



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

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Note from Tansin Benn: I have sent materials gathered for the writing of the 1999- 2019 recent history of IAPESGW to the Anita White Women and Sport archive at Chichester University UK. It will join materials previously archived in 2011. If readers know anyone interested in research in the field please point them in this direction.

November Editorial

Have you seen the new free ICSSPE classroom resource!

Just launched, this resource called “Sport Values in Every Classroom” is available to promote the values of respect, equity and inclusion, using 30 activity cards. Use the link in our newsletter.

This type of resource is so needed. A new World Health Organization study has shown that the majority of adolescents worldwide are not sufficiently active. Have a look at this link and see where your country ranks. You may be surprised!

This Update covers a number of international events, meetings and conferences, new publications and specific country news from Australia, Croatia, Ireland, Japan, Spain, Qatar, UK and the USA.

A world first from Australia is the ground breaking announcement that the women’s (Mathilda’s) and men’s (Socceroo’s) football teams will have pay parity. Men and women will share 24% of the combined revenue of the national teams, rising by 1per cent a year for the next four years. This deal is long overdue and sets a domestic and international benchmark for other sports to copy.

This action comes after the campaign at the 2019 Women’s World Cup where the chant went through the World Cup trophy presentation: “Equal Pay. Equal Pay”. I can well remember seeing this on TV, with the world media highlighting the chanting and words spoken.

This result is a credit to the Mathilda’s who went on strike last year and declined to travel to play a ‘friendly’ against the USA team, then fighting for pay parity. In the past, the Mathilda’s have achieved far greater success than their male counterparts with a fraction of the support and investment.

This world first is a credit to the demonstration of female leadership, cohesion and action.

Good reading!

Janice Crosswhite OAM

Communications Director

International

Events....

Has taken place.....

The Southeast Asian National Olympic Committees Women in Sports Summit 27 - 28 November 2019, La Bella Boutique Hotel, Tagaytay City, Philippine

The Southeast Asian National Olympic Committees Women in Sports summit will be hosted by the Philippine Olympic Committee on November 27 and 28, right before the start of the Southeast Asian Games, which runs from November 30 to December 11.

A high-level roundtable sharing and discourse about women in sports, attendees include:

- Myanmar's president of Women and Sports Federation Khin Khin Lay, and its vice-president Yi Yi Win
- Malaysia NOC Women in Sports Dato' Paduka Mumtaz Jaffar and member Nurul Huda Abdullah
- Singapore NOC secretary Grace Ching
- Cambodia NOC heads Prak Somphas and Srey Sivleng
- Laos NOC Women in Sports committee member Chittakone Chanthamalin

[Source of information](#)

Asia-Singapore Conference on Sport Science (ACSS 2020) - A Multidisciplinary Approach to Enhance Sport Performance 16-17 July 2020 Furama Riverfront, Singapore

The two-day Conference will offer participants the opportunity to learn about the latest trends and best practices in the world of Sport Science. Leading academic scientists, researchers and research scholars will attend to exchange and share their experiences and research results on all aspects of Sport Science. We encourage research papers and training approaches based on integrating different disciplines applied in Sport Science to enhance sport performance to be submitted to the conference. Expect presentations on the most recent innovations, trends, and concerns, as well as practical challenges encountered and solutions adopted in the fields of Sport Science.

[View more details](#)

Inside the games reports (12 November 2019) Munich to host second European Championships in 2022

Munich has been named as host of the second edition of the multi-sport European Championships in 2022.

Athletics, cycling, golf, gymnastics, rowing and triathlon have also been confirmed for the sports programme in the German city.

All six sports featured at the first European Championships in Glasgow and Berlin last year, alongside aquatics which has not been confirmed for a repeat appearance.

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[View the full news item](#)
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ICSSPE

Partnership Launches 'Sport Values In Every Classroom' Toolkit

Berlin/Paris, 31st October 2019 – ICSSPE is announcing the launch of the [Sport Values in Every Classroom Toolkit](#), which took place on 29th October 2019 during the Seventh UNESCO Conference of Parties.

