



**IAPEGW International Update, April 2019: News and resources from around the world**

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

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***Our next Regional Congress.....***

### **Recognition for our President Rosa López de D'Amico for her work with ICSSPE**

ICSSPE Executive Board Member Rosa López de D'Amico received a plaque of recognition for her work she had conducted on the advisory board of the Faculty of Sport Organisation at the Universidad Autónoma de Nuevo León, Mexico.

The honouring took place during a meeting of national and international experts at the Universidad Autónoma de Nuevo León to review the faculty academic development and international relationships from 1st until 2nd March.



Prof. Dr. Rosa López de D'Amico and Prof. Dr. José Tristan (Dean of the Faculty)

### **Dr Isabelle Nel**

**In memory of her lifelong work and excellent support for IAPESGW - sent for inclusion by Doreen Solomons**

It is with sincere sadness that I share with you of a stalwart of the IAPESGW movement here in South Africa Dr Isabelle Nel has passed away. She served on the board and was also an honorary Life Member - [as indicated in the History of IAPESGW](#).



## Isabelle Nel

Below we have included information on Dr Nel which Dr Edith Katzenelenbogen, a long time colleague and friend of Dr Nel, sent to Doreen:

### H. ISABELLE NEL - Republic of South Africa QUALIFICATIONS

B.Sc. (Phys. Ed.)	(1942)	University of Stellenbosch, RSA
Teacher's Diploma	(1943)	University of Stellenbosch, RSA
M.Sc.	(1947)	Wellesley College, USA
D.Ed.Ph.	(1961)	University of Stellenbosch, RSA

### PROFESSIONAL EXPERIENCE

P.E. Teacher	1944-1945
Recreation Officer	1945-1946
Teacher's College Lecturer	1948-1949
University Lecturer/Professor	1950-1984 (1971: Professor)

### DISCIPLINE SPECIALISATION

Academic areas:	Kinesiology (Perceptual motor learning & control); Ergonomics; Comparative Physical Education
Practical areas:	Movement Education; Educational Dance; Rhythmic gymnastics; Netball; Softball

### PUBLICATIONS

- 4 Books (Co-author: *Rhythmic Movement; Netball for teachers and coaches; Programme units for Physical Education; Perceptual motor control and learning*)
- Refereed research articles (Areas: Perceptual motor learning and control; Curriculum planning)
- Research reports (Areas: Effective movement programmes for desirable perceptual-motor development; Movement abilities of a group of girls (7-11 years) in specific movement activities; Human Sciences Research Council Research on Sport in South Africa [research team member])
- Articles in professional journals (Areas: Educational dance; Netball; Movement Education; Planning training courses for tertiary level)

### AWARDS

- 3 Merit awards for service to SAASPER (SA national association) [1964, 1986, 1988]
- State President award for meritorious service to sport [1981]

## ACHIEVEMENTS

First woman to achieve a doctoral degree in Physical Education in South Africa  
First woman to be appointed as full professor in Physical Education in South Africa  
First woman to serve as Head of a Phys. Educ. Department at a SA university  
First South African woman to serve on the Executive Board of an international association of Physical Education

## MEMBERSHIP IN PROFESSIONAL ORGANISATIONS

### National

*South African Association of Sport, Physical Education and Recreation [SAASPER]*  
*Women's Section of SAASPER*

### International

*International Association of Physical Education and Sport for Girls and Women [IAPESGW]*  
*International Council of Sport Science and Physical Education [ICSSPE]*  
*International Council of Health, Physical Education and Recreation [ICHPER]*  
*American Academy of Physical Education, Health and Recreation*

## IAPESGW INVOLVEMENT OF H. ISABELLE NEL (South Africa)

**Membership:** 1953-1999 [46 years]

**Congresses attended:** Paris (1953); Washington (1961); Cologne (1965); Tokyo (1969); Teheran (1973); Cape Town (1977); Buenos Aires (1981); Warwick (1985)  
[Bali: Applied to register but Indonesia was unable to receive South Africans]

**Offices:** Council of Representatives [South African Representative] (1953-1969)  
Vice-President (1969-1985)

### Contributions:

She attended all Executive Board meetings during her term of office on the Executive Board. While in office on the Executive Board she played a leading role:

- in revising the IAPESGW Constitution; planning Congress programmes with the organising committees of host countries;
- in introducing school/institution visits as part of the Congress programme and facilitating participation of teachers at congresses;
- as advocate for (1) placing women's issues and objectives of IAPESGW ahead of political considerations and issues, (2) initiating co-operation between countries and individual members in the period between congresses, (3) including papers of academic and scientific nature at congresses, (4) cherishing the promotion of physical education as primary focus in the activities of IAPESGW;
- in promoting the goals and philosophy of IAPESGW within her mother country with total recognition of and a committed loyalty to IAPESGW.

### Achievements:

- Her greatest achievement was winning the bid to host a IAPESGW Congress in South Africa at a time in the history of South Africa when the government's racial policy was theoretically unable to accommodate the expectations of the IAPESGW members. This was done at a great personal and professional risk but with conviction of the philosophy of IAPESGW.
- Another great achievement was the dignity with which she accepted the political pressure in 1985 and for the sake of IAPESGW she willingly relinquished her office on the Executive Board.

