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#Itsmymove Podcast episode 2 - Ella Williams 'The importance of having fun and how to claim your movement'

Theme:
Participation



[Rachel Howells](#)
Co-authored by Sport NZ, Bel Crawford

We're sharing conversations with inspiring women to help girls feel confident and empowered to move their way You're in for a motivating and amusing chat with surfing world champion @ellaoliviawilliams We find out how Ella went from growing up in a beach town to competing at the 2020 Tokyo Olympics, the importance of having fun and how to claim your movement like Ella confidently does.

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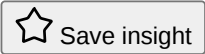
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Strength, power and aerobic capacity of transgender athletes: a cross-sectional study

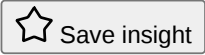
[Change in Action Week - Innovative Impact FINALIST - Hibiscus Coast Football](#)



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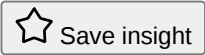
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Change in Action Week - Innovative Impact FINALIST - Active Wāhine

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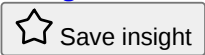
[Change in Action Week - Rangatahi FINALIST - Sylvia Brunt](#)



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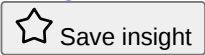
[Change in Action Week - Innovative Impact FINALIST - Wāhine Toa](#)



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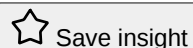
[Change in Action Week - Rangatahi Winner - Carmel College](#)



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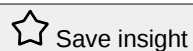
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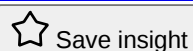
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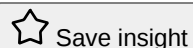


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GUIDE TO CREATING ACTIVITIES AND EVENTS FOR YOUNG WOMEN

By Emma Evans - Sport New Zealand

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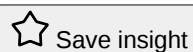


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A 2024 SURVEY FOR: Women in Trail and Ultrarunning

By Ali Pottinger - Squadrun

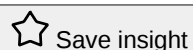
[2022 IWG: Christine Young - Integrity in HP Youth Sport](#)



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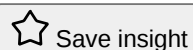
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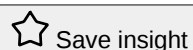
[2022 IWG: Nicole Terril - Bruce Pulman Park – Collaborating, Connecting, Enabling Our Wāhine in Sport](#)



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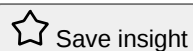
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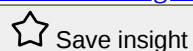
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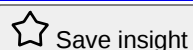


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Understanding Period Poverty Infographic

By Cheycoda Cocks - Sport Manawatu

[Well Wāhine Week Case Study](#)

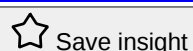


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By Helayna Ruifrok - Sport Gisborne Tairāwhiti

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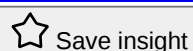


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By Jenna Murie - Netball New Zealand

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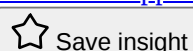


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By Roxanna Holdworth - This is ME

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By Jenna Murie - Netball New Zealand

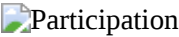
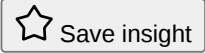
[Mind. Set. Engage. Rugby's mental wellbeing programme.](#)



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

[Sport as a Social Development Tool](#)

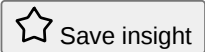


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Sport as a Social Development Tool

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

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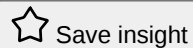
[Why Aussie women's sport needs to talk about fertility.](#)



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

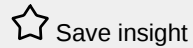


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She Belongs: Building Social Connection for Lasting Participation in Sport

By Canadian Women & Sport - Canadian Women & Sport

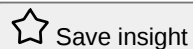
[Sport for Sustainable Development: Designing Effective Policies and Programmes](#)



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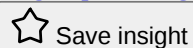
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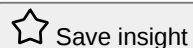
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Huge uptick in girls and women playing football in New Zealand

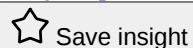
[Resources on Male Allyship](#)



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Resources on Male Allyship

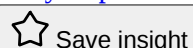
[Rally Report Insights: Body Confidence](#)



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[Rally Report Insights: Mental Health](#)



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Empowering young women to lead their experiences - Journeys Central Otago

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Creating safe environments for young women to be active their way

By Rachel Howells - Sport New Zealand

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By Rachel Howells - Sport New Zealand

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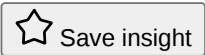
By Rachel Howells - Sport New Zealand
[Not just for the "sporty", the Not-So-Sports-Club](#)



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

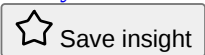
By Rachel Howells - Sport New Zealand
[Manawatū Cricket Association case study](#)



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Manawatū Cricket Association case study

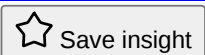
By Cheycoda Cocks - Sport Manawatu
[Backyard Smash & Sista Smash](#)



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Backyard Smash & Sista Smash

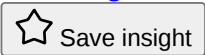
By Roxanna Holdworth - This is ME
[The female-friendliness of New Zealand's tennis clubs](#)



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The female-friendliness of New Zealand's tennis clubs

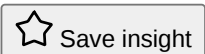
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Removing Period Poverty As a Barrier to Participation

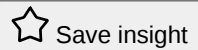
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[Te Awamutu AFC starts 2024 off strong with growing demand](#)



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Te Awamutu AFC starts 2024 off strong with growing demand

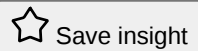
[Five things to know about women and sport](#)



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Five things to know about women and sport

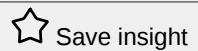
[Has the Olympics become too sexualised? How sex and gender debates drove online discourse](#)



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

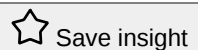
[Pacific Women's Leadership Programme Impact - Sela Vaenuku](#)



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Pacific Women's Leadership Programme Impact - Sela Vaenuku

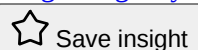
[IWG: Claire Badenhorst - Iron regulation throughout the lifespan - An active female perspective](#)



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IWG: Claire Badenhorst - Iron regulation throughout the lifespan - An active female perspective

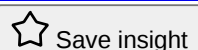
["Beginning Day 1" Checklist: How to Coach and Support Women and Teen Girl Athletes](#)



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

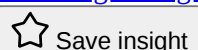
[Nutrition For Female Athletes](#)



Participation

Nutrition For Female Athletes

[Coaching through a Gender Lens Infographic](#)



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Coaching through a Gender Lens Infographic

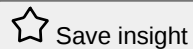
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Angel City Equity House Podcast: Myth Busters presented by Gatorade

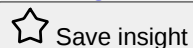
[2022 IWG: Emily Davidson - She Loves Golf Presentation](#)



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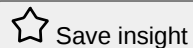
[Hikurangi Golf Club president Felice Croft encouraging more women into the sport](#)



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

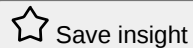
[Updated Pregnancy guidance from UK Sport](#)



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Updated Pregnancy guidance from UK Sport

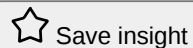
[IWG: Daenin Roth - Grassroots Role Models Inspiring Change](#)



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IWG: Daenin Roth - Grassroots Role Models Inspiring Change

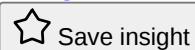
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[Young Women Profile - September 2021](#)



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Young Women Profile - September 2021

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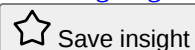
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By Briana iring - Aktive - Auckland Sport & Recreation

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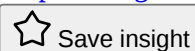


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