

News and Resource Update March 2016: Your guide to what's happening around the world

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

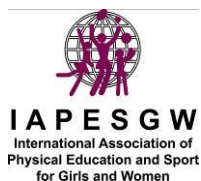
There is now a website for our event being hosted by Barry University at:

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](#)



Press release 08 March 2016

Save the Dream and International Association of Physical Education and Sport for Girls and Women (IAPESGW) sign partnership to empower young women through sport

Venezuela and Doha, Qatar; 8th March 2016: In what is a symbolic and significant announcement to mark International Women's Day, **Save the Dream** and the **International Association of Physical Education and Sport for Girls and Women (IAPESGW)** have announced a partnership to help empower young women and girls around the world through the power of sport.

Adding to its recent global projects in numerous countries including India, Brazil, Italy, Haiti, Latin American countries and the Mediterranean Basin, Save the Dream will work alongside the IAPESGW to help create a stronger and more powerful voice for girls and women through sport, as well as promoting an environment where girls and young women can practice sport free from violence, corruption and discrimination.

IAPESGW, which has represented the interests of girls and women at all levels and in all areas of physical education, dance and sport since 1949 and has members in over 40 countries around the world, will also work with Save the Dream on a number of regional and international initiatives and activities aimed at driving forward gender equality in youth sport.

The new partnership with another internationally-recognised association builds on existing programmes being delivered by Save the Dream to empower young women and girls through sport, which includes the 'Delhi Dreams' initiative – a special community project with Aston Villa Football Club which has improved the lives of many young girls living in deprived areas of New Delhi through football.

Dr. Rosa López de D'Amico, the President of IAPESGW said:

“On International Women’s Day IAPESGW is excited to announce this new partnership with Save the Dream. We know that it will take many organizations working together to ensure that all girls and women are able to participate in physical education and sport free of violence and discrimination. We know that sport is a great vehicle to build confidence and self esteem in girls and women when delivered in a safe environment. We are very happy to have Save the Dream adding their voice to address the challenges facing girls and women in sport.”

Massimiliano Montanari, Executive Director of Save the Dream, said:

“Sport can be transformational for young people but unfortunately all too often the rights of girls and young women to practice sport in a safe environment that is free from discrimination are being disregarded or ignored.

“All children and young people deserve the opportunity to access sport safely and without fear of being discriminated as a result of their gender or any other factor. This is why we are delighted to join in a significant and symbolic partnership with the International Association of Physical Education and Sport for Girls and Women to coincide with International Women’s Day, an important day for many women and young girls around the world.

“By working with the IAPESGW, Save the Dream hopes to raise greater awareness of the challenges facing girls and young women in sport worldwide, as well as building on recent projects like 'Delhi Dreams' that provide young people with new opportunities and opens up new avenues for them to take part and feel empowered through sport.”

-ENDS-

NOTE TO EDITORS

BACKGROUND INFORMATION

About Save the Dream

Save the Dream is an initiative of the International Centre for Sport Security (ICSS) and the Qatar Olympic Committee (QOC), supported by technology partner Ooredoo. Working with organisations across sport, art, media, technology and society, the Save the Dream aims to educate, promote and protect the core values and integrity of sport for young people.

International

European Commission - Sport (8 March 2016)

What does the EU do for women and sport?

8 March marks International Women's Day, an occasion to reflect on what is being done to encourage gender equality in all aspects of life.

And what about sport? What is the European Commission doing for gender equality?

The situation of women in sport varies hugely from one country to the next, but by and large it is not ideal anywhere, both in terms of participation in sport and in their involvement in the running of sport organisations. This justifies EU initiatives to ensure some progress in the coming years.

Gender equality is one of the priorities in our funding programme [Erasmus +: Sport](#). Thanks to Erasmus+ some very good projects are carried out across Europe in areas such as female coaching and female participation in leadership positions.

Erasmus+: Sport also fund studies and one of the key ones this year looks at "gender-based violence in sport", trying to map the problem across Europe and gather comparable data. The study will be finished at the end of 2016 and the findings will be available at the beginning of 2017.....

New recommendations on gender equality

Gender equality also has an important place in our policy priorities in the [EU Work Plan for Sport](#). The expert group on good governance (set up by the work plan), **has produced [recommendations on gender equality in sport \(1.1 Mb\)](#)**, finalised just a few weeks ago.

These recommendations focus on four key areas where actions are most needed:

- Women and decision-making in sport
- Gender equality in coaching
- Fight against gender-based violence
- Role of the media and fight against negative stereotypes

By improving equality in these fields, we can also address the broader issue of girls' participation in sport and physical activity, unfortunately lower than that of boys.

Now it's up to the EU countries and sport organisations to do their part: we will certainly be there to support their work.

[View the full news item](#)

Celebrating International Women's Day 2016 - #PledgeForParity

Beyond Sport reports (8 March 216)

Female coaches unite for International Women's Day to save lives using the power of soccer

During a week that calls for people around the world to make a pledge and take action around gender equality, Spirit of Soccer brings together female coaches from four countries across South East Asia to train them in how to use soccer to help stop children from being killed and maimed by landmines and ERW (Exploded Remnants of War).

In its second year of existence, the five-day program includes education, empowerment and soccer training and will culminate in a soccer and Mine Risk Education (MRE) festival for 200 local Cambodian girls, led by the female trainee coaches and attended by senior representatives from the Office of Weapons Removal and Abatement in the Bureau of Political-Military Affairs at the US Department of State.