### General:

She was recruited by the founder of IAPESGW, Dorothy Ainsworth, who inspired her to live out her belief in the sound goals of this Association. She did everything in her power to have professional PE women in SA recognised to teach academic subjects, to encourage women to

embark on academic careers and study abroad, to base their practical involvement as teachers and coaches on a scientific body of knowledge attained through research, to promote the recognition and involvement of women in all areas of physical activity in SA and to inspire them to produce work of international standard, to facilitate exchange programmes with other members of IAPESGW to teach in SA and for SA members to study/teach abroad, to invite distinguished IAPESGW members as guests at local congresses and institutions (Ainsworth, Diem, Espenschade, Hazelton, Huelster, Pirnia, Ross-Fairbanks, Sloan, Souder, Tollich).

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## **April Editorial**

It is only three months to our Madrid Congress in Spain this July. A reminder to make your travel and accommodation bookings. Our Congress promises to be fulfilling, exciting and very worthwhile! Hope to see you there.....

As usual our International Update includes stories from many countries. We showcase good news:

- For the first time women played competitive golf at the Augusta National Golf Club in the USA
- Sport England reports increased rates of physical activity in the UK
- The United Arab Emirates are sending a female boxing team to an international competition for the first time
- Northern Ireland continues to have success with their women's leadership and participation programs
- Iran is sending its first weight lifting team to an international competition
- Netball rates of participation have gone through the roof in the UK since their team won the gold medal last year at the Gold Coast Commonwealth Games
- Also in the UK, Girlguiding has issued a new manifesto and physiotherapists there have developed the first guidelines on postnatal depression
- Indian football is unlocking hope in rural India for girls and women
- The IOC continues to run workshops on reinforcing their Gender Equality guidelines
- FIFA has announced an increase in funding for the Women's World Cup 2019...but the amounts are still far below those for the Men's World Cup

The not so good news is the collapse of the Canadian Women's Hockey League, because of financial problems. And in Australia research across social media has revealed that abuse targets female athletes three times more than male athletes.

As usual we list some new publications for you to read and cover awards to female sports leaders.

Good reading!

**Janice Crosswhite OAM**  
**Communications Director**

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## International

### **The Age, Australia (8 April 2019)**

#### **Women's earnings to double in 2019 – but still not enough, unions say**

The overall prize money for the 2019 Women's World Cup will be \$US30 million (\$42 million), double the \$US15 million available for the tournament in Canada in 2015.

The team that wins the World Cup in France later this year will earn \$US4 million in what FIFA boss Gianni Infantino described as "a very important message for women's football" when he made the announcement.

In addition to the prizemoney, FIFA will pay \$US20 million to pay for travel and training, and to compensate players' club teams for their absence.

However, most player unions around the world have slammed the increase for being nowhere near enough.

At the time of the announcement, the PFA said the Socceroos received \$US2.4 million for merely reaching the group stage of the 32-team competition in Russia, while the Matildas would -receive just \$US225,000 for getting to the same stage in France.

The prizemoney for the men's World Cup in Russia last year rose 12 per cent to \$US400 million.

FIFA gave teams \$US48 million for preparation costs and also shared \$US209 million with clubs that sent players to the tournament.

[Source of information](#)

### **Beyond Sport (8 April 2019)**

#### **The Beyond Sport Global Awards 2019**

In 2019, we're improving the way our Awards address the world's most pressing issues, support cutting-edge organizations and enable long-term, meaningful positive impact. We are doing this with:

- An increased focus on the [UN Sustainable Development Goals](#) through further aligned criteria and evaluation based on each Global Goal's outcomes and indicators.
- A new initiative to drive Collective Impact through a deeper, larger investment into two categories, supporting a group of organizations all using sport to address the same Global Goal. Details coming soon.
- An easy-to-use online application system to better serve our network and evaluate entries.

**Closing date for entry is 7 June 2019**

[View more details](#)

### **Inside the games reports (9 April 2019)**

#### **European Women's Handball Championships to be expanded to 24 teams from 2024**

The European Women's Handball Championships will be expanded from 16 to 24 teams in 2024, it has been announced.

The expansion was confirmed by the European Handball Federation (EHF) Executive Committee during its meeting in Copenhagen on the fringes of the qualification draw for the 2020 European Women's Handball Championships, scheduled to take place in Denmark and Norway, and Conference for Secretaries General.



The decision brings the event in line with the European Men's Handball Championships, which will be played with 24 teams for the first time from 2020 when Austria, Norway and Sweden host the event.

Following a decision by the EHF Executive Committee in January to evaluate the enlargement, a working group, made up of representatives from the EHF and its relevant bodies, as well as its new media and marketing partners Infront Sports & Media and DAZN, was created to examine the proposal.

Based on the recommendations of this working group, it was confirmed the final event will increase in size from its current format.

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[View the full news item](#)

### **International Olympic Committee (12 April 2019)**

#### **Making a difference together: IF Gender Equality Forum to reinforce gender equality in sport**

Today, participants at the 4th IF Gender Equality Forum in Lausanne took an important step towards the shared goal of boosting gender equality in the Olympic Movement, with comprehensive discussions and the exchange of best practices.

Fifty IF representatives in charge of gender equality and inclusion in their respective Winter and Summer Federations collaborated and exchanged concrete mechanisms to implement effectively the [IOC Gender Equality Recommendations](#).