The toolkit, which is free of charge and, to a limited extent, also available as a hard copy, is a resource for teachers and coaches who wish to promote values such as respect, equity and inclusion through sport and physical education. It was developed as a cross-curricular resource and can be used also outside the physical education or sport setting. It is prepared for students aged 8-12 years.

The toolkit is composed of 30 activity cards which can, with very limited effort, be used in common classroom settings. By addressing respect, equity and inclusion, the partnership - which is composed of WADA, UNESCO, the Olympic Foundation for Cultural Heritage, the Agitos Foundation, the International Fair Play Committee, and ICSSPE - encourages teachers and curriculum designers to focus on values-based education at school.

Received by email

Beyond Sport reports (1 November 2019)

Women Win and Skateistan To Empower Women Leaders with 'ROLL Models' Programme

Beyond Sport Global Award winning groups, [Women Win](#) and [Skateistan](#) have joined forces to empower a generation of female leaders in Europe in a new initiative called 'ROLL Models.'

The project will operate in Germany, the Netherlands and Greece and aims to develop 72 female youth leaders over the next three years, who will in turn support and develop social skateboarding projects for 900 girls.

Skateistan will contribute to the project through its [Goodpush](#) program, which seeks to support the social skate sector around the world through knowledge sharing, advice and resources.

Launched on [World Mental Health Day](#), ROLL Models is designed to bring the physical, mental and emotional benefits of sports to a whole generation of young women. Through skateboarding sessions, leadership training and seed funding, Women Win and Skateistan will empower young women to achieve their full potential whilst also inspiring younger girls to follow a similar path.

The project aims to reach those who are often excluded from participation in sports. The current generation of girls and women in Europe is the least active ever: only 10-20% of adolescent girls meet the recommended level of physical activity. This lack of exercise and participation in sports is linked to increased mental health issues, which Skateistan and Women Win seek to address.

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[View the full news item](#)

Anita White Foundation (4 November 2019)

Women's Sport Leadership Academy (WSLA) 2020 - application open

We are thrilled to announce that applications are now OPEN for the Women's Sport Leadership Academy (WSLA) 2020. The 7th annual residential week at the University of Chichester, UK, will be hosted from 15-19 June 2020.

The WSLA network now comprises nearly 300 women leaders in sport based in over 50 countries and from over 160 organisations. Earlier this year, we were shortlisted for the

Beyond Sport Global Award (Gender Equality) and we are unique in that our programme is for women leaders from sport and sport-for-development organisations.

We would really appreciate you forwarding this information to interested individuals and organisations associated with the IWG.

This content, as well as the online application portal, can be viewed here:

<https://www.chi.ac.uk/womens-sport-leadership-academy>

Inside the games reports (13 November 2019)

Marathon world record-holder Kosgei among finalists for Female World Athlete of the Year 2019

Kenya's Brigid Kosgei, who broke Paula Radcliffe's 16-year-old marathon world record in Chicago last month, has been named as one of five finalists for the Female World Athlete of the Year 2019 award.

The quintet remain in the frame for the prestigious prize after an initial shortlist of 11 athletes was whittled down.

Jamaican sprinter Shelly-Ann Fraser-Pryce, Dutch runner Sifan Hassan, American hurdler Dalilah Muhammad and Venezuelan triple jumper Yulimar Rojas have also been confirmed as finalists.

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Both the Male and Female World Athlete of the Year will be announced at the World Athletics Awards in Monaco on November 23.

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[View the full news item](#)

The Telegraph UK (18 November 2019)

Major sports bodies guilty of 'shocking' lack of women's representation at board level

International sports federations are facing calls to have their funding slashed if they fail to address "absolutely shocking" levels of female representation on their boards.

A major investigation by Telegraph Sport into [gender diversity in international sports federation](#) has revealed that women continue to be gravely under-represented at executive level.

Ten major federations were investigated: the [International Olympic Committee](#), [Fifa](#), the [International Cricket Council](#), the International Basketball Federation, World Rugby, World Athletics, the International Golf Federation, the International Tennis Federation, the International Hockey Federation and the International Cycling Union.

