



IAPESGW International Update, November 2017: News and resources from around the world

国際女子体育連盟ニュース(2017年11月号:11/31発行) 世界で起こっていることをあなたにお知らせします

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

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IAPESGW Regional event October 2018, Havana, Cuba

IAPESGWイベント 2018年10月22-26日、ハバナ・キューバにて。詳細は後日。

This IAPESGW event will be held in conjunction with a traditional event celebrated in Cuba by the name Cubamotricidad in October 22 - 26, 2018

More information on our regional event will be provided by Gladys Bequer at a later date.

November Editorial

11月号について: 広報のJanice Crosswhite氏より

This month's edition is over 30 pages so many thanks to all our wonderful contributors. We cover news from 15 countries, starting with highlights in international sport and organisations.

Firstly, many thanks to our secretary Dr Kathy Ludwig (Barry University, USA) for editing the highlights from our Miami Congress for the ICSSPE Bulletin No. 73.

I did the International Netball Survey, as a former player. It will take 20-30 minutes to complete but you are assisting with research on injury prevention, athlete health and fitness.

It is very pleasing to read that the IOC has produced a toolkit to safeguard athletes from harassment and abuse in sport. We also cover the IOC list of six women role models and change agents in advancing women in and through sport.

At the same time we note that the IOC is investigating one of its male members for sexual harassment allegations. Bullying and sexual harassment seem to be high news items in media worldwide at present.

There is more good news in weight lifting: Iran and Saudi Arabia will compete in international weight lifting in 2018, wearing special clothes for Muslim athletes. Saudi Arabia has also announced that it will allow women into sports stadiums in 2018.

We have listed new publications and research articles. I would recommend the paper on role models which includes some research articles by IAPESGW members.

Finally, look at the Youtube of Serena Williams giving advice to her new baby daughter. It is a sponsored advertisement but very well done.

Happy reading!

And please send any feedback or comments to crosswhite@bigpond.com

Janice Crosswhite
Communications Director

International

国際スポーツ科学評議会 Bulletin 73

International Council of Sport Science and Physical Education Bulletin 73

In this ICSSPE Bulletin No. 73 highlights from the International Association of Physical Education and Sport for Girls and Women (IAPESGW) 18th World Congress are introduced.

As editor of this special feature, Dr Kathryn Ludwig Barry University, USA, collected and selected a range of articles, all – obviously – with a focus on sport for women and girls. Authors represent Brazil, Cuba, USA and Iran, and therefore convey views from very different perspectives.

IAPESGW is a professional organisation that supports and brings together likeminded professionals from around the world who work in the fields of physical education, dance, sport and physical activity for the benefit of girls and women. Founded in 1949, its members also represent over 40 countries globally.

[Order the bulletin from this page](#) (cost \$8)

Note: To read the Bulletin, please visit the ICSSPE Member's Area on our website (www.icsspe.org) and enter your password to access issue No. 73. If you require the password or need to renew your membership, please contact the ICSSPE office for further details (icsspe@icsspe.org).

iWHIN – ネットボールでの国際女性の健康 – パイロット研究

iWHIN - International Women's Health In Netball - pilot study

You are invited to take part in this research project if you are aged 12 or over and you are:
- a current netball player and you play in a netball team for at least one session per week (or would like to but are unable due to injury)

OR

- a former netball player and you played netball for at least one year but do not play anymore or only play the occasional game.

Please read the [participant information sheet](#) carefully as this will tell you about the research project and explain what is involved. This will help you decide if you want to continue and take part.

Please ask questions about anything that you don't understand or want to know more about. Before deciding whether or not to take part, you might want to talk about it with a relative, friend or healthcare worker.

Participation in this study is entirely voluntary. You are not obliged to participate and you can withdraw from participation at any time without penalty or prejudice. To participate, we would like you to complete this online questionnaire, providing details of your medical history, injury history and current health.

- This survey should take no longer than 30 minutes to complete.
- You are able to exit the survey and complete it at a later date using the link at the top of the page.
- As part of the test-retest reliability sample, you will be invited to complete the survey twice. 2 to 3 weeks after survey completion, you will receive an email inviting you to complete the survey again.

Your participation, personal details and results will be strictly confidential and only the principal researchers will have access to this information. Extensive care will be taken to maintain your confidentiality including the use of secure systems for the storage of your details and information.

[Access the survey](#)

Inside the games 報告 (2017年10月30日)
ガンビアのIOCメンバーベアトリス・アレン氏が世界野球ソフトボール連盟副理事長へ

Inside the games reports (30 October 2017)

Gambian IOC member Beatrice Allen appointed vice president of World Baseball Softball Confederation

The World Baseball Softball Confederation (WBSC) has taken a step towards its vision of realising one billion global members with the appointment of Gambian sports leader and International Olympic Committee member, Beatrice Allen, to vice-president of the world governing body.

The move raises the composition of the WBSC's Executive Board to four out of 13 females, or 31 per cent, and follows their recent signing of the International Working Group Brighton Plus Helsinki Declaration on Women and Sport.