Funding allocations, mechanisms to increase the pipeline of women for decision-making positions, governance, tracking and monitoring, coaches and technical officials at the Games and the collaboration between IFs, National Federations (NFs) and National Olympic Committees (NOCs) were the main topics discussed at the Forum. It was organised by the International Olympic Committee (IOC) in partnership with the Association of Summer Olympic International Federations (ASOIF) and, for the first time, the Association of International Olympic Winter Sports Federations (AIOWF).

The recommendations are part of the Gender Equality Review Project, developed to strengthen gender equality across the Olympic Movement.

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[View the full news item](#)

### **Beyond Sport reports (12 April 2019)**

#### **SAS Commission Honors Four NGOs on IDSDP 2019**

Every year, the IOC Sport and Active Society ([SAS](#)) Commission awards a selection of grassroots organisations across the world – which are using sport and physical activity to tackle key social issues – development grants worth \$ 20,000 each.

This year on the International Day of Development and Peace, four grants were awarded, covering social inclusion of refugees through sport; **promoting gender equality at all levels of sport**; bringing sport and physical activity to urban settings; and engaging youth and the elderly in physical activities.

Applications came from organisations across the five continents, ranging from International Federations and professional sports clubs to civil society organisations and non-profits.

### **Building Future Female Leaders Through Rugby**

Founded in 2011, Terres en Mêlées is a pioneering organisation which uses rugby as an educational tool to develop female youth leaders across Africa, through its Rugby Solidaire programme. Operating in villages across Madagascar, Togo, Burkina Faso and Morocco, the organisation is training teachers to help thousands of children access both education and sport, through rugby. Terres en Mêlées has a particularly strong focus on empowering women, and it estimates that, so far, more than 27,000 girls aged between 10 and 18 have benefitted from its initiatives, including those who would not normally be able to attend school.

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[View the full news item](#)

### **Inside the games reports (18 April 2019)**

#### **Four countries apply to host FIBA women's EuroBasket 2021**

Four national federations have launched bids to host the International Basketball Federation (FIBA) Women's EuroBasket 2021.

France, Spain, Sweden and Ukraine submitted bids by the April 15 deadline.

No country is attempting to hold the flagship event single-handedly, so the group phase will be co-hosted.

A co-host will then be selected to stage the final phase.

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[View the full news item](#)

### ***Publications.....***



#### **Anita White Foundation, UK - Newsletter, April 2019**

Our first newsletter of 2019 includes updates and reports on the 2019 Women's Sport Leadership Academy (WSLA), New Zealand Olympic WSLA, WSLA graduate success stories and the call for applications for the 2019 Celia Brackenridge International Research Award. With the help of our donors and fundraisers, we have been able to begin 2019 by continuing to support the development and work of women leaders in sport in the UK and around the world.

[View the newsletter](#)

#### **Journal of Physical Activity and Health: The Official Journal of the International Society for Physical Activity and Health. Volume 16, Issue 5, May 2019**

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

[View the abstracts](#)



## Specific countries

### AUSTRALIA

*Event for awareness....*

#### **National Sports Convention 2019 - Reimagining Sport; more people active with greater participation opportunities**

**23 - 25 July 2019, Melbourne Convention and Exhibition Centre**

This year's program, with international and Australian experts provides the most comprehensive educational program on recreation and sports facilities in Australia.

We invite you to join collaborators, speakers and sponsors at this unique event. Our vision for 2019 is – Reimagining Sport; more people active with greater participation opportunities.

A number of conferences, symposiums, masterclasses and a dedicated expo have been combined to encourage the broadest network of delegates from play, recreation, sport, government, education, consultancy, architectural and planning sectors.

[View more details](#)

#### **Exercise & Sports Science Australia - ESSA (April 2019)**

##### **The importance of physical activity in obesity epidemic**

Australians are currently witnessing the emergence of a public health crisis in the form of escalating rates of overweight and obesity, and Exercise & Sports Science Australia (ESSA) is calling for more preventative measures to be put in place to protect the physical and mental health of all Australians.

“Overweight and obesity not only compromises quality of life, they are strongly linked to preventable chronic diseases such as heart disease, diabetes, lung disease, certain cancers, depression, and arthritis, among others,” explained ESSA Chief Executive Officer, Anita Hobson-Powell.

[The Australian Institute of Health and Welfare](#) reported last year that Australians are not doing the recommended amount of exercise for their age each week. Overweight and obesity, when considered together with insufficient physical activity, is estimated to account for 9% of the total disease burden in Australia.

“It is apparent that part of the solution to the current obesity crisis in Australia will be to create prevention opportunities for future generations of Australians to be more active. The rising rate of overweight and obesity particularly amongst children in Australia has recently led to more a proactive approach from government,” added Hobson-Powell.

In 2018, the Commonwealth Government conducted a Senate Inquiry into the obesity epidemic. Following the inquiry, the Council of Australian Governments (COAG) agreed with the recommendation to develop a National Obesity Strategy.

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[View the full news item](#)

#### **Women's Agenda (April 2019)**

##### **These are the gaps that exist for women in sports administration**

[Women represent](#) just 22% of board chairs and 13% of CEOs across more than 60 Australian sporting organisations. Why is there such an imbalance? It may be because, in some sporting organisations, women do not get a fair go in progressing their careers in administration.