The greatest gender imbalance was on the International Cricket Council, where just one of the 18 board members is female, but all the governing bodies were revealed to have fewer than 40 per cent of women on their board, while only three have at least 25 per cent female representation. None of the 10 boards is led by a woman.

Dame Katherine Grainger, chair of UK Sport, described the findings as "extremely concerning," saying that "traditional structures in sport can be outdated and therefore not fit for purpose."

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[View the full news item](#)

World Health Organization (22 November 2019)

New WHO-led study says majority of adolescents worldwide are not sufficiently physically active, putting their current and future health at risk

The first ever global trends for adolescent insufficient physical activity show that urgent action is needed to increase physical activity levels in girls and boys aged 11 to 17 years.

[The study](#), published in The Lancet Child & Adolescent Health journal and produced by researchers from the World Health Organization (WHO) [13-page article], finds that more than 80% of school-going adolescents globally did not meet current recommendations of at least one hour of physical activity per day – including 85% of girls and 78% of boys.

[The study](#) – which is based on data reported by 1.6 million 11 to 17-year-old students – finds that across all 146 countries studied between 2001-2016 girls were less active than boys in all but four (Tonga, Samoa, Afghanistan and Zambia).

The difference in the proportion of boys and girls meeting the recommendations was greater than 10 percentage points in almost one in three countries in 2016 (29%, 43 of 146 countries), with the biggest gaps seen in the United States of America and Ireland (more than 15 percentage points). Most countries in the study (73%, 107 of 146) saw this gender gap widen between 2001-2016.

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To improve levels of physical activity among adolescents, the study recommends that:

- Urgent scaling up is needed of known effective policies and programmes to increase physical activity in adolescents;
- Multisectoral action is needed to offer opportunities for young people to be active, involving education, urban planning, road safety and others;

The highest levels of society, including national, city and local leaders, should promote the importance of physical activity for the health and well-being of all people, including adolescents.

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[View the full news item](#)

Inside the games reports (26 November 2019)

CAF seeking Women's African Cup of Nations host as South Africa decline request to stage event

The Confederation of African Football (CAF) is facing a race against time to find a host for the 2020 Women's African Cup of Nations, after South Africa turned down a request to host the event.

The competition was initially awarded to Congo in 2018, but they withdrew as hosts in July.

Congolese sports minister Hugues Ngoelondele claimed the decision had been due to financial reasons.

He said their withdrawal came after an evaluation of costs and specifications around the tournament, with the country deeming itself unable to host due to "financial tensions".

CAF turned to South Africa to step in as hosts.

The move came with South Africa locked in a bidding race for the 2023 FIFA Women's World Cup.

The South African Football Association (SAFA) Executive Committee has unanimously ruled out hosting the continental event.

[View the full news item](#)

Inside the games reports (26 November 2019)

FITEQ sign Brighton plus Helsinki Declaration on Women and Sport

The International Teqball Federation (FITEQ) signed the Brighton plus Helsinki Declaration on Women and Sport and has been officially recognised as a member of The Association For International Sport for All (TAFISA).

FITEQ President Gábor Borsányi signed the Brighton Declaration during a signing ceremony at the Smart Cities and Sport Summit in Tokyo last week, committing to upholding 10 principles that enable women and girls to freely and safely participate, compete and build careers in sport.

Developed and established by the International Working Group on Women and Sport in 1994, the Brighton Declaration is an international treaty that supports the ongoing development of a more fair and equitable system of sport and physical activity, fully inclusive of women and girls.

[View the full news item](#)

Publications.....

Journal of Physical Activity and Health: The Official Journal of the International Society for Physical Activity and Health. Volume 16, Issue 11, November 2019

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

[View the abstracts](#)

And...