IOC guidelines set a target for at least 20 per cent of decision-making positions to be occupied by women.

Allen was among four new members appointed to the WBSC Executive Board.

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

Inside the games reports (2 November 2017)

Inside the games報告(2017年11月2日)
Hammershøi国際盲人スポーツ連盟会長を再選

Hammershøi re-elected President of International Blind Sports Federation

Jannie Hammershøi of Denmark has been re-elected President of the International Blind Sports Federation (IBSA) to serve a second four-year term.

Hammershøi, a former goalball player who competed for her country at the 1996 Paralympics in Atlanta, retained her position at the helm during the governing body's General Assembly in the Romanian city of Cluj-Napoca.

The Dane was first elected to the role in 2013 after replacing Michael Barredo of The Philippines.

She will be tasked with leading the IBSA for the next four years through to 2021.

[View the full news item](#)

Inside the games reports (2 November 2017)

Inside the games報告(2017年11月2日)
知的障害を持つ女性を対象とした新しいInasキャンペーン

New Inas campaign targets females with intellectual impairment

The International Federation for Intellectual Impairment Sport (Inas) is to target potential female athletes through a new campaign.

#WeAreSport will recruit up to 20 current athletes to receive training in traditional and digital media techniques.

A similar number of administrators from Inas member bodies will be given help to enable them to champion women in sport in their own countries, with a view to becoming elite athletes.

"We know from participation across the 15 sports we manage that female athletes are under-represented," said Robyn Smith, the Inas vice-president and chief executive of Sport Inclusion Australia, who are co-funding the project.

"This is not unique to any particular sport or part of the world, but is a challenge faced by almost everyone in all regions.

"At the Paralympic level, there were four countries who finished in the top 10 in the medals table that entered less women than men with intellectual impairments to Rio 2016.

"At the grassroots women and girls with intellectual impairments struggle with the confidence to try sport much more than their male counterparts."

[View the full news item](#)

国際オリンピック委員会(2017年11月3日)
IOC、スポーツにおける嫌がらせや虐待からスポーツ選手を保護するツールキットを発表
アスリートを保護する平壤2018の安全なスポーツ対策

International Olympic Committee (3 November 2017)

IOC launches toolkit for Olympic movement to safeguard athletes from harassment and abuse in sport

Safe sport measures in place at PyeongChang 2018 to protect athletes

The International Olympic Committee (IOC) today took a further important step in the protection of athletes from harassment and abuse by launching a toolkit to assist International Sports Federations (IFs) and National Olympic Committees (NOCs) to develop and implement athlete-safeguarding policies and procedures.

"As an Olympian, the voices and concerns of athletes resonate with me," said IOC President Thomas Bach. "We praise the athletes' courage to speak out on incidents of harassment and abuse, and we support them in their action. The safety and wellbeing of athletes are paramount to the IOC and the Olympic Movement. It is the responsibility of all of us to keep athletes safe and to guard their rights. Through a collective effort, I am pleased that we can

today launch this toolkit to assist sports organisations in this important area of athlete welfare, reinforcing our stance against all forms of harassment and abuse in sport."

A step-by-step guide to safeguarding athletes

The toolkit was officially presented earlier today at the Association of National Olympic Committees (ANOC) General Assembly in Prague, Czech Republic, by IOC Member and Chair of the IOC prevention of harassment and abuse in sport (PHAS) working group HRH Prince Feisal.

Visit the [Safe Sport section on the Olympic Athletes' Hub](#) for more information related to all the IOC prevention of harassment and abuse in sport initiatives.

[View the full news item](#)

The Guardian, UK reports (6 November 2017)

ガーディアン、英国の報告書(2017年11月6日)
ATPは女性モデルを侮辱したことについて謝罪

ATP apologises after Milan draw featuring female models labelled a 'disgrace'

The governing body of men's tennis has been forced to apologise following widespread condemnation of a draw ceremony in which one player was asked to pull off a female model's glove with his teeth and other stars discovered their group by choosing the woman they liked most.

Sunday's draw for the inaugural Next Gen tournament in Milan, an eight-man event for the best players between 18-21, was labelled a "disgrace" by the former world No1 Amélie Mauresmo and "awful" by Great Britain's former Fed Cup captain Judy Murray – while others on social media accused it of being sexist and objectifying women.

In a statement on Monday afternoon, the Association of [Tennis Professionals](#) and the tournament sponsor, Red Bull, admitted the draw had been "in poor taste and unacceptable", saying it had been a misguided attempt to draw on Milan's reputation for fashion and design.

[View the full news item](#)

International Olympic Committee (9 November 2017)

国際オリンピック委員会(2017年11月9日)
ジェンダー平等、主張コーチがIOC賞を受賞

Gender equality advocates and coaches receive IOC awards

The International Olympic Committee (IOC) this evening celebrated six role models and change-makers in [advancing women in and through sport](#); and recognised two outstanding coaches for their lifetime achievements.

