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#### Kōhine māia

Theme: Participation

Kōhine māia

#### **Rachel Howells**

Co-authored by Sport NZ, Sport Tasman

Sport New Zealand

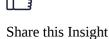
With a focus on what young women would like to do, Kōhine Māiā aims to empower through well-being, social connectivity and enjoying new experiences to gain a sense of achievement. Their co-design approach helps better understand participant needs while promoting leadership and collaboration.

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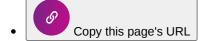




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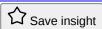
Dame Noels: 'A huge cost on my career and life



Participation

Dame Noels: 'A huge cost on my career and life

The rise of women's football in New Zealand



Participation

#### The rise of women's football in New Zealand

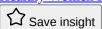
Good Practice Guide - Increasing participation of Muslim women and girls



Participation

#### Good Practice Guide - Increasing participation of Muslim women and girls

**Healthy Women in Performance Sport** 



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#### **Healthy Women in Performance Sport**

Making sport inclusive: Free period products in clubs - report



## **Making sport inclusive: Free period products in clubs - report** By Emma Evans - Sport New Zealand Rally Report 2024 Save insight Participation Rally Report 2024 By Canadian Women & Sport - Canadian Women & Sport Women in Trail Running - Aotearoa 2015-24 Save insight Participation Women in Trail Running - Aotearoa 2015-24 Kea Kids News: Skateboarding girls are dropping in on Iron Awareness Week Save insight Participation Kea Kids News: Skateboarding girls are dropping in on Iron Awareness Week UN Report of the Special Rapporteur on violence against women and girls, its causes and consequences - Violence against women and girls in sports Save insight Participation 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 Save insight

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#### Adventures doing a POWA of good

By Angela Walker - LockerRoom Is Paris 2024 really achieving its goals for gender equality?



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Change in Action Week - Innovative Impact FINALIST - Wāhine Toa

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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  Save insight
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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

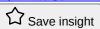
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2022 IWG: Kirsten Spencer - Sport as a social development tool

2022 IWG: Erin Hatton - Driving transformational change



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2022 IWG: Erin Hatton - Driving transformational change

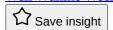
<u>Understanding Period Poverty Infographic</u>



**Participation** 

#### **Understanding Period Poverty Infographic**

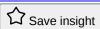
By Cheycoda Cocks - Sport Manawatu Well Wāhine Week Case Study



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



#### **Girls Smash Modified Girls Only Cricket Programme**

By Jess Davidson - New Zealand Cricket <u>Innovative approaches to encouraging women's participation in Golf</u>



Participation

#### 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**

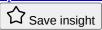
By Jenna Murie - Netball New Zealand Mind. Set. Engage. Rugby's mental wellbeing programme.



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

Sport as a Social Development Tool





Participation

#### **Sport as a Social Development Tool**

By Kirsten Spencer - Auckland University of Technology Netball Player Development Programme



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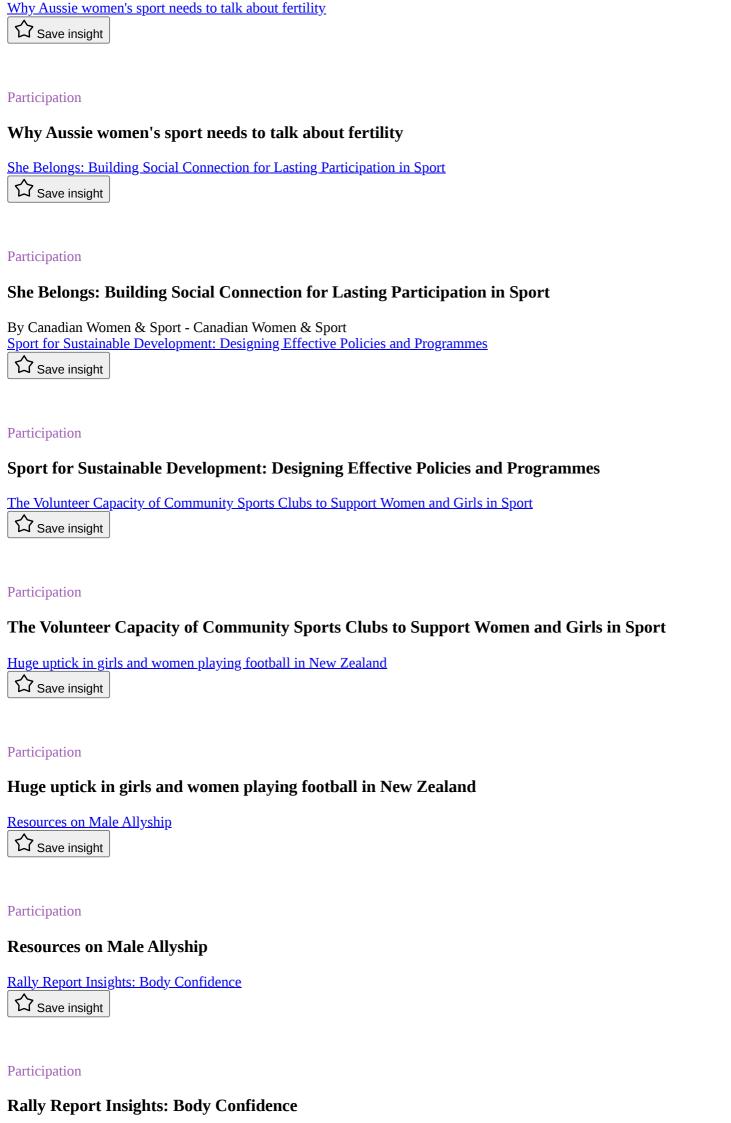
#### **Netball Player Development Programme**