Journal of Physical Activity and Health: The Official Journal of the International Society for Physical Activity and Health. Volume 16, Issue 12, December 2019

[View the abstracts](#)

The economic benefits of a more physically active population; An international analysis. Authors: Marco Hafner, Erez Yerushalmi, William D. Phillips, Jack Pollard, Advait Deshpande, Michael Whitmore, Francois Millard, Shaun Subel, Christian Van Stolk. Rand Europe and Vitality, November 2019 (189 pages)

Key Findings:

The findings suggest that making people physically more active is associated with economic benefits. Under three different physical activity improvement scenarios, it is estimated that by 2025, the global GDP could be between US\$138 billion — US\$338 billion higher with increased activity, compared to current physical activity levels. The economic benefits are increasing over time and by 2050 the estimated increase could be nearer to between US\$314 billion and US\$760 billion. A breakdown of the GDP gains suggests that reduced

presenteeism drives the highest proportion of economic gain as a result of reducing physical inactivity — about 70 per cent — with reduced mortality and reduced sickness absence responsible for only about 30 percent of the overall GDP gains projected.

Furthermore, the findings suggest that billions of dollars in global healthcare expenditure could be saved by improving physical activity rates. Overall the models estimate that between US\$8.7 billion - US\$11.2 billion in present global healthcare expenditure could be saved by making people physically more active, with those savings rising to between US\$16 billion and US\$20.6 billion by 2050.

[Download a copy](#)

[View what ukactive says about the report](#)

General interest items highlighted by Janice Crosswhite....

Physical Activity

[ParticipACTION's First-Ever Adult Report Card Gives Canadians a 'D' for Overall Physical Activity](#) [Canada]

Even though 8 in 10 adults (83 per cent) think physical inactivity is a serious health issue, only 16 per cent meet the national guidelines of 150 minutes of moderate-to-vigorous physical activity each week (ParticipACTION Canada)

[Download the 'Report Card'](#)

Canberra Times (8 November 2019)

Study says over-60s should exercise more

Older people should up their exercise levels once they hit 60 to help cut their risk of heart attack and stroke, new research suggests.

People who started exercising after being continuously inactive had a reduced risk of cardiovascular disease of up to 11 per cent compared with those who stayed sedentary, a study of more than a million elderly people found.

Those who eased off as they got older were up to 27 per cent more likely to develop heart and blood vessel problems.

The researchers in South Korea said their findings were evident even in people with disabilities and chronic conditions such as high blood pressure and type 2 diabetes.

They said doctors should prescribe physical activity for older patients as a preventative measure.

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[View the full news item](#)

Sports Management UK reports (8 November 2019)

Just 15 min of exercise a day would 'boost world economy by US\$100bn'

A study assessing the impact of physical inactivity on national economies has suggested that if all adults aged 18-64 walked just 15 minutes more a day, the world economy would grow by an estimated \$100bn a year until 2050.

The figure comes from a global study published by non-profit research institute RAND Europe and insurance giant Vitality.

It shows that if people who are currently physically inactive were to reach the World Health Organization's recommended levels of exercise, employees would gain up to five additional days of productive time each year. This would result in the global economy to grow by an estimated US\$220bn every year.

[View the full news item](#)

Specific countries

AUSTRALIA

ABC News (5 November 2019)

The Matildas pay deal could set a precedent for women's sport — but the devil will be in the detail

It's been a big week for gender equality in Australian sport.

First Australia's Ash Barty claimed the [biggest winner's cheque in tennis history](#), taking home a cool \$US4.42 million (\$6.4 million) prize packet.

And now there's a local pay deal that could go down as a world first. Should Football Federation Australia (FFA) and the Football Players' Association (PFA) announce on Friday that the Matildas are [guaranteed pay equality with the Socceroos](#), it would be nothing short of a remarkable coup for gender equity in sport.

The problem is that these negotiations are notoriously fraught and complex, so it is difficult to know just how equitable this version of pay equality will be.

[View the full news item](#)

Sport Australia (6 November 2019)

AusPlay Survey - latest release

Sport Australia has released the latest data and new insights from its national sport and physical activity participation survey, AusPlay.

This release includes [updated results](#) from data collected in the 2018/19 financial year and, for the first time, [data visualisations](#) that focus on state/territory participation. These visualisations are made possible by utilising AusPlay's 75,000+ cumulative sample since the survey commenced in October 2015

[View more about the survey here](#)

The Guardian - Australian Sport (9 November 2019)

'No one has ever asked me that': breast injuries in contact sport go unreported

The topic is still something of a taboo in elite sport and women are playing on through the pain

The popularity of women's rugby and Australian rules football has soared in Australia in recent years. But new research suggests the management of breast injuries for athletes in these contact sports needs to catch up, particularly as more women and girls enter the game.

