



News and Resource Update April 2016: Your guide to what's happening 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](#)

Keep right up to date with our news

We have set up social media accounts to share all our latest news with you:



You can now follow us on Twitter - [take a look](#)

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IAPESGW 18th World Congress, Barry University, Florida, USA 17 – 21 May 2017

There is now a website for our event being hosted by Barry University at:

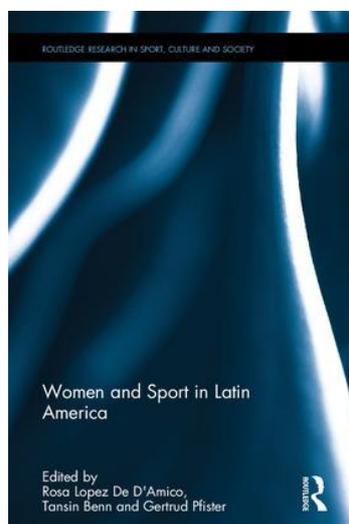
www.barry.edu/iapesgw

Joining IAPESGW – Special membership offer extended

We are pleased to advise colleagues of the special rate of \$50 Canadian for a membership covering 2016 to 31 March 2017 – please encourage your contacts to take up this offer.

[Visit 'Joining IAPESGW' to take advantage of the offer](#)

New Book by IAPESGW colleagues – due out summer 2016



WOMEN AND SPORT IN LATIN AMERICA

Edited by: Rosa López de D'Amico, Tansin Benn and Gertrud Pfister

The book is about women of Latin America and their sport participation. In the context of this book 'sport' includes school-based physical education and sport, community / recreational provision and high-performance sport.

The book contains: overviews of international developments in policy, research and theorizing Gender and Sport; in-depth analysis of ten countries spanning North, Central and South America, and the Caribbean: Argentina, Brazil, Chile, Colombia, Costa Rico, Cuba, Honduras, Mexico, Puerto Rico, Venezuela; the activities of indigenous peoples and the sport contributions of diaspora Latin American women living in the USA and Spain.

The book is original in that it is the first to focus on Women and Sport in Latin America and is particularly valuable in the English language. This enables the exchange of knowledge beyond the predominantly Spanish and Portuguese speaking Latin American region and provides scholars and activists world-wide with knowledge of this region and its rich history in the field.

The clear focus throughout is sport and gender equity, informed by intersecting influences that affect the lives of girls and women and their participation in sport such as economic and socio-cultural context. The multi-disciplinary nature of the book, for example, drawing from sociology, cultural studies, anthropology and history, will increase global understanding of diversity, challenges and achievements in the sporting lives of Latin American Women.

The book was the idea of a network of scholars in the International Association of Physical Education and Sport (IAPESGW) and builds on the success of the IAPESGW- initiated book by Benn, Pfister & Jawad (eds) (2011) *'Muslim Women and Sport'*, the first book to bring together the voices of Muslim women from fourteen countries across Europe, Africa and the Middle East. It was the Latin American women of the scientific community at the 16th quadrennial IAPESGW Congress in Cuba, 2013, who expressed a desire to become more visible in the global scientific world through a book focused on their voices and region. With the first International Association President from Latin America serving IAPESGW 2014 – 2017, Rosa Lopez de D'Amico from Universidad Pedagógica Experimental Libertador, Venezuela, the time was right.

Co-editor, Tansin Benn

Note: The book is due to be published summer 2016 by Routledge - [view the details](#)

There will be discount for members if bought through ICSSPE website because all IAPESGW members are members of ICSSPE through our association membership.

International

Reports on two recent key events attended by IAPESGW Board Member Rosa Diketmüller...

European Women and Sport Conference 2016 "Moving towards gender equality" 8-10 April 2016

The 11th conference of the European Women and Sport took place in Stockholm/Sweden from 8th – 10th of April, 2016. More than 150 participants from 39 countries were discussing future perspectives for an attractive sport for girls and boys, women and men.

The motto of the congress „Moving towards gender equality“ based on the proposal of the

European Commission for *Strategic Actions in Gender Equality in Sports 2014-2020* and focused on the following four prioritized areas:

- Gender balance and equality in decision-making in sport
- Fight against negative stereotypes in sport and the role of the media
- Fight against gender based violence in and through sport
- Gender equality in coaching

Rosa Diketmüller from Austria represented IAPESGW at the conference and she was invited to give the keynote lecture in the opening session of the conference on the Austrian experiences in implementing the European Strategy in Austrian sports.

The conference was structured by these four topics: Each of the topic was introduced by a keynote presentation and by giving examples of good practice and projects from different countries and institutions. These presentations were followed by workshops where all participants were invited to discuss in little groups main actions and strategies in these areas to improve gender equality and to find solutions for prevention of gender based violence in and through sport. Finally, the results of the groups were summarized in panel discussions.

The results of the European Women and Sport conference 2016 were summarized in the QUEEN resolution, which Kristina Thuree, the EWS chair-person, presented as priority areas:

Q – Quotas, nomination committees and terms of office should be introduced by decision making bodies to create structural change.

U – Use social media to create a new women's media.

E – European model for addressing gender based violence, adopted by all countries, should be developed which will create a safe and secure environment in sport.

E – Evidence based data and education and training should be used to develop „gender sensitive“ sport and the results monitored continuously

N – Normalise women as coaches and develop a culture and conditions for all coaches to meet the diversity of athletes.