[View the details of the winners](#)

In more detail.....

詳細についてはこちら 
IOC女性およびスポーツ賞2017.国際オリンピック委員会、2017年11月(28ページ)

IOC Women and Sport Awards 2017. International Olympic Committee, November 2017 (28 pages)

The IOC Women and Sport Awards were introduced in 2000 to recognise the outstanding achievements and contributions of those who promote gender equality in sport. Every year, the IOC invites each National Olympic Committee, International Federation and Continental Association to nominate a person or association active in promoting gender equality and the presence of women in their sport or country. An IOC jury composed of members of the IOC Women in Sport Commission reviews the nominations and chooses six winners – the World Trophy winner and five Continental Trophy winners.

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SBS, Australia reports (9 November 2017) **Athletes hit back over Olympics gay rights**

SBS、オーストラリア報告(2017年11月9日)
選手たちがオリンピックの同性愛者の権利について反論

Billie Jean King, Greg Louganis and Martina Navratilova are among 17 US sports stars campaigning against the removal of an Olympics gay rights initiative.

Sporting greats Billie Jean King, Greg Louganis and Martina Navratilova are backing a campaign to stop Egypt and Russia removing an anti-homophobia commitment in the Olympic Truce Resolution.

Agreed at the United Nations every two years, the resolution is meant to promote Olympic values during the Games and one week before and after.

In 2015, for the first time, it included a reference to the Olympic Charter's Principle 6, which prohibits discrimination on the basis of sexual orientation.

This year's vote is set for Monday but Egypt and Russia have already made their opposition to its inclusion clear.

[View the full news item](#)

Inside the games報告(2017年11月9日)
ISSFは、ジェンダー平等において、東京2020へのルールを変更する

Inside the games reports (9 November 2017) **ISSF changes Tokyo 2020 quota allocation rules in bid for full gender equality**

The International Shooting Sport Federation (ISSF) has revised the proposed rules for allocating Tokyo 2020 Olympic quota places as it aims to achieve full gender equality.

This was one of several agenda points approved during the world governing body's recent Executive Committee meeting in Munich.

It will be forwarded to the International Olympic Committee (IOC) for final approved with this expected to happen in February 2018.

The ISSF is striving to achieve full gender equality - both in terms of events and quota places.

At Tokyo 2020, there will be 180 men and 180 women, participating in three mixed team, and six men's and six women's individual events.

[View the full news item](#)

世界中にある多数のハラスメントの事例の1つ...何年にもわたって、あらゆるレベルで、様々なスポーツで起こっています

Just one of numerous harassment cases appearing in the media worldwide....taking place over many years, at all levels, across a range of sports, etc.....

Inside the games reports (11 November 2017) **IOC consider ethics proceedings against member accused of sexual harassment**

Inside the games報告(2017年11月11日)
IOCはセクシュアルハラスメント被告の倫理裁判を検討する

The International Olympic Committee's (IOC) internal ethics and compliance department is currently "looking into" harassment allegations against Israeli IOC member Alex Gilady.

A decision will then be made as to whether to refer the case to the body's "independent" Ethics Commission, chaired by former United Nations Secretary General Ban Ki-moon, for a final verdict.

Gilady, an IOC member since 1994 who is currently vice-chair of the Coordination Commission for Tokyo 2020, is accused of harassment by two female journalists in the 1990s.

One, Neri Livneh, has accused him of exposing himself and propositioning her during a work meeting relating to his role as President of Keshet Broadcasting Group in 1999.

Another, Oshrat Kotler, claimed to have received an "indecent proposal" from the 74-year-old 25 years ago.

He did not deny details of the first two allegations but insisted there was "no intention to cause any harm".

"In all cases, there was no intention of causing any harm me, and if my behaviour caused any aggravation - I am deeply sorry," he said in a statement sent to insidethegames.

Israeli newspaper Haaretz has also published anonymous rape allegations from three other women in the 1970s.

[View the full news item](#)

国際オリンピック委員会(2017年11月15日)
女子・女性の権限のためのツールとしてのスポーツ主流化

International Olympic Committee (15 November 2017)

Mainstreaming of sport as a tool for girls' and women's empowerment

The International Olympic Committee and UN Women renew partnership on sport for gender equality.

After five years of successful collaboration on women and sport, the International Olympic Committee (IOC) and UN Women have renewed their commitment through a second Memorandum of Understanding (MoU). The MoU lays out the vision for the next five years of partnership, which will empower women and girls through sport and increase women's leadership and gender equality.

The United Nations 2030 Agenda for Sustainable Development recognises sport as an important enabler of sustainable development, and in particular its growing and innovative contribution to the empowerment of women and young people, individuals and communities, as well as health, education and social inclusion objectives. UN Women and the IOC share the same objectives of advancing gender equality in and through sport, in alignment with Sustainable Development Goal 5; and of empowering women and girls through the necessary skills and capacities to be agents of change in their communities and societies.