Travelling from Vietnam, Myanmar (Burma), Laos and across Cambodia, the women – ranging in age from 18 to 50 – will take part in an intensive schedule of education workshops on risks, behaviors and historic information about mines and ERW; on-field sessions that enable the messages to be learned in engaging ways; and tours to mine/ERW clearance sites and government entities responsible for clearance and surveying.

Most of the women are students, soccer coaches, or instructors for local NGOs and work with children that are at daily risk from the millions of unexploded bombs and landmines that litter South East Asia. Because of the huge popularity of soccer in the region, it is a powerful way to attract children and communicate vital safety messages.

Half of the participants took part in last year's workshop in Laos and will be mentoring the new group, as well as receiving additional support in goal-setting and personal development.....

[View the full news item](#)

Women in Sport in the UK (2 March 2016)

BBC 'Winners' Series

This week Women in Sport will be sharing the incredible stories of six sportswomen from around the world through the BBC's Winners series.

Women in Sport assisted the BBC, providing a little of the background research for the series and want brands and sponsors to value sportswomen's skills and abilities rather than their looks, just as they do with sportsmen.

Winners highlights a number of barriers affecting women in sport worldwide; from social and economic obstacles to challenges around participation, these women reveal the failures and triumphs along the way.

[Watch the full series by clicking here.](#)

[Source of information](#)

Inside the games reports (8 March 2016)

Qualtrough awarded IPC's International Women's Day Recognition

Carla Qualtrough, Canada's Minister of Sport and Persons with Disabilities, has been awarded the International Paralympic Committee's (IPC) International Women's Day Recognition.

The prize, which is awarded annually, has been given to Qualtrough in honour of her impact and leadership within sport.

It was her contributions to Para-sport, combined with her new public role, that convinced the IPC's Women in Sport Committee that Qualtrough should receive this year's Recognition with International Women's Day falling today.

Canada has now won twice in a row, with wheelchair racer Chantal Petitclerc, a 14-time Paralympic gold medallist, claiming last year's prize for her work in Para-sport following her retirement.....

[View the full news item](#)

Laureus Sport for Good Foundation (8 March 2016)

Fighting FGM with Football

Around the world, more than 140 million girls are victims of Female Genital Mutilation (FGM). FGM involves the agonizing removal of external female genitalia with significant health risks and no health benefits. Those who practise it do so in the belief that it reduces a woman's

libido and helps her resist “illicit” sexual acts to remain modest and pure. It is a deep rooted tradition carried across ethnic, religious and racial groups.

FGM is recognised internationally as a violation of the human rights of girls and women, but thousands of girls across Africa and Asia continue to be cut every day. In Burkina Faso, West Africa, over 70% of women have undergone the procedure. This is despite the fact that Burkina Faso has strong laws against the practice and a Ministry dedicated to its elimination. As FGM has been so deeply rooted in culture and tradition in the area, it will take time to win hearts and minds to eradicate this violent crime.

In the Bobo Diaoulassou district of Burkina Faso, over 80% of women have undergone FGM, many of them as young as five years old and many others also on a non-voluntary basis. This is where Laureus Sport for Good is funding the newly launched Coaching for Hope project, “Kick out Female Genital Cutting”.

The project is working alongside teachers, parents, school children and local leaders, using football and coaching to help the wider community to understand how harmful FGM is. Despite it being incredibly painful, distressing and endangering the lives of young girls, many cultures regard FGM as a “rite of passage” for girls as young as five. It can lead to infertility, constant pain, incontinence, fistulas, problems with intercourse and childbirth, shock, infection and death.....

[View the full news item](#)

Another article of interest:

<https://www.laureus.com/news/changing-world-women>

The Biennial Conference of the European Women and Sport-Network - *Moving towards gender equality in sport*

8 - 10th April, 2016, Stockholm, Sweden

This conference will look at four themes, chosen as being the most strategic in implementing gender equality in sport, from the EU's "Gender Equality in Sport - Proposal for Strategic Actions 2014 - 2020" document. The conference will then encourage debate and discussion as to how to move towards gender equality in sport.

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

Further information can be found at <http://www.trippus.net/EWS16>

International Council of Sport Science and Physical Education (ICSSPE)

International Day of Sport for Development and Peace 6th April, 2016

The International Day of Sport for Development and Peace (IDSDP) is an annual celebration that highlights and promotes the power of sport as a catalyst for social change around the world. Established in 2014, following a decision by the United Nations General Assembly, the IDSDP has been celebrated each year on 6 April, creating a historical link to the first modern Olympic Games in 1896 (<https://www.icsspe.org/content/international-olympic-committee>).

In fact, this special day has another significance for Members and Partners of ICSSPE: in 2002, a group of stakeholders including the World Health Organisation designated 6th April ‘Physical Activity and Health Day’. This event still continues in Latin America.

This double cause for celebration – for Sport for Development and for Health-Enhancing Physical Activity– raises an important topic, which has become increasingly interesting to a number of international agencies.

Can we bring the worlds of sport and physical activity closer together?

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

Beyond Sport reports (1 March 2016)

Women Win partners with U.S. Department of State to Empower Girls Through Sport
[Women Win](#), sponsored by the U.S. Department of State’s Bureau of Educational and Cultural Affairs (ECA), has launched an international exchange programme, aimed at empowering marginalised girls in Nepal and the United States through sport.

