



IAPESGW International Update, January 2019: News and resources from around the world

We want to hear about what you and your related organisations are doing and the information you are producing. You can send your information and news to any member of the executive board for inclusion in the 'Update' each month – [view their contacts details](#)

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Our next Regional Congress.....

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International Association of Physical Education and Sport for Girls and Women **IAPESGW**

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The Madrid 2019 IAPESGW Regional Congress: Call for abstracts

The Madrid 2019 IAPESGW Regional Congress looks for organizations, scientists, academics, professionals and future professionals in the fields of physical education, sport and physical activity contribute to the growth and development of those areas. In this way, our main objective is to bring together interested scholars and practitioners of many countries working to improve the advancement position of girls and women in these fields.

Programme Structure

The Madrid 2019 IAPESGW Regional Congress programme structure will consist of different session types:

- Plenary Keynote sessions(by invited speakers)
- Scientific and Professional paper presentations
- Poster displays
- Workshops
- Panels

Topics

IAPESGW invites you and your colleagues to submit your proposals to be considered for presentation in the conference. Authors are free to choose between oral presentation or poster submitting in one of the following topics:

- Physical education and school sport: equity issues
- Women in recreational sport
- Participation of women in high performance sports
- Physical activity and sport for all: equity and attention to diversity
- Employment, occupations and the labor market of women in physical activity and sport
- Innovative strategies for the promotion and development of woman physical activity and sport

Deadline for submission of abstracts, in English language please, is 28 February 2019
[View the full details](#)

January Editorial

A very happy and healthy New Year to our members and readers across the world! Wishing you mild weather wherever you are, as the Southern Hemisphere is having heat waves and the northern hemisphere embraces colder weather and snow.

At this time of the year many organisations announce their awards and honours and we have covered many in this January Update

Look at the article on the Laureus awards and I need to highlight that Louise Martin (Scotland) has been made a Dame by Queen Elizabeth. I have known Louise for many years and she so deserves this high honour. She was a swimmer in the 1962 Commonwealth Games in Perth, President of the Commonwealth Games Association Scotland, Secretary of the Commonwealth Games Federation for many years before taking over as President and was the Chair of the Glasgow Commonwealth Games Organizing Committee 2014.

Have you ever nominated a woman for an award or honour? In most countries there is still an imbalance between males and females receiving high awards. We can all do something about this, by taking some action and nominating a person you know who deserves recognition.

As this edition goes out the US Australian Tennis Open has just concluded in Melbourne. This is a great two week event with huge attendance and followers. Naomi Osaka (Japan) won the women's singles final in an absorbing 3 set match against Petra Kvitova (Czech.) 21 year old Osaka is now ranked Number 1 in the world and will become the face of the 2020 Tokyo Olympics.

While the Australia Open was on the Australian Prime Minister announced a \$12m grant to Tennis Australia to further grow young girl's participation.

Look at the publications we cover: for example, Mapping on Access to Sport for People with Disabilities (European Commission) and the ICSPPE January Newsletter.

This month's edition covers a lot of international news:

- Canada, Columbia, France, The Gambia (softball/baseball program), Indonesia (gender equality initiative), Iran (many stories as usual), Ireland, Japan, South Korea (more allegations of abuse by coaches against female athletes), Switzerland, Syria, UK
- more good projects reported from Northern Ireland.
- webinars on menopause and puberty
- USA; look at adidas's She Breaks Barriers media drive

Finally, a reminder that abstracts are due 28 February 2019 (in English) for our Madrid Congress in July.

Enjoy reading the January *International Update* and be active too!

**Janice Crosswhite OAM
Communications Director**

International

Inside the games reports (29 December 2018)

Commonwealth Games Federation President made Dame by Queen

Commonwealth Games Federation (CGF) President Louise Martin has been made a Dame by The Queen's New Year's Honours List in the United Kingdom, it has been announced.

Martin has been head of the CGF since 2015, the first woman to head the position.