In the final panel, different organizations and their representatives were introduced (Rosa Diketmüller on behalf of the IAPESGW) and discussed further steps in implementing the QUEEN-recommendations.

Annual Meeting of the International Working Group (IWG) in Women and Sport, 10-12 April 2016, Stockholm, Sweden

After the 11th conference of the European Women and Sport in Stockholm/Sweden the Annual Meeting of the International Working Group on Women and Sport took place in Bosön/Stockholm from 10th - 12th of April, 2016.

From 2014 - 2018 Botswana is hosting the IWG. Ruth Maphorisa (IWG Co-Chair Botswana) and Carole Oglesby (Co-Chair USA) invited to this meeting. Members of the current IWG Secretary of Botswana, regional representatives of the five continents (Africa, Americas and Carribbean's, Asia, Australia and Oceania, Europe) and representatives of the two NGO organizations IAPESGW and WSI (Women Sport International) were invited to join the meeting.

Annual meetings of IWG follow a ritual: on the one hand reporting and discussing activities and strategies of the chairs of the board and the members of IWG and on the other hand,

preparing the quadrennial IWG conference, which will be held next in Gabarone/Botswana from 14 -17 June, 2018.

Rosa Diketmüller took part in this meeting on behalf of IAPESGW, where she presented the annual report of IAPESGW and invited people to attend the next IAPESGW Congress in Miami in May 2017. The work of IAPESGW was highly appreciated by the participants of the meeting.

Further information on IWG: www.iwg-gti.org

IAPESGW members have been invited to this international conference...

ALESDE Congress 2016

26 - 28 October 2016, Benemérita Universidad Autónoma de Puebla, Mexico

On behalf of the ALESDE executive committee, receive an advanced welcome for our V Congress through which we hope to strengthen our ties of cooperation. We will be thankful replicate this email to your colleagues.

To request more information, please contact Professor Samuel Martinez of the Universidad Iberoamericana his email address, samuel.martinez@ibero.mx

OBJETIVOS

- a) Reunir a diversos especialistas y profesionales mexicanos, centroamericanos, sudamericanos y de otras regiones del mundo para que compartan sus hallazgos científicos así como sus opiniones, críticas y sugerencias para tratar de aumentar -por la vía del deporte- la calidad de vida de la población latinoamericana.
- b) Difundir entre los estudiantes, tesistas, profesores, periodistas, gestores y profesionales locales de la actividad física y el deporte (así como a los ciudadanos interesados) los últimos hallazgos y propuestas que se han hecho en distintas instituciones y diversos países en materia de investigación científico-social sobre deporte, para animarlos a que realicen sus propios procesos de investigación y que sometan a crítica sus conocimientos.
- c) Compilar las reflexiones compartidas en este V Congreso ALESDE para editar y publicar un libro colectivo con las conferencias magistrales y las mejores ponencias presentadas.

[View more details about the conference](#)

International Olympic Committee (30 March 2016)

IOC Sport and Active Society Commission offering four USD 20,000 development grants

The IOC Sport and Active Society Commission announced today that it has four development grants worth USD 20,000 each to award organisations that are running effective sport for all programmes in their communities.

The development grants were created by the Commission to fulfil its mission to encourage people everywhere to participate in regular physical activity and to promote the health and social benefits of sport. It is also in keeping with the reforms of Olympic Agenda 2020, the IOC's strategic roadmap for the future of the Olympic Movement that was approved in December 2014.

This year's grants fall under three themes: sports legacy for the Olympic Games or other major events; community-wide promotion of physical activity; and the engagement of youth.

To be considered for a grant, applicants should demonstrate that their project:

- has a long-term and sustainable timeline;
- uses sport or physical activity as a tool to improve social issues;
- uses available public space and/or sport facilities and venues to promote participation in physical activity;
- has concretely developed long-term partnerships; and
- has a concrete monitoring/evaluation plan in place.

.....
Non-governmental organisations (NGOs), not for profit organisations, International and National Federations (including IOC-Recognised International Federations) and National Olympic Committees (NOCs) are eligible to apply. The applicants will be shortlisted by a panel of judges from the IOC Sports, Olympic Games, Olympic Solidarity, and Public Affairs and Social Development Through Sport Departments.

The shortlist will then be presented to the Sport and Active Society Commission Grants Panel to select the winners. **The deadline for submissions is 15 May 2016.** Winning entrants will be announced by July, with funding scheduled to be provided to the organisations in September.

Those interested in applying for a grant are asked to send a [completed application form](mailto:activesociety@olympic.org) to activesociety@olympic.org.

[Regulations regarding the IOC Sport and Active Society Commission Development Grant can be found here.](#)

[View the full announcement](#)

UNESCO (6 April 2016)

Learning values through sport

Celebrating the International Day of Sport for Development and Peace 2016, on 6 April, UNESCO has initiated a campaign promoting the role of sport in delivering values education. A motion design animation, a photo book, and a dedicated webpage have been launched to this effect.

UNESCO is actively engaged in the promotion of sport and physical activity as an entry point for the delivery of values education, both in schools and, more generally, in society. Equality, inclusion, respect, and fairness are core values triggered by sport – and the short [motion design animation](#) makes the case for using sport in order to empower learners to be self-determined, responsible, and contribute to society.