With that goal in mind, the strategy of the programme is based on a) building the leadership of individual sport for social change practitioners and b) providing partner organisations with the means to improve their capacity to address gender inclusion and girls’ rights through sport.

The international exchange programme is a part of [SportsUnited](#), ECA’s Division devoted to sports diplomacy as a tool to increase dialogue and cultural understanding between people around the world.

Maria Bobenrieth, Executive Director of Women Win said, “Adolescent girls around the world have incredible potential to drive change in their lives and their communities. Through sport, they can learn powerful lessons of resiliency, goal setting and confidence. However, girls are often the last ones invited to play - facing a multiple bias in access based on age, gender, and conservative cultural beliefs. By strengthening the capacity of leaders in organisations who are working with girls through sport every day, and sharing best practices between those organisations, we believe those girls will become better equipped to exercise their rights and develop their leadership.”

Carefully selected participants from U.S. based NGO [Soccer Without Borders](#) and Nepal based NGO [Empowering Women of Nepal](#) will spend time in each other’s countries, sharing experiences in using both team and outdoor sports, such as trekking, and cross pollinating

promising practices for designing and delivering girls’ sport programmes. The programme will include a digital storytelling workshop and will yield a series of videos about participants’ sport experience, as well as 10 community change projects implemented in rural Nepal, during a time of great need in the country.....

[View the full news item](#)

Australian Council for Health, Physical Education and Recreation (ACHPER) - 30th ACHPER International Conference

16 - 18 January 2017, University of Canberra, Australia

This conference has a rich history of over 50 years engaging with national and international health and physical education teachers, sport educators and coaches, outdoor educators and associated health practitioners. It is known for the sharing of the importance of active and healthy living through ACHPER National's primary focus areas – health and physical education and recreation.

Abstract Submission - Call for Presenters

We invite abstracts for paper presentations, workshops/interactive sessions, posters/exhibits, lightning talks and/or colloquia (symposia) addressing one of the following themes:

- Focus on educative purposes;
- Take a strengths-based approach;
- Value movement;
- Develop health literacy;
- Include a critical inquiry approach; and
- Sport and recreation pedagogies.

Closing day 29 July 2016

[View more details](#)

SBS [Special Broadcasting Service, Australia] (5 March 2016)

These six videos are combating stereotypes, promoting women in sport and inspiring women to get out there and play

We all know the statistics, keeping girls in sport through childhood, adolescence and into adulthood is a difficult ask.

In 2012, the Women's Sports Foundation [research found that girls were two times](#) more likely to drop out of sports than boys.

It is a trend that brands and governments alike are trying to reverse and are doing so with some stellar videos to promote women in sport.

Girls, make your move

The campaign aims to encourage and support young women aged 12-19 to be more active and features real girls playing sport and being active.

With the Olympics just around the corner and women in sport doing so well, there isn't a better time to be inspired to get out there.

#LikeAGirl

"You throw like a girl."

"You run like a girl."

"You play like a girl"

Before this campaign, "like a girl" didn't always mean a compliment. Now we own it and with the Matildas in killing it in Japan, I would be more than happy to shoot like a girl!

#ThisGirlCan

Often young girls hear so much about what they can't do; girls can't play football or martial arts or baseball or [insert sport].

Sometimes the limit is internal; I can't do that because I look or feel bad.

This campaign from Sport England turned around the "can't" into "can" in a celebration of all that #ThisGirlCan do.

.....
[View the full news item and six videos](#)

Inside the games reports (16 March 2016)

Record 31 countries to contest Women's Softball World Championships

A record 31 countries will take part at the 15th World Baseball Softball Confederation (WBSC) Women's Softball World Championships this year.

The governing body announced its biggest ever line-up today and revealed the group stage draw, ahead of the tournament in Surrey [Canada] between July 15 and 24.

All five WBSC regions will be represented at the Softball City venue, with defending champions Japan, the winners of the last two editions, drawn with Venezuela and France in section one of the group phase.....

[View the full news item](#)

The National, Scotland (19 March 2016)

Maureen McGonigle: Gender pay gap yawns wide when it comes to sports sponsorship deals

I spent a very interesting and educational morning at the Mitchell Theatre in Glasgow last Saturday listening to Sarah Shepherd talk about her book Kicking Off – How Women in Sport are Changing the Game.

Sarah, a journalist who works for a London sports magazine, spent many long hours compiling information to include in her book and even longer hours before that trying to get a publisher interested in the concept.

Four-time ironman world champion, Chrissie Wellington provides the foreword and condenses perfectly the issues facing women in terms of their health, wellbeing and confidence, while also commenting on the still-active sexism that excludes women, on many occasions, from participating on a level playing field.

The book asks three questions: Why do the most successful female athletes earn less than their male counterparts? Why do so few elite sportswomen have the profile their talent deserves? Why are girls still growing up believing that sport is "for boys"?

[Access the full article](#)

Lots more has been said about this...

Inside the games reports (22 March 2016)

Indian Wells chief executive resigns following controversial comments about women's tennis

Indian Wells' chief executive Raymond Moore has resigned from his position following controversial comments he made about women's tennis in a news conference.

