



## News and Resource Update October 2015: Your guide to what's happening around the world

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

### Keep right up to date with our news

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



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

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We're on Facebook too - [view our page](#)

### IAPESGW 18<sup>th</sup> 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](http://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 2015 to 31 March 2017 – please encourage your contacts to take up this offer.

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

### IAPESGW 2<sup>nd</sup> Regional Symposium – Women's Empowerment

14 – 15 December 2015, Tehran, Islamic Republic of Iran

#### Symposium themes:

- History and philosophy of women sport
- Pedagogy and research in women sport
- Women sport management and leadership
- Sustainable development in women sport
- Sponsorship and economic issues in women sport
- Women sport in Islamic countries
- Women sport and media
- Women sport and health
- women sport and international interactions

#### Abstracts

All specialists and interested people can send their abstracts (about 400 words) to the following email and attend in this valuable symposium. Deadline for abstract submission is November 6th, 2015.

[Abstract template](#)

Email: [iapesgw2015@gmail.com](mailto:iapesgw2015@gmail.com)



## International

### Play the Game Conference 2015 (25 October 2015)

#### New report shows need for fundamental reform across all international sports

*Not only FIFA needs an overhaul. Most international sports federations fail to comply with basic standards for democracy, transparency and accountability. The new report 'The Sports Governance Observer 2015' identifies serious governance deficiencies in international sport.*

Despite worldwide calls from the public for less corruption and better governance in sport, most international sports federations fail to comply with basic standards for democracy, transparency and accountability.

Although, in theory, sports organisations are democratic institutions extending their influence all the way from the grass-root association to the world federation, reality is different. Athletes, local club leaders and other key stakeholders are often effectively excluded from influence in a centralised system in which the international leaders can stay in power as long as they please.

The top leaders are free to manage the financial, political and cultural assets of their sport without any convincing external or internal control, regardless of the best interest of their sport and far away from the public eye. This reality severely challenges the legitimacy of international sports federations' monopolies on the global regulation of sport.

**These conclusions can be drawn from the first in-depth analysis of the governance structures of all 35 Olympic international federations published in the ['Sports Governance Observer 2015'](#) that was launched Sunday 25 October at the opening of the 9th international Play the Game conference in Aarhus, Denmark.....**

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

## **Play the Game Conference 2015 (27 October 2015)**

### **“Veil of ignorance” obscures effective solutions to physical inactivity**

Look for evidence if you want to promote physical activity. And realise who your target groups actually are and where they are most likely to be physically active. Those were among the recommendations in a debate on the ‘inactivity crisis’ hosted by ICSSPE at Play the Game 2015.

With the juicy elite sport topic of match-fixing competing for the limelight in the main auditorium, six presenters representing the education, research, business and non-profit sectors underlined the ‘real life’ threat of physical inactivity to the general population and reasons why physical activity promoters and policy makers are sometimes missing the mark when it comes to increasing participation levels.

“The sports taking place among teenagers, even football, have nothing – or very little – to do with FIFA,” Maja Pilgaard, Head Researcher at the Danish Institute for Sports Studies, pointed out. “A lot of the children who are playing soccer may not even be interested in watching soccer on TV – they’re interested in participating.”

The problem is that 4 in 5 adolescents and 1 in 4 adults are not participating enough, Marvin Radford from the International Sport and Culture Association (ISCA) concluded on a recent ISCA/Centre for Economics and Business Research study. With physical inactivity costing Europe an estimated €80 billion a year in associated health costs, his presentation highlighted the problem ISCA describes as the ‘inactivity time bomb’.

The influence of sedentary environments working against humans’ evolution as active creatures and compromising their “effective functioning” reinforces this problem, said session moderator Richard Bailey, from the International Council of Sport Science and Physical Education (ICSSPE), which invited the speakers to evaluate physical activity as a “cause for concern” in Europe.....

[View the full news item](#)

## **International Physical Literacy Conference 2016**

**22-24 June 2016, The Liner Hotel, Liverpool, UK**

This conference being held by the International Physical Literacy Association (IPLA) promises to be the biggest and most extensive gathering of professionals and volunteers involved in physical activity, health, education, sport, recreation, national and regional policy making, community development, and urban/ rural planning. They all share a common goal of developing a global community committed to the development of Physical Literacy across the life course.

### **Presentations**

The presentation is 15 mins plus 5 mins for questions. Presentations will be grouped into sessions of similar topics.

### **Citius Vocem**

This is a fast highly visual format. Each presentation must have 10 slides that last 30 seconds each and so will last 5 mins plus 5 mins for questions.

### **Posters**

Posters will be on display throughout the conference for discussion during identified tea/ coffee breaks.

### **Key Dates**

The closing date for abstracts is December 31st 2015. Notification of acceptance of abstracts will be 1st Feb 2016.

If you would like to present at the IPLA Conference 2016, please complete the [Abstract Submission Form](#)

[View the full details](#)

### **European Commission (28 September 2015)**

#### **Country factsheets on health-enhancing physical activity published**

The European Commission has published country-specific overviews on health-enhancing physical activity (HEPA) in cooperation with the World Health Organization Regional Office for Europe.

The European Commission supported and closely cooperated with the World Health Organization in the preparation and issuing of these country-specific overviews on the state of and trends in health-enhancing physical activity.

This cooperation is part of the implementation of the [Council Recommendation on promoting health-enhancing physical activity across sectors](#) from November 2013.

These fact sheets give an overview of information on selected physical activity indicators in line with the [EU Physical Activity Guidelines\(539 kB\)](#), in the 28 EU countries.