The next phase of cooperation will contribute to the mainstreaming of sport and physical activity as a tool for girls' and women's empowerment, education and health. It will also facilitate women's equal access and participation, resource allocation, and leadership with regard to public policies around sport and the international development agenda more generally. With the cooperation, the IOC and UN Women aim to encourage women and girls at grassroots level through sustainable sports programmes, targeting in particular girls in vulnerable communities; and leverage the power of sport, including large-scale sporting events and athletes as role models, to change harmful gender-based stereotypes and norms.

The IOC and UN Women, together with Women Win, have been implementing "One Win Leads to Another", an innovative joint programme to empower young women and girls through sport, as an Olympic legacy project of the Olympic Games Rio 2016. The programme builds the leadership skills of adolescent girls through quality sports training; creates safe spaces for girls; and gives them tools and knowledge to break down social barriers and access services if experiencing violence. It also equips the participants with basic economic skills. The programme has been piloted in disadvantaged areas of Rio de Janeiro, and will continue under this partnership framework in Brazil and potentially in additional countries.

[View the full news item](#)

ワールドラグビー(2017年11月23日)
ビュームントは歴史的な政策改革により、ラグビーにおけるジェンダーバランスが前進する。

World Rugby (23 November 2017)

Beaumont hails historic governance reform to further gender balance in rugby

World Rugby has underscored its commitment to furthering gender equality at all levels of the organisation by announcing sweeping reform of its Council with an ambition of at least one-third women's representation from next year.

World Rugby has underscored its commitment to furthering gender equality at all levels of the organisation by announcing sweeping reform of its Council with an ambition of at least one-third women's representation from next year.

In an historic and unprecedented decision spearheaded by Chairman Bill Beaumont, World Rugby will increase the number of people who may sit on Council – its highest decision-making body – from 32 to 49, with the 17 new representatives to be women.

The ground-breaking reform will give the 11 unions and six regional associations, who currently have an additional vote but no additional representative, the right to send an additional representative to Council subject to that person being female. This will not result in any changes to the existing voting rights of unions or regional associations on Council.

Approval to the proposal by Council at its recent meeting in London is a first and very important step in World Rugby's wider strategy to accelerate women in rugby on and off the field of play and bring gender-balance to the highest levels of its governance.

[The 2017-25 Women's Plan](#) – also ratified by Council at the same meeting – shows World Rugby is committed to being a global leader in sport, where women have equal opportunities in all areas, are integrated in strategy, plans and structures and make highly valued contributions to participation, performance, leadership and investment in the global game.

[View the full news item](#)

Inside the games報告(2017年11月23日)
イランとサウジアラビアは女性の重量挙げで競うーアメリカは救済の手を貸す

Inside the games reports (23 November 2017)

Iran and Saudi Arabia to compete in women's weightlifting - and America lends a helping hand

One of the last remaining barriers to gender parity in weightlifting is to come down next year when women from Iran and Saudi Arabia compete internationally for the first time.

These are the two biggest Islamic countries never to have taken part in the sport, which was officially sanctioned by the International Weightlifting Federation (IWF) in 1983.

Women have competed at the World Championships since 1987 and at the Olympic Games since 2000 but several Islamic countries have never taken part, including these two plus Kuwait, Bahrain, Oman, Somalia and Libya.

"The biggest barrier is culture and religion," Attila Adamfi, director general of the IWF, said.

Ali Moradi, President of the Iranian Weightlifting Federation, said: "We have established the Iran Weightlifting Federation Women Committee and we have talented female athletes.

"They have high capacity like men athletes, and I hope that, wearing special clothes for Muslim athletes, they will be able to take part in international championships in the near future."

Moradi is expected to reveal more details, as are the Saudis, next week at the IWF World Championships in Anaheim in California, which are due to start on Tuesday (November 28).

There is a possibility that Iran's first international competition will be a friendly match against the United States, whose President, Donald Trump, has identified Iran as one of his nation's biggest enemies.

Despite Iran having been blacklisted by Trump, the US is planning to send a women's delegation to Iran next March, as well as a men's team to compete in the Fajr Cup in Ahvaz.

[View the full news item](#)

Inside the games方奥(2017年11月23日)
第2回欧州選手権に登場する新しい男女混合アスレチックチームイベント

Inside the games reports (23 November 2017)

New mixed gender athletics team event confirmed to feature at second European Games

An innovative new athletics team competition billed as the future of the sport has been unveiled here today to feature at the second European Games in Minsk in 2019.

The event, entitled Dynamic New Athletics (DNA), will feature the continent's top 30 ranked nations competing across 10 events in a maximum time of two hours.

They will be split into different heats in a knock-out format which is expected to last around five days and see each team compete in between two and four different matches.

Teams will be made up of nine women, eight men and six reserves.

[View the full news item](#)

英国テレグラフ(2017年11月24日)
科学者曰く、脳の刺激のために体育を毎日教えよう。

The Telegraph, UK (24 November 2017)

Teach physical education everyday because it boosts the brain, say scientists

Physical education should be taught every day at school because exercise boosts brain size and improves academic performance, a study has shown for the first time.