My (Michelle) doctoral [research](#) involved in-depth interviews (conducted over 2012-2014, with follow up in 2015) about career experiences and gender policies with 48 female and male employees from four Australian national and state sport organisations.

The analysis identified a significant gender gap between:

- women's experiences of inequity, and
- the implementation of policies designed to facilitate change, including for recruitment and selection, promotion and retention.

While policies championed the values of equality, fairness and merit, there were ambiguities and tensions relating to how managers interpreted what policies should do, and how gender inequity was viewed as a social, organisational or individual responsibility.

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[View the full news item](#)

### **The Feed (4 April 2019)**

#### **This photo sparked pay equality for women surfers, but other sports are still lagging**

Outrage on social media forced the World Surf League to reassess how they pay competitors.

The women's championship tour kicks off at the World Surf League on the Gold Coast today, marking the first year female competitors will receive the same prize money as their male counterparts.

Last June, a junior surfing competition posted a photo showing the winning woman (Zoe Steyn holding) holding a cheque for half as much as the winning man (Rio Waida) at the Billabong Pro Junior series in Ballito, South Africa.

The image was shared thousands of times across social media, sparking conversation about equal pay for equal work.

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### **Australian Government - Department for Health (latest updates - 12 April 2019)** **Australia's Physical Activity and Sedentary Behaviour Guidelines and the Australian 24-Hour Movement Guidelines**

This page contains Australia's Physical Activity and Sedentary Behaviour Guidelines for adults and older Australian's and the Australian 24-Hour Movement Guidelines for the Early Years; and the Australian 24-Hour Movement Guidelines for Children and Young People including links to brochures and other resources.

[View the details](#)

### **ABC News, Australia (24 April 2019)**

#### **Social media abuse targets female athletes three times more than men, study finds**

It has long been suspected that female athletes are subjected to more vitriol on social media than their male counterparts — now a new study has confirmed it.

Nearly 27 per cent of comments on well-read Facebook posts by major Australian broadcasters were negative towards sportswomen compared to 8 per cent for male athletes.

The analysis, conducted by women's and children's advocacy group Plan International, looked at more than 1,300 comments on broadcasters' pages in the past 12 months.

Posts that received a "significant" number of comments were examined, while those with little or no engagement were ignored.

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[View the full news item](#)

## CANADA

### Inside the games reports (2 April 2019)

#### **Canadian Women's Hockey League collapses amid "economically unstable" business model**

The Canadian Women's Hockey League (CWHL) has collapsed due to an "economically unstable" business model.

In a statement, the CWHL Board of directors said that while the ice hockey itself was "exceptional", financial problems meant the league could no longer operate and it would cease operations from May 1.

The most recent season, which ended on March 24, was widely considered a success and so the news has, according CBC, been met with "nearly universal" shock and disappointment.

"New management, led by Jayna Hefford, and the new Board, put in place in [the] summer and fall 2018, respectively, have proactively worked with our contract staff, players, GMs [general managers], industry partners and corporate sponsors to establish an adequate revenue base, good governance and high-quality hockey on the ice," the CWHL's statement reads.

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[View the full news item](#)

### Inside the games reports (18 April 2019)

#### **Former Para swimmer Dixon named Canadian Chef de Mission for Tokyo 2020**

Former Para swimmer Stephanie Dixon has been named Canada's *Chef de Mission* for next year's Paralympic Games in Tokyo.

Dixon, a 19-time Paralympic medallist, will also serve as head of Canada's delegation at the Lima 2019 Parapan American Games.

The 35-year-old, assistant Chef de Mission for the Toronto 2015 Parapan American Games, will be tasked with leading the Canadian squads at both events.

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[View the full news item](#)

## INDIA

### Laureus Sport for Good Foundation (8 April 2019)

#### **Konika's Story: Football unlocks hope in rural India**

Konika Kumari's family is an incredible example of how sport has the power to change lives and alter the prospects for girls in deprived areas. 16-year-old Konika's dedication to football

led her on a path to become one of the growing number of paid local coaches at the Yuwa project, an initiative in Jharkhand that is supported by Laureus Sport for Good.

The basic salary gives her the financial independence to study at the Yuwa school without burdening her family. She describes how she went from having no aspirations or hope, and accepting that her future would be one of domestic servitude, to becoming inspired by the sport and education provided through Yuwa to travel the world and blaze a trail as a female footballer and, maybe one day, a flight attendant – a role which is much sought-after by girls in her conservative and insular village community of Hutup.

Konika's older sister, Renu Kumari, who also went through the Yuwa programme and is now on a 10-month placement year studying in the United States. 17-year-old Renu is studying in Milford, New Jersey. She is currently a straight-A student and is on the high honour roll as part of the Youth Exchange & Study (YES) Program.

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[View the full news item](#)

## IRAN

### Inside the games reports (17 April 2019)

#### **Historic moment for Iran as it sends first women's weightlifting team on Olympic mission to China**

More than 30 years after the global acceptance of women into weightlifting, Iran is sending a senior female team to an international competition for the first time.

Although the entries for the Asian Championships starting in Ningbo, China, this weekend have not yet been released by the Asian Weightlifting Federation (AWF), Iran has confirmed it is sending a full men's team of 10, and seven women aged from 17 to 22.

It is a proud moment for Ali Moradi, President of the Iran Weightlifting Federation (IRIWF), who told *insidethegames*, "I am very happy, very proud – we have worked so hard with our female team over the past year."