Key findings include data on the numbers of adults and young people reaching the levels of physical activity recommended by the [World Health Organization](#) and a confirmation of the excessive levels of physical inactivity across Europe.

An [EU-wide overview\(8.46 Mb\)](#) detailing the method followed has been released together with the country factsheets.

[View the country fact sheets on this page](#)

### **World Health Organization – Europe (13 October 2015)**

#### **EU transport ministers promote cycling to prevent 100 000 premature deaths per year**

[A landmark declaration](#) on cycling as a climate friendly transport mode was unanimously adopted by European Union (EU) transport ministers and secretaries of state gathering at the Informal Transport Council in Luxembourg on 7 October 2015. It includes specific recommendations for promoting cycling in Europe.

The declaration took stock from recent evidence on the benefits of cycling for environment and health. Walking and cycling offer an opportunity to increase levels of physical activity in an increasingly less active European population. Using the Health economic assessment tool (HEAT) for walking and cycling, WHO highlighted at the meeting that if all EU citizens aged 20–74 cycled or walked an additional 15 minutes per day, 100 000 premature deaths could be prevented each year.

Promoting safe walking and cycling as a mode of transport is one of the priority areas for policy interventions in the [new physical activity strategy for the WHO European Region](#).

While health ministries are aware of the importance of physical activity in daily life, a stronger collaboration with the transport sector is critical to create and improve the conditions for people to be able to walk and cycle. This is the core of WHO's work with the United Nations Economic Commission for Europe under the Transport, Health and Environment Pan-European Programme (THE PEP), which was debated at the Informal Transport Council.

[Source of information](#)

## **World Health Organization (26 September 2015)**

### **Global Strategy for Women's, Children's and Adolescents' Health, 2016-2030**

New York, 26 September—United Nations Secretary-General Ban Ki-moon announced over \$25 billion in initial commitments spanning five years to help end preventable deaths of women, children and adolescents, and ensure their health and well-being. Heads of State and Government, international organizations, the private sector, foundations, civil society, research and academic institutions, and other key partners joined the event during the UN Summit for the adoption of the sustainable development agenda to pledge their support to the Global Strategy for Women's, Children's and Adolescents' Health.

With ambitious yet achievable targets and fully aligned with the Sustainable Development Goals, the Global Strategy offers a roadmap to end all preventable deaths of women, children and adolescents, and ensure that they not only survive, but also thrive and transform the world.

"The Global Strategy for Women's, Children's and Adolescents' Health, which I am proud to launch today, will help to build resilient and healthy societies. We have shown that our partnership can yield concrete results. I, and the entire UN system, remain dedicated to saving and improving the lives of the most vulnerable amongst us," said Mr. Ban Ki-moon.....

[View the full press release](#)

[View the strategy](#)

## **Beyond Sport Awards 2015 Winners Announced (20 October 2015)**

### ***Editor - Awards winners delivering projects for girls:***

Moving the Goalposts Kilifi deservedly picked up the UNICEF Safeguarding Children in Sport Award for the incredible work they achieve using football to support, empower and educate girls and young women.

Other Award winners were Hijabs and Hat-tricks, Sport Against Racism Ireland (SARI) who received Best New Project for their work using football as a platform to ease the path for girls of Muslim faith into Irish society. The Sport for Education Award was presented to Figure Skating in Harlem who combine educational support and leadership training alongside the sport of figure skating to girls in Harlem facing generational poverty.

[View the announcement of all the Award winners](#)

## **Inside the games reports (23 October 2015)**

### **Women's four-man bobsleigh to be held for the first time at 2016 World Championships in Igls**

The International Bobsleigh and Skeleton Federation (IBSF) have announced that a women's four-man bobsleigh race will be held for the first time as part of the 2016 IBSF World Championships.

The decision to hold the exhibition race was made during an Executive Board meeting, and it is scheduled to take place on February 21, the final day of the Championships in the Austrian city of Igls.

Competition is set to be held ahead of the final two runs of the men's four-man bobsleigh event, with the exhibition due to give female athletes the opportunity to take part in two runs down the Olympic Sliding Centre course.

Up to six training runs will be offered to the teams during the week from February 16 to 20, however the total number allowed will be released at a later date.

The IBSF have also confirmed that the same rules as the men's event will apply, while registration for the race is required through their e-license system.

From 2014, female athletes had been permitted to participate in four-man bobsleigh events as part of a mixed team, with the governing body stating the change was to support equal opportunities.....

[View the full news item](#)

### **Inside the games reports (22 October 2015)**

#### **Papua New Guinea confirmed as hosts of FIFA under-20 Women's World Cup despite venue concerns**

Papua New Guinea has been officially confirmed as the host of the 2016 FIFA under-20 Women's World Cup after world football's governing body agreed to let the Pacific nation host all matches in capital city Port Moresby.

There were concerns that the country may be stripped of the event due to sub-standard facilities outside of the capital, but the Papua New Guinea Football Association (PNGFA) addressed FIFA's fears and have now been given the go-ahead to stage next year's tournament.....

[View the full news item](#)

### **Inside the games reports (19 October 2015)**

#### **American student becomes third winner of World Rowing's Parmigiani Spirit Award**

Cambridge University student Kirsten Van Fossen has been announced as the 2015 winner of the Parmigiani Spirit Award, the annual accolade handed out by the watchmaker in conjunction with the International Rowing Federation (FISA).

The award recognises university rowers worldwide who demonstrate the "core values of rowing in his/her social, academic and sporting life and, through those values, also enabled or inspired exceptional success in other people's lives".