Before that she was chairman of sportscotland and helped organise the 2014 Commonwealth Games in Glasgow.

"Sport underpins the unique connections and friendships which bring together a third of the world's population as citizens of the nations and territories of the Commonwealth," Dame Louise said.

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[View the full news item](#)

Inside the games reports (31 December 2018)

Mandhana wins ICC Women's Cricketer of the Year prize

India's Smriti Mandhana has been named as the International Cricket Council's (ICC) Women's Cricketer of the Year after scooping the Rachael Heyhoe Flint Award.

The 22-year-old left-handed opener has also won the ICC's Women's One Day International (ODI) Player of the Year prize.

Mandhana scored 669 runs at an average of 66.90 during 12 ODIs in 2018, as well as 622 runs at a strike-rate of 130.67 in 25 T20 internationals.

She helped India reach the semi-finals of the ICC Women's World T20 in the West Indies in November, scoring 178 runs across five matches.

[View the full news item](#)

European Commission - Sport (9 January 2019)

Eurobarometer for Sport: New tools available: Special Eurobarometer 472

Following this year's release of the Eurobarometer on sport and physical activity in March, new tools have been developed that will allow users easier access to the results, as well as the ability to display trends in a more user-friendly and visual fashion.

[Infographics](#) have been introduced to focus on some of the main questions raised by the Eurobarometer on sport and physical activity. These two-page documents have been compiled using graphs and other visual aids to highlight many of the main results.

[View the details](#) - includes a report, summary of the report and a video

Laureus Sport Foundation (17 January 2019)

2019 Nominees Revealed

The votes are in and the world's sports media have selected the highest achieving men, women and teams over the past calendar year as the Nominees for the 2019 Laureus World Sports Awards, the world's pre-eminent international sports awards.

Winter Olympic champions Ester Ledecka and Mikaela Shiffrin are joined in the Laureus World Sportswoman of the Year Award category by celebrated gymnast and the first woman to win four All-Around world titles Simone Biles, Grand Slam tennis champions Simona Halep and Angelique Kerber and four-time Ironman World Champion Daniela Ryf.

Trailblazing Spaniard **Ana Carrasco**, the first woman to secure a motor cycling world title, is nominated for the **Laureus World Breakthrough of the Year**. Joining Carrasco is Japan's first ever Grand Slam tennis champion **Naomi Osaka**, Norwegian teenage European 1500 and 5000m champion **Jakob Ingebrigtsen**, Tour de France winner **Geraint Thomas**, Italian downhill skiing champion **Sofia Goggia** and Jamaican sprint sensation **Briana Williams**.

The winners, as voted for by the 66 members of the Laureus World Sports Academy, will be unveiled at the 2019 Laureus World Sports Awards in Monaco on February 18.

[View the full details](#)

Publications.....

Mapping on Access to Sport for People with Disabilities: A report to the European. Ecorys for the European Commission, December 2018 (78 pages)

There are an estimated 80m people with a disability in the European Union (EU), equivalent to approximately 15% of the EU population. Disabled people are less likely to take part in organised sport than non-disabled individuals, this despite the many positive benefits of participation. The European Commission has therefore aimed to develop knowledge of 'good practice' approaches to addressing issues that may be preventing individuals with disabilities from engaging in organised sports.

This report has collected information on the participation of people with disabilities in sport – to better understand the individual, social and environmental barriers that may make participation in sports more difficult for disabled individuals. Expanded opportunities and targeted funding – towards, for instance, more conveniently located facilities or better-trained professional staff – can thereby better equip individuals with the tools they need to join organised sports.

The study also analyses three main benefits of sport participation for people with disabilities: personal health, individual development and social benefits, with a hopeful outcome of enlisting community leaders to promote the importance of sport opportunities for people with disabilities.