When PhD candidate Brooke Brisbane took to the road, visiting over 30 training sessions across Victoria, NSW, the ACT and Queensland, she surprised a lot of the female athletes and staff.

“It was quite nearly the first time that any of these players had ever been asked about a breast injury,” Brisbane says. “And certainly the first time a vast majority of them had ever said anything about it at all.”

In person and online, working with the University of Wollongong and Australian Institute of Sport, Brisbane surveyed almost 300 athletes and close to 250 coaching and medical staff to investigate the occurrence and perception of breast injuries in women’s AFL, rugby sevens, league and union.

Fifty-eight percent of players reported experiencing a contact breast injury during training or a game, and almost half of those, more often sub-elite players, said the injury had affected their performance.

[View the full news item](#)

ABC News (9 November 2019)

Football fires warning shot to other sports in battle for gender equity

War is being waged at home and abroad as sports officials seeking dominance on a cluttered landscape refocus more keenly on "the women's game".

This week's historic pay-deal in football, where revenue generated by the Socceroos and the Matildas will be pooled and equally distributed, sends a warning shot to other team sports.

The chief executive of Football Federation Australia (FFA), David Gallop, told The Ticket, "We are in a battle for athletes".

[View the full news item](#)

CHINA

University of Bristol, UK (26 November 2019)

Schools, parents and grandparents hold key to unlocking China’s obesity problem

Educating parents and grandparents – as well as improving physical activity and the food provided at school – could hold the key to solving China’s obesity pandemic, according to one of the largest trials of childhood obesity prevention in the world.

Over 30 million Chinese children, aged between seven and 18, are overweight or obese – placing them at greater risk of an early death and this number is set to rise to 50 million by 2030, caused in part by the role grandparents play in childcare.

Researchers at the Universities of Birmingham and Bristol worked with Guangzhou Centre for Disease Control and Prevention, enlisting 1,641 six-year-old children across 40 primary schools in Guangzhou to evaluate the effectiveness of the CHIRPY DRAGON programme in tackling childhood obesity.

The 12-month randomised trial promoted physical activity and healthy eating behaviours among the children – discovering significant reduction in weight gain among those

participating in the CHIRPY DRAGON programme, as well as higher consumption of fruit and vegetables, less screen-based sedentary activity and more physical activity.

[View the full news item](#)

CROATIA

'Catch-up news' received this month from our contact in Croatia....

Croatian Olympic Committee (April 2019)

Gender Equality in Sport Commission wishes to invest 30,000 US dollars in the new project

The sixth session of the present composition of the Croatian NOC's Gender Equality in Sport Commission was held in the premises of the Croatian NOC. The members of the Commission congratulated the President of the Commission and Vice President of the Croatian NOC Morana Paliković Gruden on winning the IOC's Women and Sport Trophy, presented to her in New York at the end of March. In the festive part, it was pointed out that in the time between the two sessions a member of the Commission, Ratko Cvetnić, became the winner of the HAZU Award for the highest literary achievement in the country and the Head of the Croatian NOC's Publishing, Public Relations and Web Department Radica Jurkin received the was presented the Croatian Sports Journalists Association (HZSN) Award for Promoting Sports in Publishing.

The President of the Commission emphasized that the award also brings 30,000 US dollars for the new project.....

[View the full news item](#)

Croatian Olympic Committee (4 July 2019)

At the Round table Women in Croatian Society presented a new portal www.zeneimediji.hr

Organized by the Agency for Electronic Media, and under the high auspices of the President of the Republic of Croatia Kolinda Grabar-Kitarović, a Round table "Women in Croatian Society" was held at the Mimara Museum in Zagreb. On this occasion the web portal www.zeneimediji.hr was officially presented and the Agreement on Cooperation between the Agency for Electronic Media and partner institutions and organizations, including the Croatian Olympic Committee (the signee is the Secretary General Josip Čop) as well.