The [Power of Sport Values photo book](#) is a bilingual (English-French) collection of the best 15 entries of [UNESCO's photo contest on the power of sport values](#), selected from over 300 photos submitted by photographers from 76 countries all around the world.....

For more information on Values Education through Sport, check the [dedicated webpage](#).

[View the full news item](#)

International Day of Sport for Development and Peace - 6 April

Editor - some videos from the IOC to inspire you.

[View the videos on this page](#)

European Union - Sport (4 April 2016)

3rd meeting of the High-Level Group on Grassroots Sport

The third meeting of the High-Level Group on Grassroots Sport took place on 16 March 2016 in Brussels. The group concentrated its work on the issues of skills development/informal learning and volunteering in sport.....

[View the news item](#)

Also ... [View report of the meeting](#)

European Commission - Sport (13 April 2016)

4th meeting of the High-Level Group on Grassroots Sport – 8 April 2016

The fourth meeting of the High-Level Group on Grassroots Sport took place on 8 April 2016 in Brussels.

The Group concentrated its work on the issues of Economic impact of grassroots sport, the sustainable financing of sport and Urban planning in relation to grassroots sport. It also discussed the draft final report due for June 2016 and its recommendations.....

[View the news item](#)

Women Win (April 2016)

Data Report: Girls' Leadership Through Sport

In 2012, Women Win launched the 'Building Young Women's Leadership Through Sport' (BYWLTS) programme, funded by the UK's Department of International Development. BYWLTS was a three-year programme with the objective of increasing the leadership of adolescent girls and young women (AGYW) in formal and informal decision making processes. Women Win worked closely with eight partner organisations in seven countries to deliver quality sport and life skills curricula to over 65,000 AGYW. In addition, AGYW were provided with opportunities to practise leadership through a mentorship programme and by learning how to share their stories through Digital Storytelling. Extensive monitoring and evaluation processes were used to understand the impact that the BYWLTS programme had on partner organisations, AGYW and their communities, and [the results are in](#).

Through a collective impact data collection and analysis process, including base and endline questionnaires, qualitative stories, and community surveys, Women Win gathered extensive data on the impact of the programme.....

[View the full news item](#)

Building Young Women's Leadership Through Sport 2013–2015: Programme Evaluation. Women Win, [April] 2016 (26 pages)

[Download a copy](#)

A member sent me details of this article...a little 'dated' but of interest I hope...

Sport, athletes and violence against women - article by Michael Flood and Sue Dyson, NTV Journal, made available online 2016 [original article date is much earlier - 2007]

In this article the authors review the evidence on athletes' involvement in violence against women, their agreement with violence-supportive attitudes, and the risk factors for violence associated with sport in particular. This review is excerpted from a longer report written for the AFL by the Australian Research Centre in Sex, Health and Society at La Trobe University.

[Download the 12-page article](#)

Included this item as women are strongly featured in the news item and the video...

International Olympic Committee (6 April 2016)

Peace through Sport: Fighting for Peace with an Olympic Spirit on the International Day of Sport for Development and Peace

Today is the [International Day of Sport for Development and Peace](#) (IDSDP) – a celebration of the power of sport to drive social change, unite people and promote a culture of peace! On this occasion, three young Cariocas from a favela in Rio de Janeiro show us how sport, the Fight for Peace organisation and the Olympic Games being in their home city this August are inspiring them to become champions in life.

Every day, everywhere around the world, organisations and individuals are using sport as a tool to improve education and health, to promote social inclusion and gender equality, and to foster reconciliation. Fight for Peace is one of them. A recipient of an International Olympic Committee (IOC) Sport for All Award and grant in 2013, this non-governmental organisation was founded in 2000 and is located in the favelas (Maré) in Rio – the host city of the 2016 Olympic Games. In partnership with the Brazilian Olympic Committee, the IOC supports Fight for Peace’s Maré Academy through its “[Community Champions](#)” project. Using combat sports and the Olympic values, this project promotes the development of young people and coaches in communities affected by crime, violence and social exclusion.....

[View the news item and watch the video](#)

Beyond Sport reports (6 April 2016)

Valencia Club de Fútbol and UN Women to teach football training techniques to development practitioners

UN Women and Valencia Club de Fútbol have been jointly advocating for gender equality [since they joined forces in 2015](#). The Spanish soccer team is the first sports club ever to become a global partner for UN Women and to provide core resources to the organization. In the framework of their partnership, UN Women and Valencia CF are organizing an innovative international workshop to teach football training techniques to development practitioners.

Many humanitarian and development workers already include sports programming in their activities but may not have the necessary skills to conduct high-quality training programmes, or to adequately include gender equality and women’s empowerment into the design of their sports programmes. The workshop will provide the participants with techniques to design and conduct high-quality football training with a strong focus on gender equality, preventing violence against women and girls and building self-esteem and leadership through sports.

The gender equality and women’s empowerment sessions will focus on women’s rights, the human rights-based approach and prevention of gender-based violence. Furthermore, participants will learn about concrete tools to incorporate these important issues into sports programming in the field. The sessions will be interactive and give participants the opportunity to make personal reflections. Furthermore, there will be time to discuss how to best utilize the exercises in contexts that are relevant to each participant in an exchange and innovation session.....

[View the full news item](#)

Inside the games reports (13 April 2016)

AIBA names ambassadors for 2016 Women’s World Boxing Championships

The International Boxing Association (AIBA) has appointed eight ambassadors for next month’s Women’s World Boxing Championships in Kazakhstan’s capital Astana.