[Download a copy](#)

International Council for Sport Science and Physical Education - ICSSPE Newsletter, January 2019 - [available to view here](#)

Journal of Physical Activity and Health: The Official Journal of the International Society for Physical Activity and Health. Volume 16, Issue 1, January 2019

Editor - the abstracts from the articles in this current edition to be placed on their website are now available.

[View the abstracts](#)

Specific countries

AUSTRALIA

National Girls & Women in Sports Day 2019 - Lead her Forward

February 6, 2019 marks the 33rd annual National Girls & Women in Sports Day, a national observance celebrating the extraordinary achievements of women and girls in sports.

For more than three decades, this celebration has empowered women and girls to get moving, reap the benefits of physical activity and push past their limits both in sports and in life. The confidence, strength and character gained through sports and physical activity are the very tools girls need to become strong leaders, in their own lives and in the world.

This year's NGWSD theme is Lead Her Forward, to honour the many ways that sports push girls and women to achieve excellence and realize their boundless potential. The Women's Sports Foundation applauds the vital role played by the individuals and organizations championing girls and women in sports: advocates seeking to protect Title IX and advance gender equity, athletes using their powerful platform to inspire greatness, and coaches working daily to unlock girls' limitless capabilities. This year, NGWSD celebrates all the girls and women across the nation leading us forward into a bright future.

[View more details](#)

**Article by Mick Murray, Minister of Sport and Recreation, Western Australia
Equality in sport must include leadership roles**

It has been a watershed couple of years for women's sport in Australia. The breakout success of the AFL women's competition and Sam Kerr's rise to the pinnacle of the world game have been the most visible achievements in a much wider success story.

The Women's Big Bash League and the W-League's success have spurred significant new player pay deals, and inspired both rugby codes to establish new women's competitions. The AFLW and women's cricket have importantly secured landmark broadcast agreements which will give both bigger exposure than ever before. Women's sport has seen its chance to go mainstream and grabbed it with both hands.

But even as attitudes to women's competitions shift, female leadership at all levels of sport remains sorely under-represented. Recent research shows a vast gap between male and female representation among sports decision-makers in WA.

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[View the full article](#)

**Women Sport Australia (9 January 2019)
Elite female athletes back major new women's sport initiative**

Steph Gilmore, Sam Kerr, Bronte Campbell, Alyssa Healy, Jess Fox, Minjee Lee, Caitlin Bassett, Jenna O'Hea, Ellia Green, Katie Brennan and Kim Brennan support:

#WISPAA - Women in Sport Photo Action Awards

Australia's top female athletes have added their considerable muscle to support a major, new national initiative launched today by Women Sport Australia (WSA).

WSA, the peak national advocacy body for women in sport, is proud to launch #WISPAA - Women in Sport Photo Action Awards, supported by Nikon.

WSA has launched #WISPAA to generate greater recognition and respect for the skill, strength and athleticism of Australian women actively participating in sport.

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[View the full press release](#)

**Women Sport Australia (17 January 2019)
Talented gymnast video**

Please watch this video. Unbelievable! A woman finally happy in her own skin after what appears has been a journey having been criticised for her body shape. An incredibly talented gymnast, expressing herself with her own unique style.

[#gymnastics](#) [#womeninsport](#) [#bodyimage](#) [#athlete](#)

[Source of information](#)

**Prime Minister of Australia (21 January 2019)
Backing young tennis stars of the future**

Around 3000 girls will get support to stretch their tennis skills with a \$12 million investment from the Morrison Government.

Prime Minister Scott Morrison said the recent success of players like Ash Barty, Daria Gavrilova, Kim Birrell and Sam Stosur had followed through on the foundations built by Evonne Goolagong Cawley, Alicia Molik and Casey Dellacqua, helping boost grassroots tennis participation. Our Government's investment in the Community to the World Stage program would help now take this to a new level.

"We want to help more girls follow their passion for tennis and participate at grass roots levels for a healthier lifestyle," the Prime Minister said.