The Portal was conceived as a central place to inform the public on the various aspects of the situation of women in the society and databases of information related to European and Croatian legislation, but also a platform for presenting positive examples of successful women in each segment of the Croatian society. The Croatian female Olympians and all the women in sports – female athletes, sports workers and officials will be given their space on the "Women and Media", and thus the possibility for greater media visibility.

[View the full news item](#)

From: Mr. sc. Constanza Lizačić

Viši predavač

Katedra za tjelesnu i zdravstvenu kulturu

Ekonomski fakultet Sveučilišta u Zagrebu

Trg J. F. Kennedyja 6, 10000 Zagreb, HR

INDIA

sportanddev.org (12 November 2019)

Creating a safe place for girls to play sports part 2: Awareness of the cultural environment

An article series sharing factors contributing to a welcoming and empowering environment for girls sport in India from Global Nomad's World, who works with The Naandi Foundation to create a safe landscape for 37,000 girls to play sports in India.

The Nanhi Kali girls in India are craving more football following their first taste of the sport in a district level tournament in India. A group of 12 girls entered the tournament with no prior football experience and came away with losses on the field but a winning desire to learn the game. The female group leader, looked to The Naandi Foundation for some technical guidance in growing the sport programme.....

[View the full article](#)

IRELAND

Inside the games reports (12 November 2019)

Irish Paralympic champion awarded Outstanding Contribution to Sport prize

Para-cyclist Katie-George Dunlevy has won the Outstanding Contribution to Sport prize at the Irish Post Awards.

The 37-year-old vision impaired athlete will receive her award at a ceremony in London on Thursday (November 14).

Dunlevy, who was born in England but has roots in Ireland, was diagnosed with retinitis pigmentosa aged 11, a condition which causes progressive vision loss.

She competed for Great Britain as a Para-rower, winning two gold medals at the World Championships in 2014 and 2015.

Dunlevy then switched sports and countries as she began competing for Ireland as a cyclist.

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[View the full news item](#)

JAPAN

Inside the games reports (11 November 2019)

Noguchi confirmed as first Japanese person to carry Tokyo 2020 Torch

Marathon champion Mizuki Noguchi will be the first Japanese person to carry the Tokyo 2020 Olympic Torch, it has been confirmed.

The Athens 2004 Olympic gold medallist was heavily tipped for the honour and her involvement was confirmed by organisers today.

She will take the flame from a Greek runner after its traditional lighting at Ancient Olympia on March 12.

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[View the full news item](#)

SPAIN

Taller - Seminario 2019

November 30, in Nerja, the first of the two Workshop-Encounter that will develop the Women and Athletics program before the end of this year 2019 is inaugurated.

- Ofrecer e intercambiar los conocimientos y la experiencia de entrenadoras de reconocida trayectoria con resultados nacionales e internacionales.
- Ampliar la formación de técnicos y entrenadores en torno al trabajo de base y su transición hacia el rendimiento de las pruebas de lanzamientos (jabalina) , velocidad y saltos (triple salto).
- Dar a conocer la visión de las pruebas de carreras de velocidad, así como jabalina y triple salto desde el prisma de mujeres entrenadoras.
- Fomentar la participación activa de todos los participantes en el taller desde sus propias casuísticas diarias.

[View the flyer for the event](#)

Received from PhD Carmen Rodriguez Fernandez

Full Time Professor University of Seville

Department of Physical Education and Sports.

Courses:Program Director Track and Field Subject Area

Royal Spanish Athletics Federation / Track & Field National Coach Spain

QATAR

Inside the games reports (13 November 2019)

Qatar Olympic Committee President honours Women's Games athletes

Qatar Olympic Committee (QOC) President Sheikh Joaan bin Hamad Al-Thani honoured female athletes from the country who claimed 34 medals at the Gulf Cooperation Council (GCC) Women's Games.

Nine gold, 14 silver and 11 bronze medals were won by Qataris at the event in Kuwait last month.

Sheikh Joaan congratulated the athletes at a ceremony in Doha and praised the work of the Qatar Women's Sports Committee, led by President Lolwa Al-Marri.

He reaffirmed QOC support for women's sport and urged officials to work even harder to raise standards in the country.