Researchers from the [University of Granada](#) found that youngsters who took part in exercise for at least three nights a week had more grey matter in areas of the brain linked to reading and verbal communication.

"Our work aims at answering questions such as whether the brain of children with better physical fitness is different from that of children with worse physical fitness and if this affects their academic performance", said Professor Francisco Ortega of the university's [Sport and Health Institute](#).

"The answer is short and forceful: yes, physical fitness in children is linked in a direct way to important brain structure differences, and such differences are reflected in the children's academic performance"

"I believe that there is strong evidence supporting the need for PE everyday, since current youth have multiple opportunities to be sedentary, and few opportunities to be active.

[View the full news item](#)

パシフィック・コミュニティ(2017年11月25日)
セクシャルハラスメントは冗談ではない

Pacific Community (25 November 2017)

Sexual harassment is no joke

The Pacific Community (SPC), PIFS, FFA, UN Women, ILO, PIPSO, FWRM and Haus of Kameleon, with the Support of DFAT programme Pacific Women, launch today the 16 days of Activism Campaign on sexual harassment. Visit our website: there will be new posts every day for 16 days.

[View the website](#)

A nice item to share.....

YouTube (20 November 2017)

Gatorade | Sisters in Sweat ft. Serena Williams

Serena Williams's advice to her newborn daughter is a message to all girls. [#SistersInSweat](#)
[Watch the short video](#)

Janice Crosswhite comments:

It is very good; about girls participating in activity/sport.

Publications.... [発行物については以下の通りです](#)

The Global Gender Gap Report 2017 via the World Economic Forum, November 2017 (361 pages)

Gender parity is fundamental to whether and how economies and societies thrive. Ensuring the full development and appropriate deployment of half of the world's total talent pool has a vast bearing on the growth, competitiveness and future-readiness of economies and businesses worldwide.

The Global Gender Gap Report benchmarks 144 countries on their progress towards gender parity across four thematic dimensions: Economic Participation and Opportunity, Educational Attainment, Health and Survival, and Political Empowerment. In addition, this year's edition also analyses the dynamics of gender gaps across industry talent pools and occupations.

[Download the report](#)

Study on the Contribution of Sport to the Employability of Young People in the Context of the Europe 2020 Strategy. Final report . European Commission, released November 2017, dated October 2017 (239 pages)

This study investigated sport's contribution to the employability of young NEETs in the context of the Europe 2020 strategy. Its aim was to identify the key components needed to effectively produce outcomes in sport for employability programmes. An in-depth investigation was conducted of 10 selected case study organisations in 8 different European Member States. A theoretical framework provided the basis for data collection and analysis. In total, 85 in-depth interviews in 4 different languages were conducted with programme designers, social workers, sport coaches, participants and former... participants.

Documents, field notes and follow-up interviews provided more understanding of the complexity of the workings of each case study organisation and their programme. A generic 'programme theory' for optimal sport for employability programmes was then developed which identified the key components, mechanisms, relationships and a presumed sequence of causes and effects. Because of its normative nature, the theory serves as a set of guiding principles and recommendations. It can be used as a robust basis for monitoring and evaluation of existing programmes, as well as to optimise design and implementation of future initiatives. Insights from this study also provided the basis for a number of policy recommendations.

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[Executive summary \(10 pages\)](#)

[View the news item on release of the report \(9 November 2017\)](#)

Towards more physical activity in cities: Transforming public spaces to promote physical activity — a key contributor to achieving the Sustainable Development Goals in Europe. World Health Organization - Europe, autumn 2017 (96 pages)

This publication focuses on physical activity and how it can be supported through urban planning. The focus on physical activity is explained by the fact that inactivity today accounts for an increasing proportion of deaths and disability worldwide and is associated with

significant health care costs and productivity losses.

Action to increase rates of physical activity will be necessary to achieve global targets on the prevention of premature mortality from noncommunicable diseases – the leading cause of death worldwide – and to halt the rise in obesity. With more than 80% of the European population expected to live in urban areas by 2030, cities play a pivotal role in promoting and protecting health and well-being.

As cities continue to expand in population, there is a growing need to develop ways of supporting physical activity in dense urban settings.

[Download a copy](#)

Journal of Physical Activity and Health: The Official Journal of the International Society for Physical Activity and Health. Volume 14, Issue 12, December 2017

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

[View the abstracts](#)

And....

Journal of Physical Activity and Health: The Official Journal of the International Society for Physical Activity and Health. Volume 14, Issue 11, November 2017

[View the abstracts](#)

An abstract from the November issue of interest:

Effects of Water-Based Exercise Training on the Cognitive Function and Quality of Life of Healthy Adult Women. Ayan, C et al

Background: Research regarding the impact of aquatic exercise on cognition is scarce. This study aimed at identifying the effects of water-based exercise training on the cognitive function and quality of life of healthy adult women.