"Some of Australia's best successes in tennis are coming from our female players. Our investment will help use that momentum to inspire the stars of the future by ensuring they remain on court and at community tennis clubs around Australia which must be the lifeblood of any sport."

"As a father of two daughters I want to help tackle the sorts of hurdles that can make it difficult for young girls to stick with their sport. That's why this program will be so important for this and the next generations of female athletes."

The \$12 million investment over four years will help close the current 12 per cent grassroots participation gap to equal gender representation with a particularly focus on disadvantaged and hard to reach communities. It will also help increase the percentage of girls participating in competition from 37 per cent to 45 per cent.

[View the full news item](#)

CANADA

Inside the games reports (29 December 2018)

Beckie Scott awarded Order of Canada for anti-doping work

Former Olympic cross-country skier and anti-doping advocate Beckie Scott has been awarded the Order of Canada, the country's second highest honour, for her work fighting cheating in sport.

The three-time Olympian, winner of a gold medal at Salt Lake City 2002, is among 103 new appointments to the Order, which describes itself as for people "who make extraordinary contributions to the nation".

Scott, now 44, retired from competition in 2006 and has since become one of the leading voices in the fight against doping.

[View the full news item](#)

CBS reports (4 January 2019)

Letter calls for Canada to change how it deals with sport harassment cases

A group of Canadian sport leaders have lent their voice to the growing chorus calling for an independent body to handle cases of harassment and abuse.

Former NHL player Sheldon Kennedy and Olympic cross-country skiing gold medallist Chandra Crawford were among the coalition of some three dozen sport organizations, researchers and athletes who sent an open letter Friday to Kirsty Duncan, Canada's Minister of Science, Sport and People with Disabilities.

"Canada is at a crossroads in its efforts to eliminate the scourge of gender-based violence in

sport," the coalition wrote. "It is clear that the 1996 Sport Canada policy to prevent harassment and abuse in sport has not been effective."

[Sport minister Duncan 'searching for actions' to combat abuse of athletes](#)

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[View the full news item](#)

COLUMBIA

Inside the games reports (29 December 2018)

IAAF Athlete of the Year Ibargüen receives national award in Colombia

International Association of Athletics Federations (IAAF) female athlete of the year Catherine Ibargüen has been presented with a national award in her home country in recognition of her outstanding achievements this year.

The 2016 Olympic triple jump champion won the IAAF Diamond League titles for both the long jump and triple jump this year and also picked up gold medals in both events at the Central American and Caribbean Games in Barranquilla as well.

In recognition of these achievements, the 34-year-old was presented an award by Colombia's President Iván Duque Márquez, who called her an "inspiration".

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[View the full news item](#)

FRANCE

Inside the games reports (17 December 2018)

Le Fur elected new President of French Paralympic and Sports Committee

Triple Paralympic Games gold medallist Marie-Amélie Le Fur has been elected as the new President of the French Paralympic and Sports Committee (FPSC).

The 30-year-old from Vendôme was chosen as the replacement for compatriot Emmanuelle Assmann at the FPSC General Assembly in Paris.

Assmann, a former wheelchair fencer and winner of a Paralympic Games bronze medal in the team épée at Athens 2004, had been President since 2013.

She was re-elected in 2017 but decided to step down due to "professional reasons" in October.

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[View the full news item](#)

Inside the games reports (16 January 2019)

Rochdi appointed director general at French Athletics Federation

Souad Rochdi has been appointed director general of the French Athletics Federation (FFA) to replace outgoing predecessor Frédéric Sanaur.

The selection of Rochdi, who previously served as deputy to Sanaur, was ratified by the federal bureau of the FFA at a recent meeting in Paris.

An employee of the FFA for 18 years, she also worked as deputy director general of the Paris 2020 European Championships Organising Committee.

She steps into a position vacated by Sanaur, who was named as the prefigurator of the new French National Sport Agency earlier this month.