These five core values are "teamwork, fairness, natural, inclusive and enduring".....

[View the full news item](#)

### **Telegraph, UK (19 October 2015)**

#### **'I used to bandage my boobs': How breast pain affects women in sport**

Women with larger breasts can struggle with uncomfortable pain while exercising - to the point where they seek surgery or give up the sport completely. Radhika Sanghani reports.

Charlotte Pardon, 36, owns four horses, competes in tournaments and rides almost every day. She loves the sport and has been doing it ever since she was a child.

But now she's starting to cut down.

It isn't out of choice – instead it's all down to her 36G breasts.

"I'm quite big chested but only about 5 ft 2in," she tells me. "It means I get a lot of breast pain when I'm riding. I remember at when I was about 15-years-old I wrapped my chest [with a cohesive bandage] to compress the area. It was just so I could look better in my jacket for competing and so there was less bounce."

Pardon, who works at the British Horse Society, has recently found the pain increasing: "When I rode pretty much every day I found my posture was really suffering. Sitting trot especially was really uncomfortable and I was doing less and less of it. At one point I even considered a [breast] reduction. But horse riding is just a hobby for me, so I wouldn't go down that road."

Instead of having surgery she went to see her GP who recommended physiotherapy and an improved sports bra. The pain has not fully gone but Pardon says it has improved and she's able to continue her horse riding.

In that sense Pardon is lucky. A number of British women have had to give up sport because of breast pain. Last year a study from the University of Portsmouth's [Breast Health Research Group](#) found that [one in five women said breast pain was a barrier to exercise](#).

The same researchers are now working on a study about horse riding specifically, which will be launched in the next couple of months. Preliminary information from the study suggests that high numbers of riders struggle with breast pain - but Dr Jenny Burbage, one of the researchers, tells me women participating in many sports tend to experience discomfort.....  
[View the full article](#)

### **Inside the games reports (26 October 2015)**

#### **Bartekova becomes youngest chair of IOC Coordination Commission after landing Lausanne 2020 role**

Slovakia's Danka Bartekova [she] has become the youngest-ever chair of an International Olympic Committee (IOC) Coordination Commission after being appointed as head of a six-member team which will oversee preparations for Lausanne 2020.

Bartekova, winner of an Olympic bronze medal at London 2012 in skeet shooting, will be tasked with leading the Commission which is aimed at guiding the Swiss city in their preparations for the third edition of the Winter Youth Olympic Games.

Currently the youngest IOC member at 31-years-old, Bartekova, a member of the Buenos Aires 2018 Youth Olympic Games Coordination Commission, is set to be joined by an experienced team, which the IOC claim, will act as a link between Lausanne 2020 and stakeholders in the Olympic Movement.....

[View the full news item](#)

### **International University Sports Federation (FISU) - International Volunteer Programme**

FISU is launching the International Volunteer Programme. It will give students from around the world the opportunity to volunteer at a 2016 World University Championships working as part of the Organising Committee.

Please note the closing date for the first set of Championships is 30 November.

**For further Information please click [here](#).**

### **European Commission – Sport (20 October 2015)**

#### **Erasmus+ 2016 Guide and Call Published**

The [Erasmus+ Programme Guide\(9.38 Mb\)](#) and [Call for Proposals for 2016](#) is out with more than €1,85 billion in funding available.

Find more information on the call, the guide, and what's changed since 2015 on the [Programme Guide page](#).

[Source of information](#)

**Make physical activity a part of daily life during all stages of life. Infographics. World Health Organization – Europe, September 2015 (single page)**

**Editor** – a useful overview of activities and statistics in a single page.

[Download a copy](#)

*Latest edition released on their website...*

**Journal of Physical Activity and Health, Volume 12, Issue 7, July 2015**

**Editor** - the July edition has now been made [available to view](#)

## **Specific countries**

### **AUSTRALIA**

**Janice Crosswhite, IAPESGW Vice-President – a Masters Basketball Player – *whatever team:***

I played basketball in the Australian Masters Games in Adelaide (over 40 different sports/events and 10,000+ competitors, held every 2 years) and again my team “Australian Butterflies” won the over 60’s gold medal.

During the week I was approached by one of the over 70’s men’s teams to play with them – as they had a few injuries – and so I played point guard, dribbling the ball up the court and passing mainly as I found that the men caught the ball and did not take too long to shoot – unlike the women where we tend to pass more often and play more as a team – but we won the bronze medal anyway.

Lots of fun, fitness and good fellowship on and off the court!

### **Minister for Health Sussan Ley press release (20 October 2015)**

#### **The time for getting around to an active lifestyle is now**

Minister for Health Sussan Ley is pleading with Australian women to “put their health first” and get active to ensure they – and their families - live more healthy, happy and productive lives.

Ms Ley’s call to action comes on World Osteoporosis Day, with over a million Australians – mainly women – suffering from the debilitating brittle bone condition, despite a key way to reduce its onset and manage symptoms being regular physical activity.

In order to inspire action, Ms Ley today launched the Turnbull Government’s ‘No time for never’ campaign aimed at getting Australians of all ages, not just children, to take up organised sporting activities as part of its broader national sports participation strategy Play.Sport.Australia, which was launched earlier this year.

Ms Ley said she was worried that the increasingly long-work hours, hectic family schedules and sedentary lifestyles of Australian women were “literally killing us” and the time for “I’ll get around to it” had passed.

“It’s a reality that Australian women continue to be the dominant force in managing Australian households and caring for family members and friends and many of us are guilty of putting the health, wellbeing and needs of others ahead of our own,” Ms Ley said.....