By Alysha Jensen - Netball New Zealand COACHING GIRLS GUIDE: HOW TO GET (AND KEEP) GIRLS PLAYING



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





**Rally Report Insights: Mental Health** 

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



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

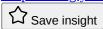
Women & Padel: Start of a love story



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Women & Padel: Start of a love story

Empowering young women to lead their experiences - Journeys Central Otago

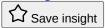


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**Empowering young women to lead their experiences - Journeys Central Otago** 

By Rachel Howells - Sport New Zealand

Creating safe environments for young women to be active their way



Participation

Creating safe environments for young women to be active their way

By Rachel Howells - Sport New Zealand

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



Yeah! Girls Move

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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



#### 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

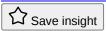
By Cheycoda Cocks - Sport Manawatu Backyard Smash & Sista Smash



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#### **Backyard Smash & Sista Smash**

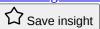
By Roxanna Holdworth - This is ME The female-friendliness of New Zealand's tennis clubs



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**

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

Five things to know about women and sport



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Five	things	to	know	about	women	and	sport
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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

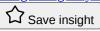
IWG: Claire Badenhorst - Iron regulation throughout the lifespan - An active female perspective



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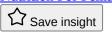
"Beginning Day 1" Checklist: How to Coach and Support Women and Teen Girl Athletes



Participation

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

Nutrition For Female Athletes



Participation

#### **Nutrition For Female Athletes**

Coaching through a Gender Lens Infographic



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#### Coaching through a Gender Lens Infographic

Angel City Equity House Podcast: Myth Busters presented by Gatorade



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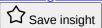
2022 IWG: Emily Davidson - She Loves Golf Presentation

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#### 2022 IWG: Emily Davidson - She Loves Golf Presentation

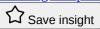
<u>Hikurangi Golf Club president Felice Croft encouraging more women into the sport</u>



Participation

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

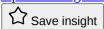
Running and periods: The myths about exercise and your menstrual cycle, debunked



Participation

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

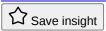
**Updated Pregnancy guidance from UK Sport** 



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

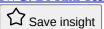
IWG: Daenin Roth - Grassroots Role Models Inspiring Change



Participation

#### IWG: Daenin Roth - Grassroots Role Models Inspiring Change

IWG: Dr Riki Tesler: Social capital and health among participants in the cachibol league in Israel



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

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 Save insight

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

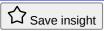
New Zealand Football Performance & Prevention - Considerations for Female Athletes



**Participation** 

#### **New Zealand Football Performance & Prevention - Considerations for Female Athletes**

IWG: Christine Young - Women in Taekwondo - Over 40 is not Over the Hill



Participation

#### IWG: Christine Young - Women in Taekwondo - Over 40 is not Over the Hill

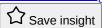
Co-Designing Effective Programmes for Young Girls: Insights and Principles



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#### **Co-Designing Effective Programmes for Young Girls: Insights and Principles**

By Briana irving - Aktive - Auckland Sport & Recreation How To Co-Design A Programme With Participants



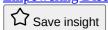


Participation

#### **How To Co-Design A Programme With Participants**

By Briana irving - Aktive - Auckland Sport & Recreation

Empowering Disengaged Girls Through A Participant-Centered Programme





Participation

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

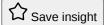
By Briana irving - Aktive - Auckland Sport & Recreation Aktive Women & Girls Facility Guide



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#### **Aktive Women & Girls Facility Guide**

<u>Insights to Young Women's Participation - Webinar #1 "Rethinking the offering"</u>



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

By Rachel Howells - Sport New Zealand

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



Participation

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

By Rachel Howells - Sport New Zealand

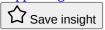
IWG: Helen Parker - Transgender competitors in women's sport - Change for the better?



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#### 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

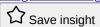


Participation

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

By Amy McClintock - Basketball New Zealand

<u>Insights to Young Women's Participation - Webinar #3 "Focus on Wellbeing and creating a safe environment"</u>



Participation

### 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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