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[View the full news item](#)

THE GAMBIA

Inside the games reports (17 January 2019)

Softball and Baseball5 development programme held in The Gambia

A development programme using the softball and Baseball5 formats and designed to address inequalities and help social change has been held in The Gambia.

The "Run the Bases" project saw children and coaches learn the basics of the two disciplines, while they were also taught values like communication, leadership, cooperation and decision-making.

The World Baseball Softball Confederation (WBSC) supported the initiative in the African country by supplying four starter kits, one for each community which took part, and Baseball5 balls.

The programme also included two events.

The first drew more than 200 people and featured eight mixed teams playing four rounds, a semi-final and a final.

Prizes were also awarded for best player, as well as best communication and best leadership demonstrated during the tournament.

The second event was a Baseball5 match between two mixed teams of local coaches, with the WBSC claiming it attracted considerable interest.

The WBSC say the "Run the Bases" project addresses gender inequalities by teaching life skills, using softball as a vehicle for social change.

[Source of information](#)

INDONESIA

Beyond Sport reports (18 January 2019)

Burnley FC to partner with inspire Indonesia on gender equality initiative

Burnley FC in the Community (FCitC) continues to expand its catalogue of international programmes with the team set to deliver a new 2019 programme tackling gender inequality in Indonesia. Working alongside local community organisation, [Inspire Indonesia](#), community staff will support with the delivery of "Pledge United", which is a football-based programme aimed at promoting social and gender equality.

The two organisations met at the Beyond Sport United and [Beyond Sport Global Awards](#) convening in New York last September, where both were shortlisted for community sport projects. Following the meeting, they are set to collaborate on the project, despite the over 7,000 mile distance between the UK and Indonesia.

Funded by the Premier League International Development Fund, staff will deliver three phases of the programme throughout the year, with the first due to start in February. Gender inequality is a significant issue in Indonesia, with United Nations studies in Asia finding that 23% of all Asian women had been raped in their lifetime. In certain Indonesian provinces, rates were even higher.

[View the full news item](#)

IRAN

Editor - thanks once again to our national rep Robabeh Rostami for supplying an overview of activity in Iran for December 2018 and January 2019, and all the excellent photographs, in a very informative news compilations - view the December edition [here](#) and the January edition [here](#)

A example from December compilation:

Two Iranian Women to Officiate at European Futsal Cup

Gelareh Nazemi and Zari Fathi have been invited to officiate at the European Women's Futsal Cup. The 2019 UEFA Women's Futsal Championship, also referred to as UEFA Women's Futsal Euro 2019, will be the first edition of the UEFA Women's Futsal Championship, the biennial international futsal championship organized by UEFA for the women's national teams of Europe. The competition will be held in Portugal from February 15 to 17. Nazemi was selected to referee the final of the Women's Youth Olympic Futsal Tournament Buenos Aires 2018 between Portugal and Japan. "It's a great honor for Iran women's referees' society. Gelareh Nazemi and Zari Fathi are our international women referees," Davoud Rafati, head of the Referee Committee of Iran Football Federation, said.



IRELAND

Inside the games reports (1 January 2019)

Ireland women's cricket team to be awarded contracts for first time

Ireland's women cricket players are to be awarded playing contracts for the first time in the country's history.

Cricket Ireland officials hope that it will help the team qualify for the International Cricket Council (ICC) Women's Championships when it expands from eight to 10 teams after 2021.

Ireland are currently ranked 10th in the world.

"The International Women's Championship is an international cricket tournament used to determine qualification for the Women's Cricket World Cup, and - like Ireland's inclusion in the men's Future Tours Programme - would mean that our senior women's team will be playing some of the world's biggest teams more regularly," Richard Holdsworth, Cricket Ireland's performance director, said.

[View the full news item](#)

JAPAN

Laureus Sport for Good (12 December 2018)

Laureus Sport for Good expands into Japan with support of Global Partner MUFG

With the support of Global Partner MUFG, Laureus Sport for Good today announced funding for two sport for development programmes in Japan.