On the eve of both the men's and women's finals, won by Serbia's Novak Djokovic and Belarus' Victoria Azarenka respectively, the 69-year-old claimed that the women's game "rides on the coat-tails of the men".

"If I was a lady player, I'd go down every night on my knees and thank God that Roger Federer and Rafa Nadal were born, because they have carried this sport," Moore said.

His comments were criticised by women's world number one Serena Williams, beaten in the women's final, with the American claiming that the remarks were "mistaken and very, very, very inaccurate".

Martina Navratilova, an 18-time Grand Slam champion, warned that female players could boycott the tournament in future as a response to Moore's comments, which he later apologised for.....

[View the full news item](#)

[J Sports Sci](#). 2016 Mar 2:1-9. [Epub ahead of print] Effects of high-intensity interval training on cardiometabolic risk factors in overweight/obese women. [Smith-Ryan AE](#)1,2, [Trexler ET](#)1,2, [Wingfield HL](#)1, [Blue MN](#)1.

[Author information](#)

Abstract

The purpose of this study was to evaluate two practical interval training protocols on cardiorespiratory fitness, lipids and body composition in overweight/obese women.

Thirty women (mean \pm SD; weight: 88.1 \pm 15.9 kg; BMI: 32.0 \pm 6.0 kg \cdot m²) were randomly assigned to ten 1-min high-intensity intervals (90%VO₂ peak, 1 min recovery) or five 2-min high-intensity intervals (80-100% VO₂ peak, 1 min recovery) or control. Peak oxygen uptake (VO₂ peak), peak power output (PPO), body composition and fasting blood lipids were evaluated before and after 3 weeks of training, completed 3 days per week.

Results from ANCOVA analyses demonstrated no significant training group differences for any primary variables ($P > 0.05$). When training groups were collapsed, 1MIN and 2MIN resulted in a significant increase in PPO ($\Delta 18.9 \pm 8.5$ watts; $P = 0.014$) and time to exhaustion ($\Delta 55.1 \pm 16.4$ s; $P = 0.001$); non-significant increase in VO₂ peak ($\Delta 2.36 \pm 1.34$ ml \cdot kg⁻¹ \cdot min⁻¹; $P = 0.185$); and a significant decrease in fat mass (FM) ($-\Delta 1.96 \pm 0.99$ kg; $P = 0.011$).

Short-term interval exercise training may be effective for decreasing FM and improving exercise tolerance in overweight and obese women.

[Source of information](#)

Int J Behav Nutr Phys Act. 2016;13:25 DOI: 10.1186/s12966-016-0348-z. Reflections on physical activity intervention research in young people – dos, don'ts, and critical thoughts. Esther M. F. van Sluijs and Susi Kriemler

Abstract

Background: Physical activity has been associated with many benefits throughout the life course. As levels of physical activity appear to be insufficient in large populations, the development of effective interventions to promote or maintain activity levels in young people are therefore of key public health concern. Physical activity intervention research in young people is challenging, but this should not be a reason to continue conducting inferior quality evaluations. This paper highlights some of the key issues that require more careful and consistent consideration to enable future research to achieve meaningful impact.

Discussion: This paper critically evaluates, amongst others, current research practice regarding intervention development, targeting, active involvement of the target population, challenge of recruitment and retention, measurement and evaluation protocols, long-term follow-up, economic evaluation, process evaluation, and publication. It argues that funders and researchers should collaborate to ensure high quality long-term evaluations are prioritised and that a trial's success should be defined by its quality, not its achieved effect.

Summary: The conduct and publication of well-designed evaluations of well-defined interventions is crucial to advance the field of youth physical activity promotion and make us better understand which intervention strategies may or may not work, why, and for whom.

[View the full 6-page article](#)

[BMC Public Health](#). 2016 Mar 1;16(1):205. doi: 10.1186/s12889-016-2829-z. The impact of long-term school-based physical activity interventions on body mass index of primary school children - a meta-analysis of randomized controlled trials. Mei H1 et al

[Author information](#)

Abstract

Background: Physical activity (PA) intervention is a commonly recommended strategy to combat childhood obesity. However, its effectiveness has long been controversial. This paper aims to examine the effectiveness of long-term (≥ 12 months) school-based PA interventions on body mass index (BMI) in primary school children, who are gaining BMI.

Methods: Original papers were retrieved from PubMed, Google Scholar, the Cochrane Library and Web of Science, published between 1990 and 2015. The inclusion criteria were those research studies that were: randomized controlled trials (RCTs), conducted in primary school settings, had valid data on BMI at baseline and at the final follow up (or on BMI changes), and involved PA intervention that lasted for at least 12 months.

Results: Out of 11,158 potentially eligible articles, 18 papers were included in the analysis, involving 22,381 primary school children with intervention durations ranging from 12 to 72 months. Compared to the control groups, the BMI increment was 2.23 kg/m² less in the intervention groups ($p < 0.05$). The heterogeneity was high across the studies (99.8 %), but declined after sub-group analyses. The intervention type, intervention duration, and weekly PA intervention time were among the factors leading to the heterogeneity.

Conclusion: Long-term school-based interventions containing PA as a core component appear to be effective in achieving healthier BMI. However, the results should be interpreted with caution due to the high heterogeneity among the studies. More high quality school-based RCTs among diverse populations are needed to improve the homogeneity and to yield a more robust conclusion.