[View the full press release](#)

## Clearing House for Sport (20 October 2015)

### Physical Activity Guidelines

Prepared by: Dr [Ralph Richards](#), Senior Research Consultant, NSIC/Clearinghouse, Australian Sports Commission

Physical inactivity has been identified as the fourth leading risk factor globally for mortality. Governments have a central role, in cooperation with many other stakeholders, in creating an environment that empowers and encourages physical activity behaviour by individuals, families, and communities. Being physically active can have many positive personal health benefits (both physiological and psychological) as well as social and community benefits.

#### Key Messages:

- Governments have a central role in providing evidence-based guidelines for health and lifestyle enhancing physical activity across all age-groups.
- Governments and stakeholders can use physical activity guidelines to shape policy and implement relevant strategies.
- The total economic cost of physical inactivity to the Australian economy is substantial; it consists of increased health care costs, lost productivity, and premature mortality.
- The World Health Organization (WHO) has issued a global strategy on physical activity, advocating a mixture of 'top-down' and community-based actions.

[View the details](#)

## ABC (29 September 2015)

### Life as a female sports journalist

From being locked out of the locker room to allegations of inappropriate relationships with interviewees, three sporting journalists at the top of their game share some of the highs and lows of being a female sports reporter in a male-dominated industry. (ABC)

#### **NICOLE JEFFERY- Senior sports journalist at The Australian**

When I started covering rugby league, I was the only female at the time. There were several clubs that didn't allow women in the dressing room. There was a general attitude that you were some kind of devious groupie... a smart groupie who managed to get herself a job that would get her in touch with the footballers she wanted to marry, rather than someone trying to do a professional job.....

#### **JESSICA YATES - Motorsports anchor for Fox Sports Australia**

I'd been at Fox Sports for maybe two years when I got a phone call from my boss and he said, 'How do you like cricket?' And I went, 'Is this a trick question? Cricket's fine.'

He said, 'You've gotta be a boundary writer. I'll put you and Sarah Jones, who's Melbourne-based, on the boundary. It's gonna be great!'

And I went, 'Okay, can I ask a question? Are you putting us on because we're female or because you actually think...' .....

#### **CARO MELDRUM-HANNA - Investigative reporter with ABC TV's Four Corners**

[While investigating the doping allegations involving biochemist Stephen Dank, who worked as a sports scientist with National Rugby League clubs] I rang his barrister and said, 'We'd like to speak to Stephen Dank'. I explained to him the benefits of going with a program that doesn't have any commercial arrangements. We got there and I think Dank was as surprised as I was. We'd never met before the interview.....

[View the full article](#)

## **BRAZIL**

### **Inside the games reports (30 September 2015)**

#### **IOC to give \$600,000 to United Nations project aimed at boosting gender equality**

A United Nations Women project titled “One Win Leads to Another” is set to receive the support of the International Olympic Committee (IOC) after they pledged to give \$600,000 (£396,000/€533,000) to the programme, based in the State of Rio de Janeiro.

Run by UN Women in partnership with the National Olympic Committee of Brazil, the project aims to target around 2,500 girls from the ages of 12 to 14 with a series of sport programmes, which aims to build their leadership skills and their ability to influence decisions affecting their lives.

As part of the pilot project they will aim to use the National Youth School Games to spread messages of non-discrimination, non-violence and girls’ empowerment.

Following the pilot, which is due to take place across 50 schools, it is hoped the project will be implemented on a national and international level.

The IOC’s backing of the programme sees them continue to enter partnerships with the UN as part of their commitment to supporting gender equality, following their adoption of President Thomas Bach’s Agenda 2020 reforms.....

[View the full news item](#)

## **CANADA**

### **Inside the games reports (15 October 2015)**

#### **Wheelchair racing legend Petitclerc headlines Canadian Paralympic Hall of Fame's 2015 inductees**

Wheelchair racing legend Chantal Petitclerc headlines a group of seven individuals named as the Canadian Paralympic Hall of Fame's inductees for 2015, who will be officially celebrated at a Gala next month in Ottawa. Petitclerc is one of the most successful athletes ever in Paralympic sport having competed at five Paralympic Games and won 21 medals, including 14 golds.

In 2008, she won the Lou Marsh Trophy as Canada's athlete of the year and was named the Canadian Press' female athlete of the year.

Petitclerc is a public speaker, broadcaster and athlete mentor, currently serving as Team Canada's Chef de Mission for the Rio 2016 Paralympic Games.

Joining her in the athlete category is Marni Abbott-Peter, who led Canada's national women's wheelchair basketball team to three gold medals and a bronze in her four Paralympic Games appearances.

She was the cornerstone of one of the most dominant teams in the history of Canadian amateur sport, which also won three consecutive world titles and produced a 43-game winning streak in World Championship and Paralympic Games play.

Lauren Woolstencroft completes the trio of athlete inductees as the winner of eight gold medals, one silver, and one bronze across three Paralympic Games during her Alpine-skiing career.

At Vancouver 2010, Woolstencroft became the first Canadian winter Paralympian to win five gold medals at a single Games and was named Canada's flagbearer for the Closing Ceremony.....

[View the full news item](#)

## CHINESE TAIPEI

### Inside the games reports (14 October 2015)

#### Chinese Taipei Olympic Committee holds third Women, Youth and Sports Conference

A Women, Youth and Sports Conference has been held by the Chinese Taipei Olympic Committee (CTOC), attracting over 80 participants from across sporting, academic and political fields.