Ambassadors of the event, which is scheduled to take place from May 19 to 27, include female boxers and referees and judges.

British flyweight Nicola Adams, the first woman to win an Olympic boxing title when she won gold at London 2012, heads a six-strong boxer list.

It also features India's Mary Kom and America's Marlen Esparza, the two flyweight bronze medallists at London 2012, as well as Brazil's Adriana Araujo, a lightweight bronze medallist in the British capital.

Completing the list of boxers is Bulgaria's Stanimira Petrova, the 2014 AIBA world bantamweight champion, and Moroccan middleweight Khadija Mardi.

Algeria's Kheira Sidi Yakoub, the first female five-star official from AIBA, and Canada's Jennifer Huggins, a three-star AIBA referee, have also been named.

AIBA state the ambassadors have been selected not only for their abilities in the ring, but for their position as positive role models for aspiring boxers and women in general.....

[View the full news item](#)

Inside the games reports (14 April 2016)

Netball Australia launch new scheme to help promote sport in Asia

Netball Australia are set to a leading role in helping promote the sport in Asia after receiving a grant to launch a new programme.

As part of the Asian Sports Partnership (ASP), an AUD\$1.4 million (£760,000/\$1.1 million/€960,000) initiative launched last month by the Australian Government, they are to receive AUD\$200,000 (£110,000/\$154,000/€137,000).

The money will be used to fund One Netball Asia.

It will work with countries within the Asian Netball Federation to increase participation levels among women and girls in netball and contribute to health and leadership outcomes.

This scheme expands on the successful Australia Post One Netball community programme that has been delivered since 2016.

It also complements One Netball Pacific, an initiative under the Australian Government's Pacific Sports Partnership programme.....

[View the full news item](#)

Inside the games reports (14 April 2016)

Women's Tennis Association add Biel event to 2017 tour calendar

A new indoor tennis tournament is due to be held at Biel-Bienne in Switzerland from April 2017, the Women's Tennis Association (WTA) has confirmed.

The tournament was granted the status of "International" - meaning it will feature on the second tier of WTA Tour events.

Competition is scheduled to take place at the national tennis centre of Swiss Tennis, with a new indoor arena earmarked to be completed by February 2017.

A total of 32 players will feature in the singles competition, while 16 pairings will contest the doubles event.....

[View the full news item](#)

Laureus Sport for Good (18 April 2016)

Sport for Good celebrated at Laureus World Sports Awards

While the Laureus World Sports Awards celebrated the greatest achievements of sportsmen and sportswomen, the evening also shone a light on the work of Laureus Sport for Good.

In Berlin to receive the Laureus Sport for Good Award was Rachel Muthoga, Executive Director of the Laureus-supported Moving the Goalposts project. Moving the Goalposts uses football to empower young women and girls and tackle gender disparities in the rural Kenyan county of Kilifi, where over 60% of the population currently lives below the poverty line.

Working in some of the world's poorest and most disadvantaged communities, Moving the Goalposts uses football to develop essential life skills, leadership and self-esteem in vulnerable young women. The project also helps tackle some of the biggest issues facing the girls, including low retention in school, early and unwanted pregnancies and vulnerability to HIV/AIDS which trap them in a cycle of poverty.....

[View the full news item](#)

Inside the games reports (19 April 2016)

Impact of Malawian netball star praised after winning IWGA Athlete of the Year award

International Netball Federation President Molly Rhone praised the impact of Malawi's Mwai Kumwenda on netball after accepting the International World Games Association (IWGA) Athlete of the Year on her behalf at SportAccord Convention here.

The honour was passed to Rhone by the IWGA President José Perurena.

Kumwenda, who plays for professionally for Mainland Tactix in Christchurch in New Zealand, was announced as the winner of the award in February.

It followed an online poll, which saw athletes nominated from a cross section of sports.

Kumwenda received a total of 17,910 votes.

Germany's flying disc beach ultimate mixed team were in second place with 9,168 votes.

.....
[View the full news item](#)

The Sport Integrity Initiative (20 April 2016)

Testosterone is not exclusively a male hormone

Testosterone is not exclusively a male hormone. It is produced in significant quantities by males and females – especially by elite athletes, who need it to aid muscle growth and recovery. The reason this drum needs banging, yet again, is because there has recently been [speculation](#) that Caster Semanya (pictured) is running faster not because she has trained hard, but because she may have stopped taking testosterone limiting medication.

Apart from being extremely unfair to a young athlete in her prime and leaving aside the issue that it may simply be untrue, there is no evidence that an elite athlete's natural testosterone levels give them an unfair performance advantage.

Natural testosterone – cheating?

Externally administered testosterone is known as exogenous, and is the main ingredient in anabolic steroids, which are banned in sport as they artificially elevate the body's natural testosterone levels, stimulating muscle growth. Testosterone naturally produced within the body is known as endogenous.

In a very simplified form, a person taking on exogenous testosterone is cheating, as it allows that person to artificially stimulate muscle growth. What is less certain is the impact that endogenous testosterone levels have on muscle growth, as this tied in with many other biological factors. What is very uncertain is the impact that endogenous testosterone has on athletic performance and whether it results in a competitive advantage.....

