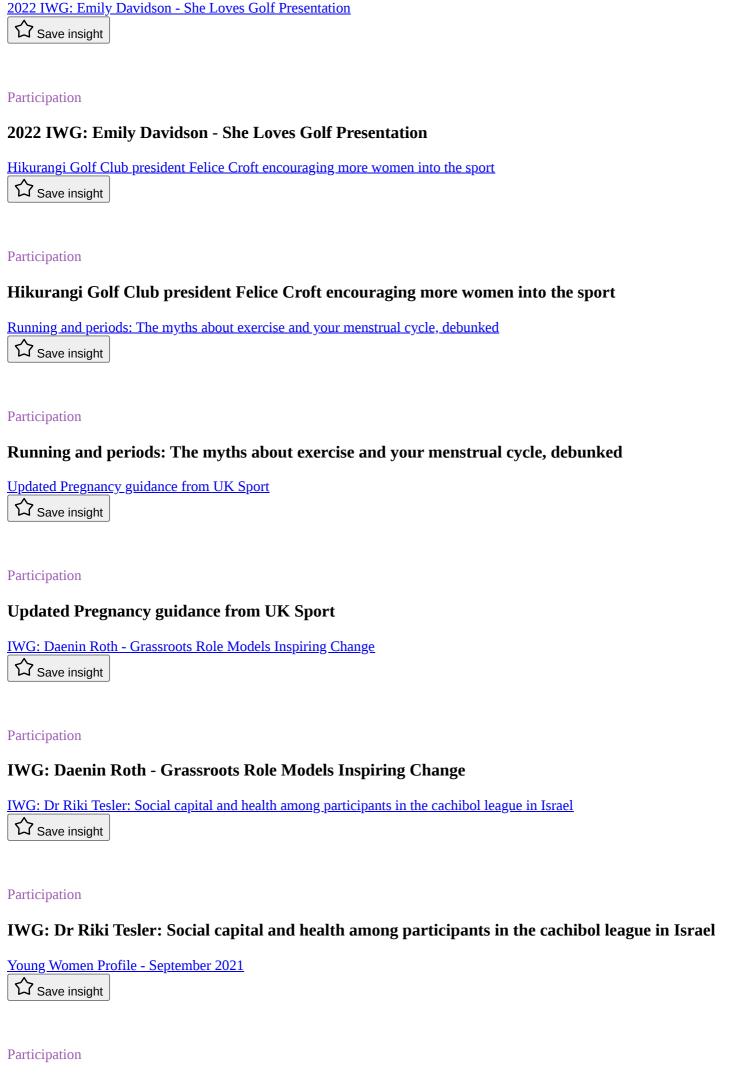
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Te Awamutu AFC starts 2024 off strong with growing demand



Five things to know about women and sport

Angel City Equity House Podcast: Myth Busters presented by Gatorade



Young Women Profile - September 2021

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Co-Designing Effective Programmes for Young Girls: Insights and Principles Save insight
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By Briana irving - Aktive - Auckland Sport & Recreation How To Co-Design A Programme With Participants

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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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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

Insights to Young Women's Participation - Webinar #1 "Rethinking the offering"

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Insights to Young Women's Participation - Webinar #1 "Rethinking the offering"

By Rachel Howells - Sport New Zealand

Insights to Young Women's Participation - Webinar #2 "Empowering young women to lead their experiences"



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Insights to Young Women's Participation - Webinar #2 "Empowering young women to lead their experiences"

By Rachel Howells - Sport New Zealand

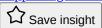
IWG: Helen Parker - Transgender competitors in women's sport - Change for the better?



Participation

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

Supporting Disabled Teenage Girls to be Active



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Supporting Disabled Teenage Girls to be Active

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



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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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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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