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[View the full news item](#)

UK

British Gymnastics (18 October 2019)

Helen Phillips MBE appointed first female British Gymnastics President

At the British Gymnastics AGM last night, Helen Phillips MBE claimed a place in the organisation's history books when members appointed her as their first ever female President. Helen replaces outgoing President, Brian Everett MBE who completed his eight year tenure on the Board.

In accepting the position, Helen paid tribute to Brian's outstanding contribution as President and wished him well in his retirement from the Board and also had a message to the members who elected her.

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[View the full news item](#)

England Netball (30 October 2019)

Fran Connolly announced as new CEO for England Netball

England Netball is delighted to announce that Fran Connolly has been appointed as new Chief Executive Officer to lead England Netball into an exciting new era.

Fran succeeds Joanna Adams, who announced she would be stepping down from the role in August 2019.

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[View the full news item](#)

Inside the games reports (11 November 2019)

Tai becomes first Para-swimmer to win Athlete of the Year prize at British Swimming Awards

Alice Tai has become the first Para-swimmer to be named Athlete of the Year at the British Swimming Awards.

The 20-year-old also landed the Para-swimmer of the Year accolade after winning seven gold medals at the World Para Swimming Championships in London in September.

She is hoping her success in and out of the pool will lead to more youngsters starting swimming and other sports.

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[View the full news item](#)

Youth Sport Trust (4 November 2019)

Disney storytelling to get the nation's girls physically active

The FA's Shooting Stars initiative launches today in 1,200 primary schools across England to inspire girls to get active and learn the fundamentals of football.

The initiative, inspired by Disney storytelling and produced in collaboration with the Youth Sport Trust and the National Literacy Trust, takes the form of two programmes:

The FA's Shooting Stars Active Play Through Storytelling inspired by Disney. Using storytelling from Disney and Pixar's 2018 smash-hit animated superhero movie Incredibles 2

and the classic 1992 animated version of Disney's Aladdin, this part of the programme aims to capture Key Stage 1 girls' imaginations whilst developing their fundamental movement and speaking and listening skills. Developed in partnership with the National Literacy Trust, these sessions, which aim to be the start of a child's journey into sport, also allow the girls the opportunity to achieve the learning objectives which are based on the national curriculum for Key Stage 1 English and PE.

The FA's Shooting Stars Girls' Football Club inspired by Disney. These sessions see Key Stage 2 girls using the storytelling inspiration of the animated Disney XD TV series Guardians of the Galaxy to advance their sporting journey into a girls only after school club, where they will learn basic footballing skills whilst engaging in imaginative play.

The FA's Shooting Stars initiative is available in over 1,200 primary schools in the first year of the programme but has ambitions to increase the number of schools taking part year-on-year. It is an integral part of the FA's 'Gameplan for Growth' strategy for women's and girls' football, where they have the ambition of doubling participation by 2020.

Physical and online training resources have been created for the 1,200 schools taking part in the programme. The online resources, hosted at www.girlsfootballinschools.org, additionally allows every school across England to sign up and deliver the two Shooting Stars training programmes. The initiative also plans to regularly launch new programmes using different Disney characters and storytelling.

[View the full news item](#)

England Golf (15 November 2019)

Girls Golf Rocks returns for 2020

Girls Golf Rocks is back for 2020 and clubs the length and breadth of England can now sign up to make it bigger and better than ever.

The programme is now in its fifth year and has helped introduce over 5,000 girls to the game of golf – inspiring beginners to enjoy themselves in a fun, friendly and safe environment.

Applications are now open for affiliated clubs and HSBC Golf Roots Centres who wish to join in the fun for 2020 and encourage the next generation of girl golfers to pick up a club for the first time and have a ball at their local golf venue.

The closing date for applications is 8 January, 2020.

Click below for more details on the programme and to access the 2020 application form head to:

[Girls Golf Rocks](#)

[View the full details](#)

British Judo (15 November 2019)

Funding of up to £2,500 for judo sector women available

Women & Leadership International is administering a national initiative to support the development of female leaders across the UK's judo sector.

The grants are provided with the specific intent of providing a powerful and effective development opportunity for women throughout the judo sector in the UK by providing women with scholarships of up to £2,500.