Entitled "Innovation, Action, New Milestones", the two-day event held at the Sheraton Taipei Hotel was the third edition since its inception in 2011.

In response to what was described as "recent awareness and promotion of youth sport", focusing on young people was a major theme of this year's event, just as it currently is for the entire Olympic Movement.

But ensuring opportunities for women in sport remains another key theme, and one addressed in a keynote speech by Dr. Carole Ann Oglesby, co-chairperson of the International Working Group on Women and Sport, entitled "Theory to Dynamic Action Sport and Physical Activity for Girls and Women: Instrument for Public Policy".....

[View the full news item](#)

## ISRAEL

### Inside the games reports (12 October 2015)

#### Israel rower Moran Samuel claims IPC's Allianz prize for September

Israeli rower Moran Samuel has been named as the International Paralympic Committee (IPC) Allianz athlete of the month for September after success at the World Rowing Championships in Aiguebelette, France.

The 33-year-old went one better than the silver medal she won at last year's Championships when she triumphed in the women's AS single sculls final on Lake Aiguebelette.

In windy conditions she came through the 1,000 metre course in a time of 5min 25.92sec for glory ahead of Great Britain's Rachel Morris and Norway's Birgit Skarstein, the defending world champion.

Samuel had also won a gold medal at the World Cup meet in Varese, Italy, in June and saw off some stiff competition to claim the Allianz prize with 57 per cent of the public vote.....

[View the full news item](#)

## PERU

### Peruvian football girls embrace winning as a mix of performance and behaviour

#### By Michael Pedersen, Founder of M INC. > change the game ([www.minc.ch](http://www.minc.ch))

I have been doing some volunteer work with a group of teenage girls, who are playing football in La Victoria, one of the poorest neighborhoods of Lima, Peru. The teenage girls are playing within the framework of what is called 'Escuela de Futbol Femenino Colombia Perú'.

My work has been focused on developing a common understanding among the girls on the importance and nature of values in sport. Specifically, it has been focused on defining what values such as sportsmanship and fair play mean in practice - in a team, vis-à-vis opponent teams and vis-à-vis authorities such as referees and coaches.

Beyond having a great experience with the teenage girls, working with them has opened my eyes to a lot of ideas, perspectives and insights. First of all, I have come to appreciate that girls are not very different from boys in terms of motivations and behaviors, when they do sport. Girls are also competitive. Girls also want to have fun. Girls too like to develop friendships through sport. And, girls also appreciate when others treat them with integrity and respect.

Secondly, through my work with the teenage girls, I have come to appreciate that the winning formula for successful, sustained engagement of children and youth in doing sport is a mix of performance and behavior. Scoring or not scoring goals is only one of two important aspects. The other aspect is nurturing a sense of belonging and friendship and simply making sure to have fun. Especially for underprivileged children and youth, it is also about creating a space for them to learn to be free, to dream and to imagine how a better life in a better world is achievable for them too.



For further information see: <http://minc.ch/news/2014-06.html>.

## TURKEY

### Inside the games reports (12 October 2015)

#### Tennis star appointed President of the Turkish Olympic Committee's Athletes' Commission

Women's tennis player Çağla Büyükakçay has been appointed President of the Turkish Olympic Committee's (TOC) Athletes' Commission.

Büyükakçay, Turkey's highest-ranked female player on the Women's Tennis Association (WTA) Tour, will lead a 48-member commission, half of whom are women.

This is said to be in line with the recent changes introduced by the International Olympic Committee (IOC) as part of its Olympic Agenda 2020, which seeks to promote greater gender equality within the Olympic Movement.

The TOC has been implementing changes of its own by updating by-laws in a bid to ensure they support the rules set out in the Olympic Charter.

Under the new laws, the President of the Athletes' Commission is automatically assigned a seat on the TOC's Executive Board.....

[View the full news item](#)

## UK

### **England Athletics (28 September 2015)**

#### **Netmums Running Campaign Launched**

England Athletics, in partnership with Bounts, Great Run Local, parkun and Sport England is supporting a new three month campaign with Netmums, the UK's largest parenting website, to encourage the Netmums community to run, jog or walk.

The Netmums running programme, launching today, has a range of activities designed to get mums (and dads!) running:

- A couch to 5k programme, linked to local parkruns, junior parkruns and Great Run Local events
- A host of new helpful and inspiring articles, video and blogs
- A new Netmums Run app, powered by Bounts, rewarding Netmums users for taking part in exercise. Every time they exercise they earn points and credits, which can be exchanged for high street brand vouchers, prizes and experiences.
- Netmums running groups – users are directed to a dedicated Netmums branded website, where they can search for more than 500 local 'women friendly' Run England beginner groups
- Netmums Activity Buddy Finder - an online forum to help find other local Netmums users for informal social runs

More details about the programme can be found at: [www.netmums.com/woman/netmums-run](http://www.netmums.com/woman/netmums-run)  
[Source of information](#)

### **England Golf (30 September 2015)**

#### **Teeing up the gender-free way**

No sex please, we're golfers! Golf is going gender-free as a growing number of clubs abandon ladies' and men's tees.

They're replacing them with tees which any member can play off to suit their ability and inclination. It's seen as the perfect way to encourage improving golfers, to retain ageing players and to promote social golf.

Golfers who are losing length can move to forward tees; improving players can gain an extra challenge by moving back and social golfers can choose to play together off the same tees.

Gender-free tees are common in the USA and the concept is attracting growing attention here. Gemma Hunter, England Golf's Handicap & Course Rating Manager, said: "It is still very new here but I know of over 30 courses which have rated at least one course for both genders.....