Ahead of the country becoming a global sporting hub over the next two years as the country hosts the 2019 Rugby World Cup and the 2020 Olympic and Paralympic Games, Laureus will support young people at the grassroots level who need it most. In Special Olympics Tokyo and Sports Country Ambista, Laureus Sport for Good **will be funding two programmes who use sport to improve the lives of young women and girls in Tokyo.**

Laureus Sport for Good has been a proud partner of the work Special Olympics undertakes in a number of countries over more than a decade. Thanks to the support of MUFG and our

other partners, Laureus Sport for Good will be able to extend this support to Japan for the very first time. Laureus will make an initial grant focused on supporting access to Special Olympics programming for girls and young women with intellectual disabilities in Tokyo.

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[View the full news item](#)

SOUTH KOREA

Inside the games reports (21 January 2019)

Athlete group makes further allegations of abuse by coaches in South Korean sport

A group representing athletes have brought forward further allegations of abuse by coaches in South Korean sport following claims made by Olympic champion Shim Suk-hee.

Shim filed a complaint against her former coach Cho Jae-beom last month over an alleged sexual assault.

She accused him of raping and sexually molesting her multiple times, beginning in 2014 when she was a high school student in a report submitted to police.

Cho's lawyers have stated that he denies the allegations of sexual assault.

Cho was sentenced to 10 months in prison in September for physically assaulting four skaters, including Shim, over a seven-year period from 2011 to 2018.

Further allegations have now been brought forward against other coaches.

A group called Solidarity for Young Skaters held a press conference at South Korea's Parliament, where they reportedly stated five other skaters had suffered sexual abuse from coaches.

Athletes from judo, taekwondo and wrestling have also come forward with similar allegations, it was claimed.

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[View the full news item](#)

SWITZERLAND

Inside the games reports (4 January 2019)

Faivre replaces Baumann as President of Lausanne 2020 Organising Committee

Swiss freestyle skiing star Virginie Faivre has been appointed as President of the Lausanne 2020 Organising Committee and succeeds the late Patrick Baumann.

Faivre is a three-time International Ski Federation halfpipe world champion, winning in 2009, 2013 and 2015, as well as a three-time winner of the World Cup title in 2008, 2009 and 2013.

She was in charge of the cultural and educational aspects of Lausanne's bid to host the next Winter Youth Olympic Games and ensured that the proposals appealed to young aspiring athletes.

Thirty-six-year-old Faivre was announced as a ambassador of the Games in October.

[View the full news item](#)

SYRIA

Female Coaching Network (10 January 2019)

Former Syrian soccer player Maha Jannoud is the first female coach of a professional male soccer side (Syria)

On the football pitch, Maha Jannoud barks out instructions to the players just like any other coach, but with one difference: she is a woman in what has been very much a man's world.

Jannoud, 32, who previously played for the Syrian national women's team, believes she is the first woman in the Middle East to coach a professional men's side.

Dressed in a tracksuit, with her hair tied back in a ponytail, she takes the job as assistant coach at her Damascus club in her stride.

"When the person carrying this message of coaching is confident of (their) information and has special charisma and leadership on the pitch, it makes no difference between a man and a woman," she said during a break in training.

Winning the players' acceptance may have been helped by the fact that Jannoud used to play for the same club, al-Muhafaza, albeit in the women's team, where she began coaching after injury ended her playing career.

[View the full news item](#)

UK

Women in Sport (29 December 2018)

Women in Sport congratulates those recognised in the 2019 New Year's Honours list

Women in Sport is proud to congratulate all the women who have been celebrated in this year's honours list for their contribution to sport and equality.

Ruth Holdaway, Chief Executive of Women in Sport said:

"It's great to see these talented female athletes, coaches and leaders recognised for their contribution to the sport sector – and particularly for the work they do to promote sport for women and girls.