Saudi Arabia also had women competing at a minor international event for the first time this month, so the two biggest nations in the Islamic world never to have competed in women's weightlifting have both broken down their self-imposed barriers within a matter of weeks.

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[View the full news item](#)

## NEW ZEALAND

### Inside the games reports (15 April 2019)

#### **New Zealand Olympic Committee mourns death of country's first female Olympic gold medallist**

The New Zealand Olympic Committee (NZOC) has expressed its sadness at the passing of the country's first-ever female Olympic gold medallist, Yvette Williams, at the age of 89.

Williams is considered unique in the nation's history with her story and contribution to sport helping to pave the way for generations of young New Zealanders, especially women and girls.

In 1952, she dramatically won the long jump gold medal at the Olympic Games in Helsinki.

Williams jumped 6.24 metres for the historic victory and returned to New Zealand as a national hero.

She was New Zealand's 76th Olympian and only its ninth-ever female one.

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[View the full news item](#)

## SWEDEN

### Inside the games reports (25 April 2019)

#### **ANOC secretary general Lindberg honoured with Sweden's highest order for sports leaders**

Gunilla Lindberg has been honoured with Sweden's highest order for leaders in sport – RF:s förtjänsttecken – during the National Olympic Committee's Annual General Assembly in Stockholm.

Lindberg was given the award by the Swedish Sports Confederation's chairman Björn Eriksson and secretary general Stefan Bergh.

She started working at the Swedish Olympic Committee (SOK) in 1969, at the age of 22.

Twenty years later, Lindberg became SOK secretary general, a position she holds to this day.

She was elected a Board member of the European Olympic Committees in 1993 and is now a member ex-officio of the governing body.

Lindberg was elected a member of the International Olympic Committee (IOC) in 1996 and was inducted to the IOC Executive Board in 2000.

She is also secretary general of the Association of National Olympic Committees.

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## THE UNITED ARAB EMIRATES

### Inside the games reports (16 April 2019)

#### **UAE women ready to compete in ASBC Elite Asian Confederation Boxing Championships for first time**

The United Arab Emirates are set to be represented by women for the first time in the history of the Asian Boxing Confederation (ASBC) Elite Asian Confederation Boxing Championships with the 2019 edition scheduled to begin tomorrow in Thailand's capital Bangkok.

It follows the official approval of the Muslim hijab in the sport's events during the International Boxing Association (AIBA) Executive Committee meeting in Istanbul in February.

The move sees support shown for Muslim regions' female boxers to compete for their countries on the international stage.

ASBC President Anas Alotaiba was one of the main backers of the AIBA Gender Equality Programme and women's boxing in the Muslim regions.

The UAE's first female hope in Bangkok is flyweight Fahima Alfaqee, who trains in Dubai.

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[View the full news item](#)

UK

**Sport and Recreation Alliance (2 April 2019)**  
**Alliance appoints Lisa Wainwright as new CEO**

The Sport and Recreation Alliance has today announced that Lisa Wainwright has been appointed as its new CEO. Lisa spent over 30 years in the sport and recreation sector including several years as CEO of Volleyball England.

Announcing this news Andrew Moss, Chair of the Alliance said:

“The Board is delighted to appoint Lisa as our next CEO following an extensive recruitment process which generated great interest from candidates across the world of sport and beyond.

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[View the full news item](#)

**Sustrans (4 April 2019)**

**Three times as many girls now cycle to school thanks to innovative Sustrans project**

The number of girls cycling to school over the past 10 years has almost tripled in participating schools, thanks to the support from an innovative Sustrans Scotland project.

A total of 7.9% of girls at schools supported through Sustrans’ I Bike programme reported cycling to school in 2018 compared to 2.8% in 2008 – a 5.1% point difference[1].

The findings follow research from the Scottish Government’s Scottish Health Survey which showed that girls are less likely than boys to meet the recommended physical activity recommendations[2].

I Bike, funded by the Scottish Government and delivered through Sustrans Scotland, promotes walking, cycling and scootering to school and aims to reduce the gender gap which sees more boys cycling to school than girls. The project has carried out more than 6,200 activities aimed at girls in the past three years alone.

Alongside contributing to a rise in the number of girls cycling to school, according to the 2016 Hands Up Scotland Survey, I Bike schools show that an average of 7.1% of pupils travel to school by bike, compared to the national average of 3.7%.

It has also contributed to an average 8% increase in active travel in schools, compared to those without I Bike.

The findings come as the project celebrates its 10th anniversary on Friday 5 April at Pentland Primary in Edinburgh, one of the first schools to register for the I Bike programme in 2009.

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[View the full news item](#)

**Youth Sport Trust (5 April 2019)**

**Girls need more confidence to coach, research shows**

Data released today by children’s charity the Youth Sport Trust shows more than one in three girls have a desire to coach/lead in school but only a small number are currently taking up the opportunity.

The charity’s data taken from its Girls Active programme over the last two years is released ahead of the second Girls Active Coaches Camp which will give girls aged 15 to 17 the confidence and expertise to get their peers active.

Some of the key findings of 25,720 girls and boys revealed that while girls aged 11 to 18 have



a strong desire to have coaching and leadership roles in sport and across their education, only 8% are coaches and 16% are leaders. The research shows that girls who do take on coaching roles are happier and more body confident.