[View the full news item](#)

## **University of Bedfordshire (25 September 2015)**

### **Putting PE at the heart of a child's education**

Primary School teachers across the country now have access to resources developed by the University of Bedfordshire that provide an innovative way of teaching physical education to children.

Made publically available on Times Educational Supplement, the teaching material, created in partnership with [Virgin Active](#), means teachers – over half of whom want more training in teaching physical education – can hone their PE lessons accordingly.

With the intention of inspiring youngsters to take part in and enjoy physical activity, the core of the idea is to place themes around exercise, such as role playing as a superhero to improve strength and flexibility.....

Bedfordshire's newly-devised lesson plans are tailored directly towards placing physical literacy at the centre of the curriculum with clear connections to other curricular subjects. In essence the teachers integrate lessons on, for example history, and use physical education to bring this to life with children pretending to crawl through pyramids or escape from dinosaurs...

[View the full news item](#)

## **Association of Colleges Sport (9 October 2015)**

### **AoC Sport releases new video showcasing career options for women in sport**

AoC Sport has produced a new video documentary showcasing careers for women in sport.

The project - led by AoC Sport - aims to help raise awareness and educate both students and parents of the career options available working within the sport industry.

The film is designed to highlight the various pathways that some professionals have taken during their education and career to achieve success while working in sport. It includes examples across various roles, including; chief executives, solicitors, media and brand specialists and project officers, all of whom practice their profession in sport settings.

Our video will provide our network of colleges with a great resource to use at college open evenings and also for student services' departments, with the footage to use for their career advice services. It may also be useful for sport lecturers to use within the delivery of units to demonstrate the varied roles available to sports students before they make their voluntary placement choices.

The video can be viewed on our [YouTube channel](#).

[Source of information](#)

## **StreetGames (13 October 2015)**

### **Friendship key to securing young women's participation in sport**

Today, StreetGames and its award-winning initiative, Us Girls, has published new research looking at how best to drive participation in sport amongst young women in the years to come.

With the research revealing that 44% of young women saying that since school they have rarely played any sport or taken part in exercise it appears that sports organisations who fail to recognise the key role that female friendships play in encouraging girls to take part in sport will struggle to attract young women.

#### **Key findings from the research include:**

- 63% of young women say they won't play sport or exercise without a friend by their side

- Over three quarters (77%) of young women said the number one reason for playing sport would be to catch up with their friends
- This lack of sporting appetite stems from school PE classes, with 9 in 10 young women citing dislikes such as strict teachers, anti-social classes and “being picked last”

This research comes as the StreetGames initiative, Us Girls, launches a new series of guides on how to get more teenage girls physically active through understanding the role of friendship groups. The guides were developed following in-depth analysis of past Us Girls sessions, undertaken by Dr Nicola Eccles from Leeds Trinity University, which examined how friendship groups influence participation in sport and exercise. The Us Girls brand is designed to increase and sustain young women's participation in sport and physical activity within some of the nation's most disadvantaged communities.....

[View the full news item](#)

**How to...Understand the impact of girls' friendships, enhance them in a physical activity setting and use them to engage and retain female participants. StreetGames, October 2015 (10 pages)**

This guide will consider how friendship groups can influence and impact on successful women and girls physical activity exercise programmes. This guide also includes top tips on how different situations can be managed more effectively.

[Download a copy](#)

**Women in Sport (12 October 2015)**

**Women in Sport's response to government Sport Consultation**

Government's consultation process on the new strategy for sport has now closed and Women in Sport's response has highlighted the importance of placing women and girls at the centre of decision-making.....

[View the response](#)

**Women in Sport (15 October 2015)**

**Why we're launching 'What If...'**

We've just launched our first ever Crowdfunding campaign to help us challenge the way girls' media presents sport at: [www.crowdfunder.co.uk/whatif](http://www.crowdfunder.co.uk/whatif). Here's why.

**It's tough being a girl**

Being a girl growing up isn't easy. It's confusing at the best of times; at the worst, it's downright stressful. Conflicting demands, pressures, changes, situations, all while trying to get on with the day-to-day of living life – is it any wonder that growing up is one of the most chaotic times of our lives?

At the same time, the media that girls consume absolutely bombards them with – quite often contradictory – visions of the life they could, should or would love to be living. Whether it's models, make-up or men, the message from girls' media doesn't always do a lot to help make things easier.....

[View the full news item](#)

**Women in Sport (20 October 2015)**

**Breaking the cycle of female boardroom under-representation**

Since 2009, Women in Sport has conducted annual research into the levels of female Boardroom representation across funded sport organisations.

These reports, released under the Trophy Women? banner have been an invaluable source for campaigning for equality for women at the very top of sport in the UK. **On November 6, we will be revealing the latest research in the most expansive Trophy Women? report** yet produced, with generous support from Comic Relief, Sport England and UK Sport.....  
[View the full news item](#)

### **Women's Sport Trust (5 October 2015)**

#### **Women's Sport Trust response to DCMS sport strategy consultation**

The Department for Culture, Media and Sport's (DCMS) consultation will inform the Government's new strategy on sport, which is due to be published by the end of 2015. The consultation was structured in 10 themes, setting out the challenges the Government wishes to address and inviting responses as to the actions needed and the specific roles of government, delivery bodies, the sports sector and those outside sport.....

Our response can be [read here](#).