“England netballer Geva Mentor, who was part of the team’s amazing win on the Gold Coast, has been recognised for her incredible career at the top of international netball, while cricket legend Enid Bakewell has been celebrated for her services to women’s cricket.

“I’m delighted to see great female leaders such as Louise Martin, president of the Commonwealth Games Federation, and Kate Caithness, president of the World Curling Federation, recognised for their commitment to sport.

“Congratulations to Joanna Bostock and Tamsin Parlour, co-founders of the *Women’s Sport Trust, who have been made celebrated for services to gender equality in sport. Their work has helped increase the visibility of women’s sport and highlighted the huge commercial opportunity that exists within elite women’s sport.

“It is also important to recognise individuals in the grassroots sector who are quietly making a huge difference to women and girls’ lives. Volunteers and coaches such as Lorna Boothe and Paula Dunn have worked hard to create equal opportunities for all women and girls and ensured that they are not missing out on the lifelong benefits of sport.

“Congratulations to friends of the charity and women across the sector who have helped make 2018 another great year for women’s sport. We still have a long way to go and

shouldn’t forget the gap between the number of women and men on this year’s list, but it is important to celebrate the work that is being done to transform sport.”

[Source of information](#)

* [View the news item on the Women's Sport Trust website](#)

Ruby Football Union (4 January 2019) Inner Warrior 2019 launches across the country

England Rugby has launched the next wave of the Inner Warrior campaign aimed at introducing new women to contact rugby that have never had the chance to play before.

Registration has now opened for Warrior Camps across the country with the wave of camps taking place from 12th - 27th January.

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If you feel inspired to try rugby with a friend in the New Year, click [here](#) for a list of Warrior Camps taking place across England from 12 - 27 January 2019.

[View the full news item](#)

Women in Sport - Menopause and Puberty Webinars

Following an insightful menopause webinar in December, we'll be delivering more sessions in 2019.

Webinars will be taking place on 4 February, 25 February and 25 March.

On 4 February, we'll be delivering a session on older women in an hour-long webinar focusing on our Silver Linings research. Tickets are available now via Eventbrite.

This will be followed by a webinar on girls and our recent puberty research (25 February) and menopause (25 March).

Tickets for the girls and menopause webinars are also available on Eventbrite.

For more information or to ask questions about the webinar please contact florence@womeninsport.org

[Source of information](#)

Women in Sport - E-Newsletter, January 2019 - [available to view](#)

Sport Northern Ireland - News for January 2019

Every Body Active 2020

There have been a number of case studies carried out focusing on women and girls in sport and physical activity through the Every Body Active 2020 programme. Netball NI introduced Belfast Social Netball initiative started over 2 years ago and has since been growing in popularity. The scheme allows women from across Belfast to enjoy netball at their leisure without the pressure of competitions and have the equivalent of men's 5 aside football. The programme was delivered by Every Body Active 2020 coach Amy Stewart, with two taster sessions which has developed into an 11 week programme with over 45 participants registered. The inspiration from this programme is that women who haven't played netball in years or may never have played are now benefiting from the project. See full video below:

<https://www.youtube.com/watch?v=ebOzY1IYIRM&t=2s>

Another good news story was from Lisa McGratton, a participant in one of our Every Body Active 2020 projects in Ballycastle, ran by Karen Deery. Lisa was referred to the programme by her GP after she was diagnosed with clinical depression and fibromyalgia. Karen began supporting Lisa in the local gym and then recommended a restorative yoga class. Lisa has now been attending the restorative yoga classes for 3 years now and makes it part of her daily routine. Lisa not only sees a number of physical benefits but mental benefits as well. See full video below:

<https://www.youtube.com/watch?v=rytLxgK5H34>

Active Fit and Sporty

The Active, Fit and Sporty recent update seen contribution from the 6 organisations involved, Female Sports Forum, Ulster University, Sported, Youth Sport Trust, Disability Sport NI and WISPA. Women In Sport and Physical Activity have been developing safe cycling routes throughout Belfast and the greater area and are looking at ways they can secure routes through the Lower Falls and Shankill areas. This has been a popular initiative with women cyclists as well as mothers who use the trails for walking.