[View the 12-page article](#)

Journal of Physical Activity and Health: The Official Journal of the International Society for Physical Activity and health. Volume 13, Issue 1, January 2016

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

[View the edition](#)

A publication of interest...

Growing up unequal: gender and socioeconomic differences in young people's health and well-being. Health Behaviour in School-aged Children (HBSC) study: international report from the 2013/2014 survey. Health Policy for Children and Adolescents, No. 7 2016. World health Organization - Europe, March 2016 (294 pages)

This book is the latest addition to a series of reports on young people's health from the Health Behaviour in School-aged Children (HBSC) study: a WHO collaborative cross-national study that has provided information about the health, well-being, social environment and health behaviour of 11-, 13- and 15-year-old boys and girls for over 30 years. This book presents findings from the 2013/2014 survey on the demographic and social influences on the health of almost 220 000 young people in 42 countries and regions in the WHO European Region and North America. Responding to the survey, the young people described their social context (relations with family, peers and school), health outcomes (subjective health, injuries, obesity

and mental health), health behaviour (patterns of eating, tooth brushing **and physical activity**) and risk behaviours (use of tobacco, alcohol and cannabis, sexual behaviour, fighting and bullying). For the first time, the report also includes items on family and peer support, migration, cyberbullying and serious injuries.

[Download a copy](#)

[View the WHO press release on the publication \(15 March 2016\)](#)

Specific countries

AUSTRALIA

Sydney Morning Herald (5 March 2016)

Sports history in the making and it's women in the winner's circle

The outcry over Chris Gayle's on-air comments to broadcaster Mel McLaughlin during the Big Bash League in January confused some, but for those who have worked long and hard for the potential of women in sport to be realised, the issue was clear-cut.

"I started doing sideline interviews in rugby league in the mid-80s, yet 30 years down the track people are still getting excited over women doing sideline interviews in rugby league," broadcaster Debbie Spillane says.

"Then you have something like the Chris Gayle thing and you realise that so many people still just don't get it. To have a woman publicly disrespected is counter-productive to everything cricket and sport in general is trying to do."

The Gayle incident came at a particularly sensitive time. A year or so ago it seemed the war was in vain. The women's national basketball and soccer leagues both lost their television presence and netball had to pay for theirs.

World-class national teams including the Southern Stars and Matildas were largely out of sight, out of mind, and paid accordingly, while the individual successes of Anna Meares, Sally Fitzgibbons and others received less prominence than deserved. The rich male-dominated major codes became richer, leaving others - particularly women - to struggle more than ever.

Then something dramatically changed. Years of big-talking started to materialise into action. A landmark pay deal for women cricketers was followed by the hugely successful inaugural WBBL.....

[View the full news item](#)

The Butterfly Effect Podcast Episode 2 (24 March 2016)

In this episode of the Butterfly Effect, Mel Jones, Chelsea Roffey and Stefan Grun are joined by special guest Madi Robinson from the Melbourne Vixens (melbournevixens.com.au) and Australian Diamonds (netball.com.au/australiandiamonds/netball) teams.

We chat all things female sport including periods, body image, short skirts and revealing netball uniforms, leadership, overcoming adversity, knee injuries and much more.

[Listen to the Podcast](#)

CANADA

Canada's Dairy Farmers Fuelling Women Champions (7 March 2016) Fuelling a Lifetime of Participation

Did you know that only 4% of Canada's broadcast coverage goes to women's sports?

A Report on Female Participation in Sport

From resources and support in local communities to national media coverage of elite and pro athletes, understanding the challenges that Canadian women face is an important stepping-stone in overcoming gender inequality in sport. That's why we've collaborated with the Canadian Association for the Advancement of Women and Sport and Physical Activity (CAAWS) to publish a report on the status of Canadian women in sport.

Watch the video to see the stats at a glance [on the web page].

Take a look at the research spread for a more in-depth view:

[Full Report \(PDF, 2.87MB\)](#)

[Short Form Report \(PDF, 1.51MB\)](#)

[Infographic \(PDF, 3.32MB\)](#)

Clearing the Hurdles

The statistics are startling: 41% of girls between the ages of 3-17 years don't participate in sport – and this number jumps to an astounding 84% in adult women.....

[View the full news item](#)

PAKISTAN

Reuters (29 February 2016)

In Pakistan, young female boxers punch through gender barriers

In a dense and dusty neighborhood in the southern Pakistani city of Karachi, eight young girls lined up against a cement wall, touching their hands to their faces in prayer before boxing practice began.

For the last six months, these athletes-in-the-making have been training at the Pak Shaheen Boxing Club in Lyari, a packed Karachi ward known more for its internecine gang warfare than for breaking glass ceilings.

During the week, a dozen girls, aged eight to 17, go to the club after school to practice their jabs, hooks and upper cuts for hours in the hope of one day bringing a medal home to Pakistan.

"I have been training since I was a child," said Urooj Qambrani, 15. "Inshallah, I will become an international boxer. ... I will make Pakistan's name famous."

Pakistani women have been training as boxers in small numbers and competed in the South Asian Games last year, said Younis Qambrani, the coach who founded the club in 1992.

The growth of the sport for both men and women in Pakistan has been dogged by a lack of equipment and adequate facilities, but the situation is slowly improving, he said.

In Pakistan, a conservative Muslim society, women and girls face additional obstacles - both from Taliban threats for going to school and also violence from family members, including so-called "honor killings" in which male relatives kill girls deemed to have brought shame to the family name.