Methods: Fifty-one healthy women [mean age: 46.5 (12.3) y] were assigned to group A or B and followed a water-based exercise program for 6 months. During the first 3 months, the sessions performed by group A were focused on stimulating cognitive function. For the next 3 months, the sessions were mainly aimed at improving physical fitness. Participants in group B followed the same program in reverse order. The trail making and symbol digit modality tests were used to assess the impact of the program on cognition. The effects of the intervention on the participants' physical and mental health were measured by means of the medical outcomes study 36-item short-form health survey.

Results: Once the intervention ended, significant improvements were observed in the participants' cognitive function and mental health domain, regardless of the group in which they were initially included.

Conclusion: Water-based exercise is a training modality capable of enhancing cognitive function and quality of life through improvements in mental health in healthy adult women.

AUSTRALIA

Premier of Victoria - Minister for Sport (October 2017)

Trailblazer Set To Lead The Way For Women In Sport

The Andrews Labor Government has appointed Dr Bridie O'Donnell MBBS as Head of Victoria's first Office for Women in Sport and Recreation.

Dr O'Donnell is a world-record breaking cyclist who took up full-time riding at age 35, quickly rising through the ranks to represent Australia at three World Championships.

She then went on to manage and race in a top women's national cycling team and is also a seven-time national rowing champion.

As a physician at the Epworth Hospital, Dr O'Donnell is also a leading voice in the medical community, using her unique background in medicine and sport to empower and inspire female cancer patients to improve their health and wellbeing through motivational behaviour change and exercise.

The new Office for Women in Sport and Recreation is part of the Labor Government's strategy to deliver an equal playing field for women and girls at every level of our sport and in recreation organisations and clubs.

The office was created to implement the nine recommendations from the Inquiry into Women and Girls in Sport and Active Recreation and deliver further Change Our Game initiatives to boost participation and create more leadership opportunities in sport for women.

It will also focus on identifying the policies and infrastructure needed to create female and family-friendly environments across the state.

[View the full news item](#)

New South Wales Government - Office of Sport (November 2017)

Women's sport forum looks at storytelling, authenticity and value

On Thursday 19 October, the Office of Sport hosted the Unleashing the Value of Women's Sport forum in Sydney. It was a day full of inspiring speakers at the forefront of women's sport in Australia.

Read below the five key themes that emerged through the day, illuminating why women's sport is so hot right now.

1. We are living in an age of purpose, authenticity and storytelling

Gayle While, Deputy CEO of Clemenger BBDO said that "Millennials and Gen Xers are looking for brands they can believe in. Sports' fan base, media coverage and attention-grabbing athletes is the highest profile channel for companies to promote their values and drive positive legacy change".

2. Storytelling drives emotional connection

Kayla Ramiscal, Nielsen Sport, provided significant insights into female audiences. "Women – millennial women especially – connect with personal stories. They aspire and look up to other women who do things out of the ordinary, such as excel in sport, politics and show business".

3. Interest and value is here, now!

Kayla Ramiscal, Nielsen Sport went on to say that "Interest in women's sport is the shining star of Australian sport. The good news is that Australia is leading the way in women's sport. 47% of Australians are interested in at least one women's competition. Women's sport interest

in general is increasing and the gap in interest between men & women is closing. This is important as 70% - 80% of purchasing decisions are made by women”.

4. Successful partnerships run deep

Through the day we had incredible case studies from Lendlease, Kelloggs, Suncorp and NAB. All reiterated that these are not just sponsorships, they are partnerships that run incredibly deeply through the code, the brand and the corporate.

5. We need a new yardstick for measuring value in women’s sport

Nicole Jeffery, Sports Journalist, The Australian, outlined why women’s sport is doing so well on the talkability front. “It’s easier to love one person than a whole team. Use your individual athletes as a way to draw people in. Sports in the past have been reluctant to do this due to off-field scandal. Women tend to hold stories better, and are a safer bet.”

[View more details](#) - *includes a short video*

Australian Sports Commission (9 November 2017)

Australian sport doctors discuss transgender inclusion

Inclusiveness for transgender athletes was one of the issues discussed at a meeting of Australian sport Chief Medical Officers (CMO) at the AIS today.

The Australian Sports Commission, including the AIS, is in preliminary discussions with the Australian Human Rights Commission on the development of federal guidelines for national sporting organisations on the participation of trans and intersex people in sport.

The High Performance Sports Medical Officers Group met at the AIS today at which AIS Chief Medical Officer Dr David Hughes led a discussion on transgender inclusiveness in sport from a medical perspective.

[View the full news item](#)

Useful information to share...

Australian Sports Anti-Doping Authority (10 November 2017)

Anti-doping education by athletes, for athletes

ASADA has today released a series of anti-doping videos designed to help athletes cope with the pressures of life in sport and prevent doping.

The videos were developed by athletes, for athletes, and acknowledge the range of triggers which can lead to doping.

The videos are available on ASADA’s YouTube channel:

<https://www.youtube.com/user/asadavideo>

[View the full news item](#)

Women’s basketball...