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The charity's research has been broken down into the roles girls are most likely to take when in PE, playing sport and getting active. The findings show that:

**Coaches – girls described as supporting/motivating peers to get active**

- 8% of girls currently have coaching roles inside or outside of school (compared to 11% of boys)
- 34% of girls would like to be a coach either inside or outside of school

**Leaders – girls described as those who directly lead active sessions**

- 16% of girls currently have leadership roles inside or outside of school (compared to 22% of boys)
- 44% of girls have a desire to be leaders – especially inside of school (compared to 43% of boys)

**Admin – girls described as promoting events and helping to organise activities**

- 9% of girls have an admin role in school (compared to 12% of boys)
- 33% of girls would like to have admin / organiser roles either inside or outside school

Girls who were coaches, leaders or admin support had higher levels of body confidence, overall confidence and happiness.

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The Youth Sport Trust will be publishing its full research findings from Girls Active across the past two years looking at primary and secondary aged girls' relationships with getting active and the barriers they may face in summer 2019.

For more information visit: [www.youthsporttrust.org/girls-active](http://www.youthsporttrust.org/girls-active)

[View the full news item](#)

**Chartered Society of Physiotherapy (6 April 2019)  
Physios develop first guidelines on postnatal running**

Three physiotherapists have collaborated to create the first guidelines for physios and other healthcare and fitness professionals, about postnatal women returning to running.

Pelvic health physios, Emma Brockwell and Grainne Donnelly, joined forces with musculoskeletal physio, Tom Goom, to develop the [free guidance](#) – in response to the growing popularity of postnatal running.

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The online guidelines are free to download and the team hope they will encourage researchers to conduct more studies about the benefits, risks and optimal approaches of returning to exercise for the postnatal population, and that this data can then inform future updates of the guide.

The authors welcome any feedback that may aid future development of the guidelines.

[View the full news item](#)

## England Netball (15 April 2019)

### One year on: how one team helped change a sport in England

One year ago today, the Vitality Roses made history by winning gold at the Commonwealth Games for the first time in their history, with a 52-51 win against Australia.

The historic last gasp moment was watched by 1.8m people live or via the re-run later that day on the BBC and since, England Netball has seen record growth in participation and engagement with the sport across the country.

The Vitality Roses, who moved to second in the International Netball Federation's World Rankings in 2018, inspired more than 130,700 people to play netball or play more netball as a result of their gold medal.

According to our annual Big Netball Conversation survey, 77% of members, programme participants, coaches, officials, volunteers and spectators that completed the survey and paid attention to netball at the Games, revealed that they believe the Vitality Roses are an inspiration to young girls, and 96% of respondents said they are proud to tell people they're a netballer now.

A whopping 80% of people taking part in Back to Netball since the Commonwealth Games were new to the programme. In addition, Walking Netball saw a 106% increase in the number of its participants since April 2018 compared to that in March 2017-18, 81% of those people were completely new to netball.

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## Girlguiding UK (25 April 2019)

### Biggest ever girls' manifesto launched by Girlguiding

Girlguiding has launched Future Girl, its major new manifesto for girl-led change

- Future Girl is the biggest ever manifesto for change led by girls
- 76,000 girls helped shape Future Girl
- 'We want to make change today - for our world tomorrow' – Ruyuan, 15
- 'I want to see happy, confident, resilient young women making their voices heard' - Damian Hinds MP

Future Girl was developed after consultation and research with 76,000 girls in guiding, aged 4-25. Girls and young women shared their concerns, hopes and ideas about the world and their lives. The topics that girls of all ages care about the most - such as bullying, gender stereotypes, appearance pressures, and the environment - shaped Future Girl.

[Future Girl](#) sets out the future that girls want in five key topics. Girlguiding will now work with girls all over the UK to make this future a reality.

### The five Future Girl topics are:

#### 1) Planet Protectors

*'Plastic waste is choking our planet and we should stop it'* – Brownie

Girls want us all to take better care of the planet and the animals we share it with. They want to reduce use of plastics, tackle climate change, and encourage recycling. They want better animal welfare too.

## 2) Adventurers

### *'Girls do netball and boys do rugby' – Guide*

Girls want access to adventure and play without fear. They want the opportunity to play the sports that boys typically play too. They want to enjoy activity spaces that are accessible to all girls and for women's sport to be treated equally to men's sport.

## 3) Self-Believers

### *'Everyone is trying to lose weight and change their body shape' – Brownie*

Girls want to have confidence to be themselves. But pressure to look and act a certain way affects their wellbeing. Girls want schools to prioritise and support their wellbeing. They want better regulation of social media platforms to minimise pressure on them.

## 4) Respect Makers

### *'It's not nice when your friends don't let you play' – Rainbow*

Girls want a respectful world without bullying, cruelty, or sexual harassment. They want schools to combat bullying. They want to create a world that respects all girls. And they want all girls to be able to ask for help when they need it.

## 5) Barrier Breakers

### *'People use stereotypes to try and define and limit me' – Senior Section member*

Girls want an equal world. They want an end to the gender stereotypes that limit their choices and ambitions. No subject at school or career path should feel out of reach to girls. They will champion equality throughout society, at local and national levels.

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[View the full news item](#)

## **ukactive (25 April 2019)**

### **ukactive kicks off This Mum Moves project with first insights from mothers and healthcare professionals**

ukactive has kicked-off a ground-breaking project called This Mum Moves, aimed at supporting women to be active during and after pregnancy.

