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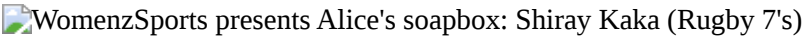
 

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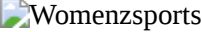
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[Dani Marshall](#)


Co-authored by WomensSports, Alice Soper





WomensSports presents Alice's soapbox: Shiray Kaka (Rugby 7's)

WOMENZSPORTS is hyped to share our kōrero with Shiray Kaka: a 10+ year player for the Black Ferns Sevens, Tokyo 2020 Olympic gold medalist, and creator of "Rayzing the Awareness" (where Shiray shouts out NZ women's sports: @shiray_9 on IG, @shiray_k9 on TikTok). Sports journalist and rugby player Alice Soper sits down with Shiray Kaka to discuss everything from overcoming adversity, knowing how much to share online, and Shiray's background in dog psychology! They also explore what the future looks like as the Black Ferns Sevens prepare for the 2024 Olympics, and Shiray talks about what it's like to have a partner who is also a high-performance athlete. (Disclaimer: there is a bit of #%!*& in this episode, all in good fun!)

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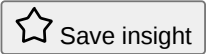
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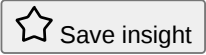
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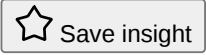
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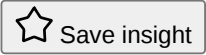
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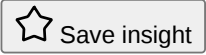
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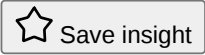
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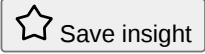
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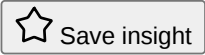
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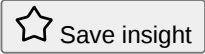
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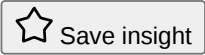
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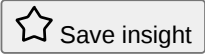
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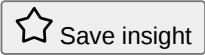
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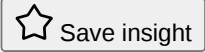
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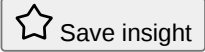


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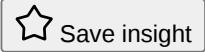


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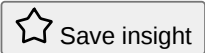


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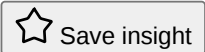


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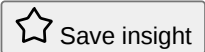


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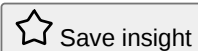
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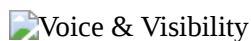
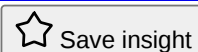
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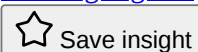


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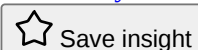
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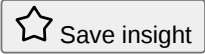
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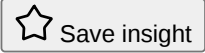


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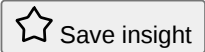


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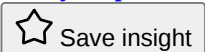
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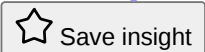
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