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

### **British Fencing (13 October 2015)**

#### **#THISGIRLCAN - CONNIE ADAM**

British Fencing is left feeling inspired by a recent piece done by Mark Summers ([mustardtv.co.uk](http://mustardtv.co.uk)) highlighting one of the many gems in our fencing community. It was of an 87 year old Veteran Fencing Champion from Norwich named Connie Adam who is trying to fundraise for her next international trip to France to compete at the 2015 Veterans World Championships.

Over thirty years she has collected more than one hundred fencing medals to her name, but Connie started fencing for the first time when she retired. She classes herself as not coming from a fencing background, despite having international success and more on her story can be found [here](#).

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[View the full news item](#)

### **BUCS (19 October 2015)**

#### **This BUCS Girl Can Week 2015/16 – 30 November - 5 December 2015**

.....Universities are encouraged to organise a range of female-focused activity throughout the week of action for students to take part in, whether that be women-only sessions, workshops discussing women in sport or attempting to break a participation record.

#### **How can you get involved?**

1. Let BUCS know that you would like to be involved by contacting [Ben Jessup](#)
2. Plan your activity
3. Engage your students
4. Shout about what you are doing

In the next edition of BUCS Business on 29th October, BUCS will be advertising a simple information form for universities to complete to share the activity they have planned. Watch out for this...

The [Female Participation Focus Forum](#) launched last year is also being relaunched today in the lead up to This BUCS Girl Can Week. BUCS will be launching a series of Focus Forums this year, with this being the first, and they are designed to serve as a great opportunity to share ideas and discuss projects with universities working on similar initiatives.

You can register for the Female Participation Focus Forum mailing list [here](#) ahead of This BUCS Girl Can Week starting on 30th November, and can find a great range of resources and case studies on the BUCS [Female Participation hub](#) online to help as well.

If you have any questions about This BUCS Girl Can Week 2015/16 or the Female Participation Focus Forum, please email [Ben Jessup](#) or ring 0207 633 5080.

[View the full news item](#)

### **sports coach UK (20 October 2015)**

#### **Women across the UK encouraged to Reach into coaching**

Reach, a new campaign focussing on women in coaching has been officially launched by sports coach UK today (Tuesday 20 October).

Reach has been created to raise awareness and inspire more women to get into coaching as well as encourage current women coaches to develop their skills further.

Targeting women of all ages and backgrounds Reach reinforces the messages that coaching keeps you active, can be a sociable activity and is a way of giving back to your community and sport. All this whilst being a role model to encourage others into sport.

The campaign has been created because women are currently under-represented in coaching. Research has shown that women do want to coach, providing the environment is right. However, sport is still regarded as a gendered activity which strongly favours men. By creating greater diversity in coaching, Reach will begin to address this and participants will benefit from having a choice as to who they are coached by.....

Join the Reach campaign, find information and tips on how you can get involved by visiting: [www.reachintocoaching.co.uk](http://www.reachintocoaching.co.uk)

[View the full news item](#)

### **sports coach UK (22 October 2015)**

#### **Blog: Right, it's time to start making some changes around here**

Just over 20 years ago a group of incredibly groundbreaking women set about creating the [Brighton Declaration](#). This set of principles includes the call to “increase the involvement of women in sport at all levels and in all functions and roles.” Currently women make up just 30% of the current coaching workforce and only 17% of all qualified coaches – harsh statistics considering women make up over half of the UK population. You’d have thought more women would be coaching, especially given that many personality traits often associated with women (for example nurturing, empathetic, creative) are also traits that would be perfect for coaches.

There are some inspirational women out there who organise regular social activities for their friends, families and other members of the local community. They motivate people to do things – can you imagine how great they would be as coaches? How, with knowledge and encouragement, they could get a whole community moving. Literally!

sports coach UK has committed to running the Reach campaign over the next 10 years to 2025 as we know that cultural change needs time. The changes that need to be made are

small in part but as a whole will make great steps towards gender equality in coaching. It is also vital that we bring our existing coaching workforce along with us – we need them to support all the new people getting involved in coaching and helping to get even more people from our local communities more active.

Check out the [Reach website](#) and see what it's all about. You can also keep up to date with the campaign via [Twitter](#), [Facebook](#) and [Instagram](#). Whether you are a woman wanting to get into coaching or get better at coaching, or you are someone who can help fix our coaching systems we can provide you with the information you need. Wouldn't it be great if, in 30 years time we can look back at when the Brighton Declaration was written and know that we helped it become reality? Reach for the stars – even if we miss we will hit the moon!

Sarah Milner is Development Lead Officer: Inclusion and Diversity for sports coach UK  
[Source of information](#)

### **Youth Sport Trust (22 October 2015)**

#### **Jessica Ennis-Hill encourages more girls to take up sport**

Jessica Ennis-Hill called for more to be done to encourage the nation's young people, particularly girls, to play sport as a means of boosting their confidence, health and wellbeing.

Meanwhile, a new YouGov study for Sky Academy of over 1,600 young people and 600 parents across the country shows girls have less confidence than boys in almost all situations, apart from online when using social media.

Ennis-Hill was leading a Sky Academy Confidence Day in Sheffield, which aims to develop young people's confidence through the power of sport. The day is part of Sky Academy's Confidence Month and is showcasing the Sky Sports Living for Sport initiative that works with sports stars, schools and teachers across the country to build practical skills like teamwork, planning, resilience and communication. Over 300 young people aged 11-18 tried new sporting activities to help build their confidence.

Over two thirds (66%) of girls say their confidence is influenced by how attractive or unattractive they feel, compared to just 46% of boys; and over half of girls (51%) say the clothes they wear affects their confidence whilst this impacts only a third of boys (36%).