In collaboration with [Canterbury Christ Church University](#) (CCCU) and the [Institute of Health Visiting](#) (iHV), the project team used a Patient and Public Involvement (PPI) approach, undertaking a baseline survey of healthcare professionals' knowledge and confidence in providing physical activity advice, and conducting focus groups with midwives, health visitors, and pregnant and postpartum women.

Seven PPI focus groups were conducted in the pilot areas of Bexley (London) and Sheffield, with support from the local councils. The pregnant women and new mothers that participated called for greater consistency in the information provided, as well as specific and early advice from healthcare professionals, and links to local services.

The healthcare professionals' survey received more than 400 responses, with 27% indicating that they did not know whether pregnant women should continue to engage in 150 minutes of moderate-intensity physical activity every week, as recommended in [specific guidance](#) introduced by the Chief Medical Officer in 2017. This is in keeping with recommendations for the general adult population. However, 97% said they would be interested in further training to support their practice.

The findings were consistent with existing literature in this area that shows there is a lack of knowledge and confidence in providing physical activity advice and guidance during pregnancy and the postnatal period.

The insights from the work will be used to develop a toolkit for healthcare professionals and a wider campaign aimed at supporting pregnant women and new mothers in maintaining regular physical activity during pregnancy and beyond.

The project, funded by the National Lottery and Sport England, involves a coalition of partners including ukactive, CCCU, iHV, the Royal College of Obstetricians & Gynaecologists, Best Beginnings, Pelvic Obstetric and Gynaecological Physiotherapy, Aston University, the National Centre for Sport and Exercise Medicine – Sheffield, and the Centre for Sport, Physical Education and Activity Research (spear).

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Insights from the project will be used by the project team to develop the resources and campaign for launch this Autumn in Sheffield and Bexley, with plans for a national rollout in the future.

[View the full news item](#)

### **England Golf (25 April 2019)**

#### **Jenny Clink becomes England Golf President**

Gloucestershire's Jenny Clink has taken office as the 2019 President of England Golf.

Jenny, a member at Lilley Brook Golf Club, took up her new role at today's annual meeting of England Golf, held at its Woodhall Spa headquarters. Graham Yates of Somerset becomes the President Elect.

Jenny succeeds Northumberland's Desmond Duffy. She has shared her love of the game throughout her life, inspiring new players and taking on a host of roles at club, county and national level.

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[View the full news item](#)

***Editor - my apologies for not including the Sport NI March news last month - is was an oversight on my part.....***

### **Sport Northern Ireland – Active, Fit and Sporty**

#### **March - news**

#### **Every Body Active 2020**

This month seen a variety of good news stories showcased through the Every Body Active 2020 programme, from ladies circuits classes in Mid Ulster Council to 80 year olds participating in walking netball in Ards and North Down District Council. We also visited a BeginHer Tennis programme which allows ladies who may never have played tennis or any sport learn how to use tennis to keep fit. We also visited Eglinton Community centre which runs a variety of programmes, particularly yoga and dance classes for women 60+, participants gave very positive feedback, enjoying most that they can take the classes at their own pace.

The highlight this month however was of course, International Women's Day on 8th of March. We celebrated with an inspirational poem written by very own Bronagh McAteer. It was recited

by variety of sports women including Dame Mary Peters, Antoinette McKeown CEO of Sport NI, Shirley McCay from Ireland Hockey, Sophie Early from Ormeau Table Tennis, Marissa Callaghan from IFA and Alyia Black from the Craigavon Lakers.

**Click here to see full video:**

<https://twitter.com/SportNINet/status/1103948774156713984>

## **Sported**

Sported have continued to use their Engage Her programme to develop sports clubs across Northern Ireland into organisations who understand how to engage best with women and girls through tailored training and operational support. In order to impact women and girls at all levels, in 2018/19, 14 groups and 2 Governing Bodies of sport have taken part in the programme. 21 x 1:1 support sessions have been delivered to the groups and governing bodies from January to March 2019 which combined with the 30 x 1:1 sessions delivered Septemberto December 2018 brings the total to 51 1:1 support sessions delivered through the project. In addition, all 14 groups and 2 governing bodies have developed engagement plans for women and girls to embed their learning into their ongoing work.

14 volunteers have been trained to deliver this support and are using a newly developed volunteer handbook resource pack which has equipped volunteers to effectively support the clubs involved. An End of Project event was held on 14th March which provided an opportunity for groups, governing bodies and Sported Volunteers to share learning from the event.

## **Female Sports Forum**

Three key aspects of the Female Sports Forum's strategy for Active, Fit & Sporty involve; providing opportunities for the development of leadership skills, increasing the visibility of female successes through social media platforms and inspiring role models.

The Female Sports Forum 'The Ultimate Goal: Embedding Cultural Change' Conference 2019 took place in Stormont Hotel, Belfast on March 12th. Over 140 sports sector staff, volunteers and professionals, from across Northern Ireland left the conference feeling inspired and better equipped to develop the ultimate goal of cultural change within their sporting organisations and local communities. Keynote speakers were, Amy Williams (Skeleton Bobsleigh Olympic Champion), Kate Grey (Paralympic Swimmer and Broadcaster) and Ali Oliver (CEO of the Youth Sport Trust). Four workshops were delivered on the day covering the topics of: mental health and wellbeing, leadership in female sport, caring for female participants and the effective use of media.