In October, the Sindh Boxing Association organised a camp for female boxers in Karachi, the first time that a government-supported event for women in the sport was held in the country, according to media reports.

Some of the girls in Qambrani's family, who had taken up practising at home, participated in the camp, and came to Qambrani afterwards to ask why they couldn't train at his club as well.....

[View the full news item](#)

NEW ZEALAND

Sport New Zealand (10 March 2016)

A fresh approach to PE and sport in schools and communities

Sport New Zealand (Sport NZ) has today launched a new initiative aimed at ensuring young people are getting quality PE and sport at school so that they remain active and sporty for life. Play.sport is a step-change in the way PE and sport is delivered in schools. The new initiative is underpinned by a 'physical literacy' approach focused on arming young people with not just the physical, but also the social and emotional skills they need to enjoy a life-long love of sport and physical activity.

Play.sport is currently available as a pilot in 34 schools in Upper Hutt and Waitakere. It was officially launched at Pinehaven School in Upper Hutt today by Sport and Recreation Minister Jonathan Coleman. Silver Ferns captain Casey Kopua attended the launch along with Hurricane and Māori All Black Otere Black.

Play.sport is a multi-layered approach to the provision of PE and sport with hands on, practical support and training for teachers, schools, parents and community organisations to improve the quality of the experience for young people.....

[View the full press release](#)

UK

The Football Association (1 March 2016)

Girls' Football Week expansion will drive participation

This year's FA Girls' Football Week will be expanded to two events to further drive female football participation.

The first week, which is focused on encouraging primary and secondary schools to put on football sessions for girls, will take place from Monday 25 April. The second, 10-16 October, will aim at raising participation at higher and further education establishments.

Clubs, community groups, wider educational establishments and other organisations are also being invited to run female-specific sessions during the week.

[In 2015 more than 16,000 people took part in the event](#), over triple the original target. It is aimed that 17,340 girls aged 5-16 take part in the first week, a 20 per cent increase on 2015.

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.

The FA is offering free-to-use resources to participating schools and institutions, which include session guides and promotional materials. This can be accessed by registering the session at www.fagirlsfootballweek.com.....

Football is the largest female team sport in England with more than 2.89m players. There are more than 5,900 women's and girls' teams playing affiliated club football.

[View the full news item](#)

The FA (8 March 2016)

WSL Sister Clubs Programme launched to grow women's game

The FA has launched a new Sister Club Programme ahead of the new FA Women's Super League season.

More than £100,000 has been invested by the FA into the programme, which aims to drive girl's participation at grassroots level and attendances at FA WSL matches.

Following successful bids, 11 clubs will take part this season – Arsenal, Birmingham City, Bristol City, Doncaster Rovers Belles, Everton, Notts County, Oxford United, Reading, Sheffield FC, Sunderland and Yeovil.

The Sister Club Programme will help girls' clubs around the country to become affiliated with their local FA WSL club. As part of the programme, Sister Clubs will gain access to hundreds of match tickets, player appearances, coaching sessions, camps and mascot places. There are two levels of affiliation – gold and silver.....

[View the full news item](#)

Women in Football (8 March 2016)

Women in Football Survey

On International Women's Day it's hard to believe there is still an industry where the number of women who are victims of sexual harassment has doubled; where some women are banned from areas at work preventing them from doing their job properly and where almost half have experienced sexism in the workplace. This is the world of females working in football, according to a [survey published today](#) by Women in Football (WiF).

The ground-breaking research, conducted by Professor [Sue Bridgewater](#) who runs the highly acclaimed LMA Diploma course for football managers and teaches on Liverpool University's Football [MBA](#), reveals that just 10 per cent of females working in the sport believe enough is being done to improve their opportunities in the industry.

And 70 per cent believe they have to be better at their jobs than - not simply as good as - male colleagues if they want to succeed in the football workplace.....

[View the full press release](#)

Kick it Out (8 March 2016)

Anna Jonsson, Kick It Out's Reporting Officer, blogs about reporting sexism in football

As part of International Women's Day, Anna Jönsson, Kick It Out's Reporting Officer, has written a blog about her experiences of sexism within football.

Anna discusses the difficulties she has faced in challenging sexist behaviour throughout her life and the support that Kick It Out can provide to report sexist abuse.....

[View the blog](#)

Sported (8 March 2016)
International Women's Day 2016

To celebrate International Women's Day 2016, here are some stories about Sported members led by strong women, aiming to fulfil the potential of young women across the UK, and how we are supporting them to achieve that.

Water Adventure Centre (Manchester)

The Water Adventure Centre is a vibrant youth centre with a difference. Their exciting activities focus on building confidence and self-esteem, whilst encouraging children and young people to take responsibility for themselves, others and their environment.....

Granby Somali Women's Group (Liverpool)

Granby Somali Women's Group (GSWG) was established in 1994 following the committed effort of several Somali women's groups due to the raising influx of refugees from Somalia.....

S Factor Academy (London)

S Factor Academy is the brainchild of Lewisham native Lisa Miller – a former Commonwealth Games Silver medalist. Founded in 2010, S Factor uses high quality athletics coaching as a way of engaging young people in healthy activities and enhancing their life skills.....