Disability Sport NI have a number of projects focusing on young women to get involved in physical education, one of which is the "My Sport My Story". This workshop identifies motivations, barriers and solutions to women participating in sport, students will also have the opportunity to try disability sports such as Boccia. Guest speakers have included Paralympians Kelly Gallagher and Claire Taggart, the workshops are being delivered in schools across Northern Ireland throughout the year.

Ulster University have introduced a social programme which was implemented across all three campuses. With 534 attendances, activities included Zumba, Pilates and self-defence. The self-defence classes were such a success that a Judo club has been introduced.

Youth Sport Trust are continuing their Girls Active initiative which aims to improve young girl's attitudes towards physical education and sport. This has developed their teacher training project targeting 35 teachers from schools across Northern Ireland. One teacher in particular who has been involved with the Youth Sport Trust for 3 years, has shown great interest in the

training and they hope to progress to a development coach for Northern Ireland. The Girls Active inspiration day in Craigavon was a huge success, for full video see below:

<https://www.youtube.com/watch?v=s33F2YwCZg>

The Female Sports Forum are hosting a number of expeditions in Shopping Centres across Northern Ireland which aims to raise the profile of female sports while creating a better sporting experience for women and girls for all abilities. Different shopping centres will host a variety of sports such as the Junior Giants and Bangor Ladies Football club. Plans have also begun for the Female Sports Forum leadership conference which is due to happen in March with a number of workshops and guest speakers to look forward to.

There was an Active, Fit and Sporty update on the importance of social media platforms delivered by Amy Smyth on behalf of Sport NI and Emma McAleese from the Female Sports Forum. This update looked at the three main platforms used which included Facebook, Twitter and Instagram. While Facebook can be seen as a dying form of social media, it is still important as a source of information for users. Analytics showed that the Female Sports Forum are best engaging with users through Facebook and the aim is to improve their

Instagram page while using business tools to show the activity. With regards to Sport NI the Instagram page is growing with gradual improvements with audience mainly in Ireland and the UK but also reaching as far as South Africa, Australia and Pakistan. Analytics showed that 63% of Sport NI followers are women with the main followers between 18 and 34.

To be directed to Sport NI's Instagram simply scan the barcode below. Female Sports Forum is available at "female_sports_forum"

Amy Smyth Sport Northern Ireland

USA

Beyond Sport reports (21 December 2018)

[In the USA] adidas campaign sets to break gender barriers

Last week, adidas announces the [She Breaks Barriers](#) initiative as a continuation of its commitment to remove barriers in sport. Expanding on the #creatorsunite conversation launched in August 2018, this multi-faceted initiative is designed to inspire, enable and support the next generation of female athletes, creators and leaders.

To highlight the barriers faced by women in sport and to invite the world to join the movement, adidas premiered the She Breaks Barriers film, featuring some of adidas' most influential female and male athletes* and narrated with musician [Pharrell Williams](#), during NBC's Sunday Night Football. To further support, adidas released an open letter to its employees and to communities around the country. The letter called on everyone to join the effort and together, level the playing field and co-create the future of women's sport.

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Inside the games reports (24 January 2019)

Committee to Restore Integrity to USOC submits 12 recommendations following meeting with chief executive

The Committee to Restore Integrity to the United States Olympic Committee (USOC) has submitted 12 recommendations designed to "better protect more than eight million young athletes from sexual, physical and emotional abuse" by altering the power-structure of the national governing body.

The proposed solutions seek to abolish the "money and medals" and "anti-athlete" culture, by replacing it with an "athletes first" mission.

The recommendations, which can be viewed in full [here](#), are a follow-up to a meeting with chief executive Sarah Hirshland at the USOC's offices in New York City on January 16, when each recommendation was discussed.

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