[View the full article](#)

International Olympic Committee (21 April 2016)

“Together we can change the world”: IOC launches global promotional campaign

The International Olympic Committee (IOC) today launched its global promotional campaign to communicate the Olympic Movement’s vision of building a better world through sport.

With the aim of inspiring the spirit of unity, hope and peace for a better tomorrow, the campaign is entitled “Together we can change the world.”

The launch of the campaign coincides with the Olympic Flame lighting ceremony for the Olympic Games Rio 2016, at which the IOC President said “Like no other human activity, sport is about bringing people together in the spirit of friendship and respect. Sport always builds bridges, it never erects walls. In a world shaken by crises, the message that our shared humanity is greater than the forces that divide us, is more relevant than ever before. By coming together in unity to celebrate the rich diversity of our shared humanity, the Olympic Games give us all hope that a better world is possible. Together, we can change the world.”

The first phase of the campaign consists of four films: Together, Breath, Respect and Counting Stars. Each tells the story of the core Olympic values and their role in enhancing a united world through sport.....

[View the full news item and access the films](#)

UEFA (21 April 2016)

Female candidates for election at 40th Ordinary UEFA Congress

UEFA has confirmed the list of candidates standing for election as the female member on the UEFA Executive Committee at the 40th Ordinary UEFA Congress in Budapest, Hungary, on 3 May 2016.

Two candidates from UEFA member associations are standing for the seat available on the UEFA Executive Committee for a term of office running until the 2019 electoral UEFA Congress:

- Karen Espelund (Norway)
- Florence Hardouin (France)

As approved by the 11th Extraordinary UEFA Congress on 25 February 2016 in Zurich, a female member of the Executive Committee will be elected for the first time at the 40th Ordinary UEFA Congress in Budapest – as opposed to being appointed by the UEFA Executive Committee. In accordance with Article 19 of the UEFA Statutes, a person shall be elected in the first ballot if supported by an absolute majority (i.e. more than half).

The closing date for candidatures was 19 April 2016. It is possible for the female member to come from a country already represented on the Executive Committee.

[Source of information](#)

Inside the games reports (26 April 2016)

Adapted FIFA Statutes to come into effect as governance reform continues

FIFA's extensive reform package will take the next step tomorrow when it officially becomes part of the world football governing body's Statutes.

The reforms, passed unanimously at the Extraordinary Congress in Zurich in February, where Gianni Infantino was elected as President, include the establishment of a 37-strong FIFA Council to replace the current ruling Executive Committee.

The Council is due to have its first meeting on May 9 and 10 ahead of the organisation's Congress in Mexico City, which will include the current 25 Executive Committee members.

In a bid to address the gender imbalance within the governing body, six of these must be women.

The only current female Executive Committee member is Australian Moya Dodd.....

[View the full news item](#)

Exercise Works

A new educational site for international students of community health and public health

A new educational website was launched by Exercise Works! and People's Uni on 6 April for international students to learn about the theory and practice of physical activity promotion and exercise medicine for the prevention and treatment of disease.

The online courses are aimed at lecturers and students in low and middle income countries as a contribution to work to improve the health of these populations by building public health capacity via e-learning.

[View the details](#)

Journal of Physical Activity and Health: The Official Journal of the International Society for Physical Activity and Health. Volume 13, Issue 2, February 2016

Editor - the abstracts from the articles in this edition are now available.

[View the abstracts](#)

Journal of Physical Activity and Health: The Official Journal of the International Society for Physical Activity and Health. Volume 13, Issue 3, March 2016

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

[View the abstracts](#)

Anita White Foundation - Newsletter Issue 13, Spring 2016

This newsletter contains a report on the recent visit of the International Working Group on Women and Sport (IWG) and Women and Sport Botswana (WASBO) to the University of Chichester, an update on the Women's Sport Leadership Academy (WSLA), the launch of a Catalyst Grant for WSLA graduates, progress made with the Archive, and other scholarly activity.....

[View the newsletter](#)

An event to make people aware of...

The World Masters Games - 21 - 30 April 2017, Auckland, New Zealand

With more athletes than the Olympics, the World Masters Games is the single biggest multi-sport event on earth. Now in 2017, the event will come to Auckland New Zealand, a must-see destination renowned for its stunning natural diversity and vibrant social scene. As is often said, it's not just the scenery New Zealand is famous for, it's the people. And sport is part of New Zealanders' DNA.

The World Masters Games is for everyone – whether you play to stay fit, to have fun or quite simply to win. In 2017, 25,000 athletes will converge on Auckland for the event of a lifetime. So now's the time to pick your sport and get training. The World Masters Games 2017 is coming to New Zealand and we hope to see you there.

[View more details](#)

IAPESGW Vice-President Janice Crosswhite says:

"I will be there with my over 70's basketball team"

Editor - I'll be asking Janice for a report on the event this time next year!

Specific countries

AUSTRALIA

Daily Telegraph - Australia (19 April 2016)

I want this year to be one when women in sport were heard, writes Jessica Fox

When I look back at 2016 I want to remember it as the year women in sport were heard.

When they were recognised, accepted, acknowledged and celebrated.

Where women leading double lives — mums, students, workers by day and athletes in between — had their stories told.

Where women doing extraordinary things at the Olympic and Paralympic arenas, in any field of play for that matter, are applauded and rewarded equally.....