Urban Fit (Bristol)

Urban Fit was founded by Emma Cochrane in response to a recognised lack of opportunities in the Bristol areas which has led to a number of social problems including anti-social behaviour, drug dealing, teen-pregnancies and gang culture.....

The Blair Project (Manchester)

The Blair Project is working to increase participation in grassroots motorsports. As part of its mission to promote greater equality in motorsports, The Blair Project has developed a **Girls in Motorsports Project**, to help bring through the next generation of female drivers, mechanics and engineers. The project also aims to empower girls and young women through motorsport, as well as using the sport to provide opportunities for learning in the STEM subjects (Sciences, Technology, Engineering, Maths).....

[View the full details of the projects supported by Sported](#)

University of Bath (9 March 2016)

Inaugural lecture: Why do we need physical activity and how much is enough?

[Professor Dylan Thompson](#) delivered his inaugural lecture on 2 March 2016. The lecture was entitled, Physical Activity: Why do we need it and how much is enough?

[Watch the lecture](#)

[Source of information](#)

Leeds Beckett University (18 March 2016)

Gender equality in sport coaching top of the agenda for Carnegie researcher at prestigious European conference

Dr Leanne Norman in our Carnegie Faculty is set to deliver the keynote presentation at the European Women and Sport bi-annual conference in Stockholm in April.

Dr Norman, Senior Research Fellow in the School of Sport, will speak about gender equality in coaching following the EU's new published guidelines for gender equality in sport, with coaching being one of the four main areas of priority highlighted.

Dr Norman said: "This is a fantastic opportunity as the conference is a prestigious one and historically, these conferences have seen the creation of some seminal declarations to do with women in sport, such as the Brighton Declaration (1994) and Helsinki Spirit (2000). The conference will be attended by academics, organisations and practitioners from all around the world."

The conference, titled 'Moving Towards Gender Equality in Sport', will be jointly hosted by the European Women and Sport (EWS) organisation and the Swedish Sports Organisation. It is being held in Stockholm between Friday 8 and Sunday 10 April.

Dr Norman explained: "The purpose of the conference is to make the issue of gender equality in sport visible and to present and discuss successful actions on gender equality in sport. Specifically, the conference will present the updated EU recommendations for gender equality in sport, including the four areas of strategic action: gender balance and equality in decision making in sport; gender equality in coaching; fight against gender-based violence in and through sport; and fight against negative gender stereotypes in sport and the role of the media.".....

[View the full news item](#)

England Athletics (22 March 2016) International Women's Day Success

As part of England Athletics' work in developing women in coaching a number of open sessions and workshops were organised across the country for International Women's Day.

Martin Rush - Head of Coaching and Athlete Development - commented, "England Athletics recognises that a diverse volunteer workforce is essential to the health of the sport and our mission of creating opportunities for everyone to experience athletics and running to enable them to reach their full potential. We know that women are underrepresented in the coaching workforce, especially at the higher levels of the coaching ladder. Through the work that has been done during International Women's Day, supporting women coaches through bursary awards and networking opportunities through our Women's Coaching Events it is our aim to reduce the disparity and ensure we close the gender gap."

In the South six different open sessions were held with highly qualified and experienced female coaches.....

Further activities will be held in the **Midlands** in April.

[View the full news item](#)

Do view the film... excellent insight..

Sport Councils Equality Group (22 March 2016) "Let Me Be Brave" A newly created short film highlighting transgender people's experiences in sport

Let me be brave is a 10 minute film by LEAP Sports Scotland, showing transgender people's experiences of taking part in sport and the importance of sport in their lives.

You can access the film through Leap Sports Scotland website or by clicking [here](#)

[Source of information](#)

Publications of possible interest....

Bupa Start To Move. Executive Summary. Professor David Morley, Associate Dean, Liverpool John Moores University and a team at Leeds Beckett University. Commissioned by the Youth Sport Trust, February 2016 (20 pages)

In the most comprehensive and wide-ranging evaluation of its kind ever conducted in the UK, the research team sought to establish the impact of Bupa Start to Move, as a movement-based approach, on the delivery of PE lessons in EY and KS1 (4-7 year olds) between June 2013 and October 2015.

[Download a copy](#)

What motivates young people to be active? Each young person will have a different reason or motivation for taking part in your session. sports coach UK, March 2016 (10 pages)

sports coach UK and Sport England have been working together to support youth coaches in understanding and applying learning from the latest youth insight [Under the Skin](#). As part of this, we asked young people why they take part in sport or activity.

[Download a copy](#)

[View all the resources - including the accompanying animations](#)

US

Inside the games reports (15 March 2016)

American fencer Muhammad asked to remove hijab at event in Texas

Organisers of the South by Southwest (SXSW) Interactive festival have caused controversy after American fencer Ibtihaj Muhammad was asked to remove her religious headwear while trying to collect her photo identification at the event in Austin, Texas.

Muhammad is set to become the first athlete to wear a hijab at the Olympic Games as she qualified for the fencing competition at Rio 2016 at the Fencing World Cup event in Athens in January.

The 30-year-old, part of the American team which won team sabre gold at the World Fencing Championships in Kazan in 2014, was reportedly asked to take off her hijab, a headscarf worn by Muslim women, by a volunteer at the festival.

This came despite Muhammad, who was a speaker at the event, attempting to explain the significance of the garment.....