Dan Hoppen Blog (20 November 2017)

Dandendong’s Creative Use of Video Helps Fuel On-Court Success

The WNBL club has started using video courtside, giving coaches and players valuable feedback in real time.

Every WNBL team makes roster moves in the offseason in an effort to find new talent. But the Dandendong Rangers picked up a different kind of addition that's paying off handsomely so far.

iPads have made their way onto the Rangers' bench this season as the team continues to lead the charge in video analysis. Performance analyst Warren Brown now has the ability to feed data to the coaches during games, providing instant feedback that helps the staff make game-changing decisions in the heat of the moment.

[View the full blog](#)

Australian Government (21 November 2017)

New movement guidelines to help keep Aussie kids happy and healthy

New movement guidelines to help parents and carers create healthy daily practices for babies and young children have been released today by the Turnbull Government.

The 24-Hour Movement Guidelines have been developed by experts across Australia with input from national and international stakeholders, and in partnership with Canada, which developed the world's first 24-hour movement guidelines.

[The Guidelines](#) outline what a typical day for a baby, toddler or pre-schooler would look like, including advice on screen time, active play, time spent sitting and lying down, and the ideal amount of sleep.

It's about providing parents with useful information to consider in developing routines for their kids.

Following the Guidelines is associated with better growth, stronger muscles and bones, better learning and thinking, better mental, emotional and social well-being, better motor skills, healthier weight, as well as reduced injuries.

More information on the Guidelines can be found at the [Department of Health's website](#).
[View the full news item](#)

Australasian Leisure Management (22 November 2017)

AusPlay data shows increasingly active women chose fitness activities ahead of organised sport

Newly released data from the Australian Sports Commission (ASC) is debunking the idea that Australian females are less physically active than males, with women predominantly choosing fitness-related activities like gyms, walking and running ahead of organised sport.

The ASC has released a new set of data from its AusPlay survey, the nation's biggest sport and recreation survey that tracks the trends in Australian sport and physical activity.

The data shows that Australian females are now more physically active than males, 63% of Australian women (aged 15+) participating in sport and physical activity at least three times a week, compared to 60% of men.

The AusPlay survey shows that physical health and fitness is the biggest motivating factor for women to be physically active (81%) and that parenthood sees a bigger drop in male physical activity levels than among females.

Indicating that women and girls are not participating in organised sport at the same levels as

men, the survey suggests that fitness, recreation and sport providers have the opportunity to benefit from women's increased physical activity.

.....
AusPlay also revealed parenthood is impacting participation in physical activity, but more on fathers than mothers. Statistics show 57% of fathers who only have young children (aged 15 or younger) participate in physical activity, compared to 61% of mothers.

AusPlay is the most comprehensive national population tracking survey into sport and physical activity in Australia and provides the sport sector with vital insights into participation for adults and children. AusPlay data will continue to inform the development of the National Sport Plan, due for release in mid-2018.

[View the full news item](#)

The related publication....

AusPlay Focus - Women and Girls Participation. Australian Sports Commission, November 2017 (27 pages)

This publication delves into the participation of Australian women and girls in sport and physical activity, and the difference between male and female patterns of behaviour. It uses AusPlay data collected from July 2016 to June 2017.

[Download a copy](#)

Article of interest.....

Clearinghouse for Sport, November 2017. Role Models and Sport . Prepared by: [Greg Blood](#), Emeritus Researcher, Australian Institute of Sport (AIS)

Introduction

A role model is a person whose behaviour, example, or success is or can be emulated by others, especially by younger people. ([Dictionary.com](#))

Adam Goodes, 2014 Australian of the Year, made the following comments regarding role models :

We all need people to look up to. When you know yours, break down what it is you most admire about them. What I love about [former teammate] Michael O'Loughlin is how much he adores his family and the effort he puts in to make sure they have a better life. I have the utmost respect for [current Swans co-captain] Jarrad McVeigh for how hard working and determined he is to be the best he can be, not letting anything get him down. And my mum - I love how caring she is. Everyone who meets her wants to be her friend. [11 ways to become a better man, according to Adam Goodes.](#) News.com.au, (1 February 2014).

Key messages:

1. High profile athletes are often portrayed as role models, particularly to children and young people. Both positive and negative behaviour by high profile athletes are often under scrutiny
2. The evidence of the impact of athletes as role models on sport participation and behaviours is inconclusive.
3. Parents/family, coaches, and teachers are influential role models for sport participation and healthy behaviours.

[View the on-line article](#)

CANADA

Government of Canada (November 2017)

Canada's Feminist International Assistance Policy

Over the past three decades, the world has made impressive gains in reducing poverty. Sustained economic growth has led to higher incomes, broader access to goods and services, and a better standard of living for many of the world's poorest citizens.

At the same time, millions continue to struggle in the face of persistent poverty and inequality, exacerbated by violent conflict and the effects of climate change. Women and girls—whose voices and interests are too often ignored—are particularly at risk.