[View the full news item](#)

CNN News (18 April 2016)

Michelle Payne: Melbourne Cup fame no distraction to gender equality fight

It's been a whirlwind five months of autographs, red-carpet premieres and book deals for Michelle Payne, but the Melbourne Cup winner has not lost sight of the bigger picture.

Payne was thrust into the global spotlight after she became [the first woman in history to win the \\$4.2 million "race that stops a nation"](#) on board 100-1 outsider Prince of Penzance back in November.

Getting stopped on the street is now a regular occurrence for the 30-year-old Australian, as is hobnobbing with the stars of film and sport, while this month even saw the release of her own autobiography.

Yet while Payne admits her life "has probably changed in every way really you could imagine," she's not forgotten about the fight against gender inequality which she feels still dominates the world of horse racing.

"It's been a bit of a battle my whole career and a lot of the other female jockeys in our industry have really fought the battle," she told CNN's Winning Post.

"I think that we've proven ourselves against the guys and we just don't seem to get the opportunities that I think we deserve, so hopefully that can continue to change.".....

[View the full news item](#)

Active and healthy ageing through sport: Report prepared for the Australian Sports Commission by the Active Living and Public Health team, Institute of Sport, Exercise and Active Living (ISEAL), Victoria University. Published by Australian Sports Commission, 2015 (78 pages)

Sport is a form of physical activity which provides an excellent opportunity to be active in an enjoyable way. In addition to personal enjoyment, regular physical activity also improves physical and mental health, which has the potential to improve overall quality of life. Furthermore, club based or team based sport participation has been associated with better social health, particularly due to the social nature of sport participation. Despite the benefits of sport, participation decreases with age. Given Australia's rapidly ageing population, it is important to understand the reasons for this decline and to develop strategies to keep people active through sport throughout the lifespan.

The overall aim of this report is to provide knowledge about sport participation by adults as they age. For the purpose of this report, the age of 50+ years has been used and will be referred to as 'older adults'.

The specific aims of this report are to provide:

1. Knowledge about sport participation by older adults
2. Knowledge about the benefits of and barriers to sport participation in older adults
3. Knowledge about opportunities, strategies and potential modifications to increase sport participation by older adults

[Download a copy](#)

IRAN

Inside the games reports (23 April 2016)

Exclusive: FIVB switch to "event by event" approach to lifting of ban on women attending matches in Iran

International Volleyball Federation (FIVB) officials have admitted that the ban on women attending matches in Iran will not be fully lifted before this year's Olympic Games in Rio de Janeiro, vowing instead to work on an event-by-event basis to resolve the "delicate" situation.

A 27-year long rule banning women from attending football matches in the Islamic country was controversially extended to volleyball in 2012 due to the rising popularity of the sport.

The ban gained worldwide publicity in 2014 following the arrest of British-Iranian woman Ghoncheh Ghavami.

Ghavami, arrested for "propaganda against the regime" after attending an FIVB World League match in capital Tehran, spent 151 days in Evin prison before she was released and charges eventually dropped.

The FIVB were initially criticised for a lack of action but vowed to work with Iranian authorities and promised not to allocate any more events to the country until the ban was lifted.

They subsequently reversed this decision, adopting a carrot rather than a stick approach to resolve the problems while repeatedly pledging to have the ban lifted ahead of Rio 2016.

Officials have now concluded, however, that they are unlikely to achieve a definitive lifting of the ban given the complex political and religious issues and must therefore adopt a more ad-hoc approach.....

[View the full news item](#)

TURKEY

A report from IAPESGW Board member Canan Koca....

First Woman and Sport Workshop held in Turkey

On April, 1 2016, Başkent University Faculty of Health Sciences Department of Sport Sciences and Turkish Association of Sport and Physical Activity for Women (KASFAD) organized the first *Woman and Sport Workshop* held in Turkey.

Workshop was planned to identify the problems/constraints experienced by women and girls from different realm of sport (athlete, exerciser, manager, coach, referee, student) in different sport fields (performance sport, recreation, physical education and sport management), and to develop recommendations for the solution of identified problems.

Workshop, furthermore, started out to enable to form cooperation among different sport institutions in Turkey, and to establish a ground for the generation of policies aiming to increase the women's and girls' participation in sport.

At the *Women and Sport Workshop*, academicians interested in women and sport issue from various universities throughout Turkey; representatives of diverse sport institutions such as Ministry of Youth and Sport, Ministry of Family and Social Policy, Sport Federations, sport clubs, NGOs and commercial sport/fitness centres; physical education teachers across Turkey, coaches and athletes from different sports such as weightlifting, cycling, football, gymnastic, and volleyball came together and shared their opinions and experiences about *women and sport* issue.

Three Inspiring women

Workshop started with a panel that three inspiring women shared their stories with the participants. At first, Vesile Yılmaz Anaçça, physical education teacher and triathlete, shared her teaching experiences and athletics story before Melis Abacıoğlu, founder of Kızlar Sahada project, talked about the formation of the project and enthusiastic aspects of it. Lastly, Nesrin Olgun Aslan, the first Turkish woman to have swum across the English Channel in 1979, emotionally shared the rocky road behind her success, and her feelings in that moment.

Equal and Safe Access to Sport

Following the opening panel, four different sessions were held simultaneously: Performance Sport, Physical Education, Sport Management and Recreation/Physical Activity.