[View the full news item](#)

2016 Participation Report: The Physical Activity Council's annual study tracking sports, fitness, and recreation participation in the US. Physical Activity Council, March 2016 (26 pages)

The Nation's Definitive Source for Sports, Fitness and Recreational Activity Participation. Each year, 7 of the leading trade associations in sports, fitness and recreation join forces and combine resources to conduct the single largest study detailing the Sports, Fitness and Recreational Habits of all Americans. This annual study starts with a nationally representative panel of over 1 million Americans and features responses from nearly 40,000 people ages 6 and older. The study currently includes over 120 separate sports, fitness and recreational activities. In addition, the PAC study gets into a wide variety of related data when it comes to physical activity from demographics, participation in physical education at school and venue of play. The study also looks at participation over the generations as well as first time

participation and frequency of play or participation. If you are looking for any data related to sports and recreational participation in America, this is the definitive go to source. This annual report is produced by a partnership of eight of the major governing bodies and trade associations in the U.S. sports and leisure industry (NGF, SIA, OF, TIA, USTA, IHRSA, USA Football and SFIA). Each partner produces more detailed reports on its specific areas of interest. This overview report summarizes 'topline' data to establish levels of activity and identify key trends in sports, fitness and recreation participation in the USA.

[Download a copy](#)

VENEZUELA

We don't often receive news articles about Venezuelan women's sport - so it's nice to include these in full....

Article received from Andrea Manzo via our president Rosa López de D'Amico:

Venezuelan Yulimar Rojas wins first gold medal for her country at IAAF World Indoor Championships in Portland 2016

Yulimar Rojas' life changed long before she got the title. She went from living in a little town in Puerto La Cruz, Venezuela to competing in World Championships and having a contract with Nike. In her first official competition in 2014 she broke all the records for high and long jump in just one day. She won the gold at the Suramericanos in Santiago and four more golds at Festival Panamericano and the Sub-23 Suramericano before changing her discipline to triple jump the following year.

Yulimar departed Venezuela last November to train in Madrid with the Cuban long jump multi-champion legend Ivan Pedroso and has already participated in several competitions there, including the Villa Madrid Cup where she got another title.

The Venezuelan won the first ever world indoor title for her country with a leap of 14.41 meters in the women's triple jump at the World Indoor Championships, held between March 17 and 20, 2016 in Portland, Oregon, United States.

Yulimar made only one successful jump of 14.41m on her second attempt and got the gold medal and Venezuela's first senior global title.

"I have no words to express what I'm feeling right now," Yulimar said, "This medal is for the Venezuelan people, for my family. I just had one job needed - to win today."

At the age of 20 the Venezuelan girl set another record by becoming the youngest athlete ever to win women's triple jump world title indoors or outdoors.

"I proved I have what it takes, I proved I have the talent to be among the world's best for the Olympic games," She said. "That was the challenge and the goal for this year. That was my dream. Between now and then, I will work to improve every aspect of my technique and speed."



Venezuela undefeated in the South American U-17 women's soccer championship

One of the most beautiful episodes in the history of Venezuelan women's soccer occurred in the match between Venezuela – Brazil in the South American Women's U-17 soccer championship on April 20 , 2015. The meeting attendance record was just over 41 thousand people for a women's football match in this kind of competitions held at the Metropolitano Stadium Cabudare , Lara state. The South American Women's U-17 was played during 20 days with the participation of Argentina , Bolivia , Brazil , Chile, Colombia , Ecuador , Paraguay , Peru and Venezuela .

The tournament was attended by just a thousand fans at the beginning then fans from different cities and nearby states travelled to the stadium to witness what would be one of the most electrifying matches in the history of women's football .

The game in their last qualifying match took a final environment between teams from Brazil vs Venezuela, both undefeated and with the best players of the tournament seeking a victory in the final game, a draw was just enough for Venezuela to get the 1st place of the tournament but the Venezuela's team of Kenneth Zsremeta wanted the glory before his public.

The game was played with hard defense in the middle between both teams. Brazil took control during the 1st half testing Venezuelan Nayluisa Cáceres goalkeeper with several shoots. The first half finished with tension about if the Venezuela's team could win the tournament again. The fans all over the country received the second half with great support to rise the winning attitude from Venezuela's team during the whole championship. The second half started and just in the minute 48 Deyna Castellana took the ball in the rival area and between two Brazilian defenders performed a masterful hat in order to remove the two defenders and stay in front of the Brazilian goalkeeper, and made a fantastic goal which delighted thousands of fans to demonstrate Venezuelan's team was defending their title in that category.

The match continued with more and more screaming and support from the fans but Brazil's team never ceased in attack the rival area. Venezuela played a good game in defense and attack until the final second of the game where the public and football's players wrote a beautiful page to the history of Venezuela at the highest level in the South American U-17 women's championship.

Finally, Venezuela retains South American U-17 women's championship title. Deyna Castellanos was the highest scorer with 12 goals in the tournament, Daniuska Rodriguez was the leader in assistance with 9 and the goalkeeper Nayluisa Caceres was named the best goalkeeper from the tournament. Venezuela led the table with 7 games unbeaten with 27 goals scored and 3 goals against for a total of 21 points. The next goal of the Venezuelan players will be the under-17 football World Cup in Jordan, 2016

Champion: Venezuela

Second Place: Brazil

Third place: Paraguay

It is indeed a major step in women's soccer in Venezuela!

Written by Oscar Carmona

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