March saw the completion of the Female Leadership Development Programme. The Female Leadership Development Programme consisted of five sessions over five months, led by Podium Leadership, and had twelve attendees from twelve different NGB's. Attendees gained support and ideas of how to better themselves as female leaders within their NGB's, covering a range of topics including: understanding self; building your strengths – understanding your network; learning and managing change; resilience for performance; planning my future; and developing and Implementing an impact project.

The Female Sports Forum have been continuing their 'Active Female Competition' which highlights the special contribution individuals have made to female sport in Northern Ireland. This involves open nominations, from which three females are shortlisted, and the public are given the opportunity to vote for their active female of the month through social media platforms. The most recent winner was Jacqui McKendry, a teacher and coach at St Patrick's Academy Dungannon, who coached both the camogie and GAA teams to history in becoming Ulster College Champions. This month sees nominees from Ireland Women's Rugby, Ice Climbing and Ireland Rugby Women's Sevens.

The Female Sports Forum hosted their EXPO event in Ulster University, Coleraine on March 23rd. This was a free, family fun event, aimed at providing exposure to a range of sports and activities available to people locally. Activities included on the day were; judo, archery, camogie, rugby, wheelchair basketball, surfing, golf, table tennis and rock climbing.

## **Disability Sport NI**

Disability Sport NI are working along with Sport NI to deliver My Sport My Story sessions to young females in high schools across Northern Ireland. The programme looks at what motivates us to take part in sport and active recreation and barriers and solutions to participation for females, the pupils also get the opportunity to try various disability sports. The workshop highlights how local females with a disability overcame barriers to become involved in sport and active recreation.

So far the programme has been delivered between 22 mainstream schools with key speakers inspiring the young ladies with their life stories. One of the schools that took part is Dunlug High School in Ballymena, where the coaches delivered a theory and practical session which involved Boccia and cheerleading. Teacher Clare McKay, was so impressed with the programme and the girl's response that they had DSNI back for 3 more sessions.

**Amy Smyth, Development Officer  
Sport Northern Ireland**

## ***Publications of interest.....***

### **Active Lives Adult Survey November 17/18 report. Sport England, April 2019 (25 pages)**

Now with a third full year of data, this Active Lives report provides an updated comprehensive overview of adult (age 16+) sport and physical activity in England in the 12 months from November 2017 to November 2018.

The positive news is that in the 12 months to November 2018, the number of adults who were regularly active has increased by almost 500,000, whilst the number of inactive adults has fallen by 185,000. These results have primarily been driven by an increase in the number of women who are regularly active. As a result, the gender gap between men and women has narrowed by over 90,000, from 352,000 to 258,000.

Activity levels are also up for disabled people and those with a long term health condition. There is, however, much still to be done, with persistent inequalities for those from the lowest income families, black and South Asian backgrounds and disabled adults or those with long term health conditions –particularly those with three or more impairments.

### **This report brings together:**

- How people are choosing to get active
- The picture of volunteering in sport and physical activity
- The link between engaging in sport and physical activity and the social outcomes identified in the government's Sporting Future strategy.

Once again, this report provides the headlines, with links to more in-depth data tables. You can also carry out your own analysis of the data via [activelives.sportengland.org](https://activelives.sportengland.org).

**[Download a copy](#)**

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



## USA

### **Inside the games reports (6 April 2019)**

#### **History made as women play first competitive round at Augusta National Golf Club**

Ladies Professional Golf Association legends hit ceremonial tee shots to open the first competitive round of women's golf to be held at Augusta National Golf Club today.

Pak Se-ri, Lorena Ochoa, Nancy Lopez and Annika Sörenstam, who have won a combined 20 Majors, began the final round of the Augusta National Women's Amateur in front of a packed crowd at the home of the Masters.

The historic moment represented the first time women had competed for a trophy at the famous venue, which had only hosted men's competitions before today.

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[View the full news item](#)

### **Beyond Sport reports (12 April 2019)**

#### **NIKE and City of LA Train 400 Female Coaches**

Last week, Nike and the City of Los Angeles kicked off Women Coach LA, a city-wide initiative to increase the number of trained female coaches and empower the next generation of athletes. Roughly 400 women participated in a coaching summit put on by the initiative.

The event included workshops and training sessions for the women to learn coaching strategies in skill development, building supportive relationships and honing competition.

Nike and the City of LA believe female coaches can play a critical role in providing mentorship on and off the field. By encouraging women in communities across LA to sign up to be a coach, they hope to help decrease the dropout rate of girls in sport. Women Coach LA will also help them seek out coaching opportunities for girls basketball, softball, soccer and volleyball.

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[View the full news item](#)

## ZAMBIA

### **Inside the games reports (22 April 2019)**

#### **Netball World Cup legacy programme event held in Zambia**

UK Sport chair Dame Katherine Grainger and England Netball chief executive Joanna Adams have visited Zambia as part of the World Cup legacy programme - NET2019.

More than 600 women and girls from across the country were invited by the Netball Association of Zambia to take part in a special tournament at the Olympic Youth Development Centre in Lusaka.

The event, which officially opened the netball season, saw teams representing local youth hub sites, community leagues, schools and the national league getting involved.

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[View the full news item](#)