Around a hundred participants discussed the key issues concerning the session topic throughout the day, and worked on developing recommendations for the solution of identified problems. Performance Sport Session focused on the reasons behind the numeric minority of

women coaches and referees in sport, and on the solutions for prevention of sexual harassment in sport. Meanwhile, Physical Education Session centred upon physical education teacher's part in encouraging girls to participate in physical education and sport more actively. Sport Management Session focused on the barriers blocking women's career development in sport management, as well as on what strategies can be developed to remove the those barriers. Lastly, Recreation/Physical Activity Session concentrated on the question of what sort of recreational programs can be developed in order to provide recreational environments/spaces, principally at outside, to women and girls to have an active life.

Final Report

It is aspired that Women and Sport Final Report prepared will provide a significant guide to policy makers to develop fundamental policies for women's and girls' equal and safe access and participation as well to each level of sport in Turkey.



UK

British Cycling (5 April 2016)

Ignite your coaching: Join a new women's development network

Within cycling, women make up just one fifth of the coaching workforce. While there are brilliant female coaches working at all levels of cycling, the low representation means reduced visibility and therefore makes it harder for women that coach to inspire others.

Things are changing however, with a quarter of female cycling coaches qualifying in the last four years. And as an extension of our #WeRide women's strategy, we aim to drive this momentum through the empowerment of our existing workforce – and the inspiration of a new one.

Local to you, we will be establishing solid support networks of coaches and experienced mentors working collaboratively. Starting off in four pilot regions, the vision is for the network to grow and sustain itself nationally to share knowledge and create opportunity.....

[View the full details](#)

Women's Sport Trust (5 April 2016)

#BeAGameChanger Awards 2016

On 5th April our [Expert Panel](#) chose the finalists in each category. **Public voting for winners will open 18 April.** Winners will be announced on 12th May.

Shortlist for NGB of the Year:

British Rowing; British Wheelchair Basketball; England and Wales Cricket Board; England Athletics; England Hockey; England Netball (AENA) and The Football Association.

Editor - Andy Murray appears in the shortlist for the 'Sporting Role Models - individual'

[Access the shortlists for all categories on this page](#)

The Football Association (4 April 2016)

FA girls' football week exceeds target participants

More than 22,000 girls have registered to take part in this month's FA Girls' Football Week, almost 5,000 above the original target.

So far 22,304 girls aged 5-16 have signed up to play football, with the event three weeks away. The initial target was 17,340 participants.

This year the event has been expanded to two weeks, following the success of 2015's FA Girls' Football Week, to further drive female participation.

The first week will take place from Monday 25 April [second week is 10-16 October] and is aimed at encouraging primary and secondary schools along with clubs, community groups and other organisations to run female football sessions. More than 200 schools have signed up to take part in the week.

The weeks are being delivered in partnership with Independent Schools FA, English Schools FA, Association of Colleges Sport, British Universities and Colleges Sport, the Premier League and the Football League.....

[View the full news item](#)

Mind (11 April 2016)

School P.E. nightmares mean women shun exercise – putting them at risk of poor physical and mental health

Women with mental health problems are not exercising because of bad experiences with P.E. at school – putting them at greater risk of poor physical and mental, health the charity Mind has warned. More than half of women (57%) do not participate in sport because they were not good at PE at school[1] while nearly half (43%) feel it is too competitive.

In response, Mind has today launched a new motivational website to help women with mental health problems choose a sport which is suitable for them, enabling them to take the first step and get active to improve their physical and mental wellbeing.

Women with mental health problems are more likely to have physical health problems such as diabetes and heart disease so being active can be really important for looking after their physical health. Mind's new website is part of the charity's physical activity project, Get Set to Go, supported by Sport England and the National Lottery.

Mind's new [website](#) asks people to select reasons stopping them from exercising, and provides practical tips and real life stories to inspire people take the first step, and reap the benefits of an active lifestyle.....

[View the full news item](#)

[View what the Youth Sport Trust says about the new Mind initiative](#)

Women's SportNet (21 April 2016)

@SofaDodgerUK / @WSNet 100 Day Olympic Challenge The Road2RIO

Be an Olympic 'SofaDodger' - get ready for Rio 2016!

With one hundred days to go to Rio, we teamed up with Sam Taylor to become 'SofaDodgers'. Sam's quest last year, despite not being at a fitness class for four years*, was to try 100 sports & fitness classes.

WSNet & SofaDogers have joined forces to present:

The SofaDogers/WSNet 100 day Olympic challenge.

We'll be following each of her experiences every day for the next 100 days. So you can try some of those sports and get 'Rio-Ready'. To keep up to date on sports & fitness classes YOU can follow @WSNet or @SofaDodgersUK on Twitter. And find #FemaleFreiendly activities near you on @ACTIVEMapX - #ThisGIRLCan!

[View the full news item](#)

England Athletics (22 April 2016)

England Athletics Women in Coaching Event

24 invited female coaches from across the country gathered just in Bristol for a national 'Women in Coaching' event staged by the England Athletics Coaching and Athlete Development Team. The aim of the day was to: inspire and challenge; provide coaches with tools for personal development; enable coaches to share experiences and form networks.

Martin Rush (Head of Coaching and Athlete Development) said of the reasons behind staging this event, "Whilst there are a good number of women coaching at grass roots level and taking their LiRF and Coaching Assistant qualifications as we move into Athletics Coach and Event Group coaching and performance, the numbers drop off dramatically. Athletics needs more women coaches at the higher performance levels not just because as a sport we should reflect society but because diversity offers more options for athletes and overall a stronger more capable coaching group. Today's event was about supporting this development."