Figures also revealed that girls' confidence is often hit when dealing with new and unfamiliar experiences, as more than half of girls (54%) say they feel unconfident when trying something they have not done before, compared with 41% boys. While 61% of girls struggle with confidence when starting a first day at school, college or a job, compared to only 46% of boys.

With both appearance and trying new and unfamiliar experiences impacting girls' confidence, it is not surprising that girls' participation in sport falls in their teens with 92% of girls aged 13-15 not meeting the minimum requirements for physical activity compared to 86% of boys.....

[View the full news item](#)

### **England Athletics (23 October 2015)**

#### **Role models for women coaches - Joanne's story**

Are you passionate about being involved in coaching athletics? Because now is the time to make it happen.

England Athletics is working with local women in local clubs to tell you how they become involved in coaching, what support was given, how they juggle family commitments, and work life.

Joanne Hunt is an Athletics Coach at Braintree & District AC - become inspired by reading her coaching story.....

[View the full news item](#)

### **Loughborough University (21 October 2015)**

#### **Most male fans are in favour of more active involvement of women in football**

A national survey has shown that most men interested in football in Britain would welcome more women into the sport as fans, coaches, board members and match officials.

The online survey received responses from over 2,000 fans, 83% of whom were men. Almost half the respondents were in the 46 and over age bracket, broadly reflecting the make-up of top level football crowds in England.

#### **The findings include:**

- 75% of men think media coverage of women's sport has increased since London 2012. Only 65% of females thought the same
- 91% of males would welcome more female fans at football
- 90% would like more female football journalists
- 86% would like to see more women on club boards.

Male resistance is a little stronger with regards to officiating and coaching, but a large majority still favour change here:

- 75% of males would be happy with more female coaches
- And 75% would welcome more female referees.

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[View the full news item](#)

### **Institute of Outdoor Learning (26 October 2015)**

#### **Leadership and Gender in the Outdoor Learning Sector - an IOL survey to aid research**

The Institute is keen to understand and shed fresh light on leadership and the gender balance within the outdoor learning sector. Research by McKinsey & Co has proven a positive correlation between a company's performance and the proportion of women serving on its executive board. What does leadership in 2015 look like? How many women sit within leadership teams? What are the key issues pertaining to gender balance? Where are the pockets of good practice and what can employers and individual leaders do differently to achieve a greater competitive advantage?

Thanks to a generous donation, research is now being undertaken in two parts, the first being the 12 question survey attached. Help us to gain new insight by completing this survey.

All respondents can receive a copy of the research findings and will be invited to contribute further. (The IOL will need your contact details to enable this process – see question 11 in the survey.)

The survey will close on December 11th 2015.

[Take the Survey](#)

[Source of information](#)

## **Inside the games reports (29 October 2015)**

### **British five-times Paralympic champion wins Women of the Future award**

Britain's five-times Paralympic Games gold medallist Sophie Christiansen has scooped a Women of the Future Award to add to her growing list of individual honours.

The 27-year-old was announced as the winner at a ceremony to mark the most influential women under the age of 35 by the Women of the Future programme, a network for high-achieving and high-potential UK businesswomen.

Christiansen, who claimed two gold medals at Beijing 2008 before she went one better at London 2012, is the first recipient of the sports prize and was recognised for her work outside of the sport.....

[View the full news item](#)

### **What Works in Schools and Colleges to Increase Physical Activity? A briefing for head teachers, college principals, staff working in education settings, directors of public health and wider partners. Prepared by Public Health England, the Youth Sport Trust and the Association of Colleges Sport, 19 October 2015 (67 pages)**

This briefing provides an overview from the evidence about what works in schools and colleges to increase levels of physical activity among children and young people. It aims to inspire the reader through practice examples. It also highlights links to Ofsted inspection criteria and signposts to useful sources of support. It will be of interest to head teachers and college principals, directors of public health and others working with schools and colleges.

[Download a copy](#)

[Executive summary \(16 pages\)](#)

**Women in Sport – e-zine, September 2015 – [available to view](#)**

#### ***Events....***

### **Sport and Recreation Alliance Workshop - Insights into Women's Leadership**

**3 November 2015 11.00 am onwards**, Crowne Plaza Nottingham, Wollaton Street Nottingham

This workshop will provide delegates with a unique opportunity to learn from global women leaders in sport as they share the successes and challenges of their leadership journeys. You will also have time to use their stories as inspiration and plan your own career pathway.

Current speakers include: Kereyn Smith, Secretary General/CEO, New Zealand Olympic

Committee and Vice President, Commonwealth Games Federation and Emma Atkins, CEO, Dame Kelly Holmes Trust.

This workshop will be run in association with the Females Achieving Brilliance (FAB) network prior to the start of the Leadership Convention 2015 at the Crowne Plaza Nottingham.

Cost: £75 (+VAT)

[View more details](#)

**Women in Sport - 2016 Insight Series Events – Insight into Action:**

**Manchester Event – 2 February 2016 – [Purchase Tickets](#)**

## **London Event – 5 February 2016 – [Purchase Tickets](#)**

We are a busy bunch here at Women in Sport working on multiple projects, some specifically for partners and others broader to aid the sports industry. To compliment the local content these events provide an excellent stage to share these new and often, ground-breaking insights. We have had some great themes for the events over the last couple of years to link to our insights; 2014 – Understanding Women’s Lives, 2015 – Role models and influencers. For 2016 we are bringing everything together to focus on ‘insight into action’, so how can we take our learnings and apply them in the field to help transform sport for women and girls...yes it’s a big one!

[View more details](#)

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