The campaign enables participation in one of three leadership development programs: Leading Edge (for junior and aspiring leaders and managers), Executive Ready (for mid-level leaders and managers) and the Advanced Leadership Program (for senior and executive level women).

Expressions of Interest

Find out more and register your interest by completing the Expression of Interest form here prior to 31 January 2020: www.womenandleadership.org/funding.html

[Source of information](#)

Lawn Tennis Association (20 November 2019)

Judy Murray named winner of the 'Lifetime Achievement' award at the 2019 UK Coaching Awards

Judy Murray OBE has today been named as the winner of the 'Lifetime Achievement' award at this year's UK Coaching Awards.

The awards, which will take place at The Tower Hotel London on the 5 December, serve to recognise outstanding coaching from both people and organisations, highlighting the role coaching plays in transforming lives and inspiring an active nation.

Judy will receive her award in recognition of her outstanding achievements through a lifetime dedicated to coaching.

[View the full news item](#)

Sunday Times Sport Women of the Year 2019 (21 November 2019)

Announcing 2019's award winners

The winners of The Sunday Times Sportswomen of the Year Awards 2019 in association with Vitality have been announced at a star-studded ceremony at the News UK offices at London Bridge.

The prestigious awards, now in their 32nd year, celebrate the outstanding contribution to sport made by elite performers, coaches, administrators, community volunteers and inspirational female figures.

The 2019 Sunday Times Sportswoman of the Year: [Dina Asher-Smith](#) (Athletics)

- Team of the Year: [England's Netball Team](#)
- Young Sportswoman of the Year: [Khadijah Mellah](#) (Horse Racing)
- Disability Sportswoman of the Year: Alice Tai (Swimming)
- Vitality Grassroots Sportswoman of the Year award: [Clare Griffin](#) (Manager, West Wight Sports and Community Centre, Isle of Wight)
- The Helen Rollason Award for Inspiration: [Jasmin Paris](#)
- Lifetime Achievement Award: Colette Thomson MBE

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Publications.....

Get a move on: Steps to increase physical activity levels in the UK. British Medical Association, October 2019 (16 pages)

Physical activity is a key contributor to good physical and mental health, and has significant social and environmental benefits. However, doctors are concerned about the high number of people in the UK who are not doing enough physical activity, and the subsequent negative impact on individual and population health. Providing the opportunity for everybody to be physically active is an important part of a comprehensive approach to improving the health of the population. Recent policy developments have recognised the contribution that physical activity can make to a range of health outcomes; the UK government's prevention green paper, for example, promises cross-department action to increase the population's activity levels. The benefits of physical activity are also increasingly being recognised as part of social prescribing schemes across the UK. Yet analysis presented below suggests that physical activity is not currently being prioritised in government policymaking, particularly with regard to the lack of protection for physical activity in the school curriculum, low spending on active travel and budget cuts for open spaces and recreation facilities. This briefing examines the wide range of benefits of physical activity, the current low levels of physical activity in the UK and the significant inequalities that exist in levels of physical activity within the population. Policy recommendations across four core parts of people's lives – travel, leisure, school and work – set out the steps government and policymakers should take to increase physical activity levels across the UK.

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USA

Inside the games reports (14 November 2019)

Van Dyken to receive Jesse Owens Olympic Spirit Award

Amy Van Dyken is to receive the United States Olympic and Paralympic Committee's (USOPC) Jesse Owens Olympic Spirit Award.

The six-time Olympic swimming gold medallist will receive the accolade at the 2019 Team USA Awards at Universal Studios on Tuesday (November 19).

It recognises an individual who has "served as a powerful force for good in society, inspiring others by contributing to a better world, uniting people or leading a cause".

Van Dyken has dedicated her life to improving the lives of people with spinal cord injuries and will receive the award from Stuart Rankin, the grandson of Olympic legend Owens.

She herself was paralysed from the waist down after a quad bike accident in 2014.

The 46-year-old has since set-up the Amy Van Dyken Foundation and Amy's Army which provides equipment to individuals across the country, including patient lifts, standing frames and beds.

Her Wheels for Kids initiative also raises money to provide wheelchairs for children.

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