[View the full news item](#)

Women in Sport (25 April 2016)

Changing the game for girls: in action report published

Women in Sport releases the findings of a two-year project aimed at improving the provision of PE for girls in schools. [Changing the Game for Girls: In Action](#) makes tried and tested recommendations that are now being applied in schools across the country, to provide a solution to the alarmingly low levels of girls' playing sport.

Only 7% of girls currently meet the government recommendations for physical activity and a third of girls age 12-15 in England are classified as overweight or obese. Now, within weeks of plans being announced to fund more sport in schools through a tax on sugary drinks,

Changing the Game for Girls: In Action shares tested strategies on how best to address these shocking figures.

Funded by the Department of Health, the new research aims to inspire girls to take part in and enjoy sport at school, developing a positive relationship with sport from a young age as a long term, effective way to stay healthy throughout their adult lives.

Nearly 2 million fewer women than men take part in sport at least once per week and, finding from their study in 2012 that this gender gap between girls and boys playing sport begins to

open at around age 8 – much earlier than previously thought – Women in Sport developed and piloted new approaches and interventions for girls at 25 schools across England.

The findings in our report highlight the importance of allowing girls to help shape sports programmes more effectively to their needs, and to express their motivations and ideas, thus improving participation. This is most often achieved by establishing a way to capture the girls' voices and working with the girls directly.....

[View the full news item](#)

Changing the Game for Girls: In Action. Women in Sport, April 2016 (20 pages)

[Download a copy](#)

sports coach UK

Project 500: More Women, Better Coaching Video

Only 30% of coaches are female and Project500 want to change that!

Thanks to funding from Sport England, the Seven County Sports Partnerships in the South East have commissioned a recruitment video entitled 'More Women, Better Coaching'.....

[Watch the video](#)

[View the full news item](#)

BMJ Open 2016;6:e010366 doi:10.1136/bmjopen-2015-010366. Objectively measured physical activity and sedentary time: cross-sectional and prospective associations with adiposity in the Millennium Cohort Study. Griffiths, L et al

Abstract

Objective: To examine whether physical activity (PA) and sedentary time (ST) in primary school-aged children are associated with adiposity at the start of secondary school, and whether these associations differ by sex or ethnic group.

Design: Nationally representative prospective cohort study.

Setting: Children born across the UK, between 2000 and 2002.

Participants: 6497 singleton children.

Outcome measures: Measures of adiposity (body mass index (BMI), fat mass index (FMI) and fat free mass index (FFMI))—obtained at 7 and 11 years.

Explanatory measures: Total daily PA (mean counts per minute (cpm)); minutes of moderate-to-vigorous PA (MVPA); and ST. All assessed at 7 years using accelerometers.

Results: In cross-sectional analyses, total PA was inversely associated with FMI (3.7% (95% CI 2.7% to 4.7%) reduction per 150 cpm increase), as was MVPA (4.2% (CI 3.2% to 5.2%) reduction per 20 min/day increase). Associations were stronger in black and South Asian ethnic groups. Total PA and MVPA were not associated with FFMI. ST was positively associated with FMI (1.3% (CI 0.2% to 2.3%) increase per 50 min/day increase) and inversely associated with FFMI (0.5% (CI 0.2% to 0.7%) reduction per 50 min/day increase). Longitudinally, MVPA at age 7 years remained inversely associated with FMI at age 11 years (1.5% (CI 0.4% to 2.6%) reduction per 20 min/day increase). No association was found between total PA and ST and any of the later adiposity measures.

Conclusions: 7-year-old children who are more physically active are less likely to be obese at that age and at age 11 years. These associations were particularly evident in children from black or South Asian ethnicity at age 7 years and in boys at age 11 years. Measurements of fat mass provide valuable insights into ethnic differences in associations between adiposity and activity.

[View the 13-page article](#)

Quite useful if you want the information quickly...

Stats pack for Media - March 2016. Women in Sport, 31 March 2016 (5 pages)

This document is intended to provide headline statistics on women's sport for use by the media.

[Download a copy](#)

US

Athletic Business (1 April 2016)

US Women's Soccer team demands equal pay

Of all the memorable moments in the glorious history of U.S. women's soccer, from the celebration of Brandi Chastain to the brilliance of Mia Hamm to the headers of Abby Wambach to the hat trick of Carli Lloyd, the most important just might have happened Thursday.

Five well-known members of the women's national team filed a complaint with the Equal Employment Opportunity Commission charging U.S. Soccer with wage discrimination. Set against the backdrop of a similar conversation in the sport of tennis and the discussion about women's pay nationwide, the world's most popular women's team has again taken us to a place that transcends sports and becomes part of our national dialogue.

Lloyd, Alex Morgan, Megan Rapinoe, Becky Sauerbrunn and Hope Solo contend that they and their teammates were paid nearly four times less than their counterparts on the men's national team, even though they are more prominent, better known and far more successful.

The bonus pay disparity that the players revealed in their complaint is shocking: A male player receives \$5,000 for a loss in a friendly and as much as \$17,625 for a victory against a highly ranked opponent. A member of the women's national team receives \$1,350, but only if the USA wins. Women's players receive no bonuses for losses or ties.....

[View the full news item](#)