The good news is that when women and girls are given equal opportunities to succeed, they can be powerful agents of change—driving stronger economic growth, encouraging greater peace and cooperation, and improving the quality of life for their families and their communities.

Investing in women and girls is the right thing to do and the smart way to reduce poverty and inequality.

For these reasons, Canada is committed to a new approach to international assistance: a truly feminist approach that supports the economic, political and social empowerment of women and girls, and makes gender equality a priority, for the benefit of all people.

[View details of the Policy](#)

CROATIA

*Many thanks to Constanza Lizačić, our rep in Croatia, for these news item (**Editor** my 'junk email' capture meant some items were missed from adding last month)....*

Croatian Olympic Committee

Dina Levačić the first Croatia native to swim over the La Manche channel

ZAGREB, September 18, 2017 (Hina/Hoo) - Dina Levačić (21), member of the Open Water Swimming Club Split, became the first Croatian to cross La Manche on Sunday.

Dina crossed a total of 45 km in 11 hours and 42 minutes. The sea temperature was 16.5 degrees, the air temperature at the start was 7 degrees, at noon around 15 degrees and at the end of swimming around 10 degrees Celsius. She made great efforts, fought to the last stroke and reached the French coast in the evening. The width of the channel in its narrowest part

(Folkeston - Cap Griz Nez) is 34 km, however, because of the extremely strong currents, there is always much more to swim. A low sea temperature represented another challenge and the rule of swimming over is that nothing can be used except a plain swimsuit.

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[View the full news item](#)

Voice of Croatia (3 October 2017)

Sandra Perković nominated for Female World Athlete of the Year

Croatia's Sandra Perkovic has - for the fifth time - been nominated for the IAAF 2017 World Female Athlete of the Year award. The winner will be announced in Monaco on November 24th.

Perković, the highly-decorated 27-year-old athlete, is a strong contender to finally take home the prestigious award. A good benchmark for success is being the Olympic gold medalist - where Sandra is the back-to-back defending champion in the discus event.

The Croatian athlete is also the reigning discus World Champion - after having reclaimed the title she won back in 2013 in Moscow. Sandra has four European Championships to her name; to go along with being the Diamond League Champion for the sixth year in a row.

[View the full news item](#)

Croatian Olympic Committee (5 October 2017)

Gender Equality in Sport Commission held a seminar for coordinators

Zagreb, October 5, 2017 – In the organization of the Croatian Olympic Committee's Gender Equality in Sport Commission and Karlovac County Sports Association, the 8th seminar for coordinators from national sports federations was held at the Freshwater Aquarium Aquatica. A seminar titled "Men and Gender Equality in Sports: Aid or Obstacle?" was attended by around 60 male and female attendees, including 35 female coordinators and ten lecturers.

On behalf of the Croatian Olympic Committee, Secretary General Josip Čop addressed the participants of the seminar stressing the importance of women's influence in Croatian sports and the efforts of the Croatian Olympic Committee for their greater involvement in the governing sports bodies.

The President of the Commission, also Vice-President of the Croatian Olympic Committee and member of the EOC's Gender Equality in Sport Commission Morana Paliković Gruden gave an opening speech entitled "Gender Equality - a True Chance for Male and Female Athletes" and emphasized the efforts to have the "female voice" represented in management and leadership positions in sports organizations at least to the extent of ever growing number of female athletes participating at world competitions such as the Olympic Games.

[View the full news item](#)

International Olympic Committee

Janica KOSTELIC - Croatia

Janica Kostelic has won more medals at the Olympic Games than any other female Alpine skier.

Humble beginnings

Janica Kostelic travelled with her family as she competed on the junior ski circuit in Europe, Not having enough money to stay in hotels, they slept in tents and in their car.

Breakthrough

Aged just 16, Kostelic competed in the 1998 Nagano Winter Games. But her real breakthrough took place in 2001 when she won the overall World Cup title. Back home in Zagreb, she was presented with a bouquet of 1,256 roses – the number of points she earned that season. She also became the first athlete to appear on a Croatian postage stamp!

Golden form

At the 2002 Salt Lake City Winter Games, Kostelic performed brilliantly. Firstly, she won the combined event convincingly by almost 1.5 seconds. Next, in a very close contest, she finished with silver in the super-G. Three days later, she won the slalom. Finally, she led both runs of the giant slalom to earn her third gold medal and her fourth medal in total.

[View the full article](#)

Hello Croatia

Famous Croatian women - PART 1. SPORT

How well do you know Croatian History? While most people consider themselves "experts" on Croatian history, few people were able to speak to the history of some of Croatia's most-famous female, historical figures.

With so many women to chose from, throughout the history of our great country, we have decided to do a series of blogs that highlight the women who have made indelible marks in their respective fields and industries. We will touch on such legendary figures as Ivana Brlic

Mazuranic, called the Croatian Anderson or Tolkien, Marija Juric Zagorka, the famous journalist who worked in isolation simply because she was a woman ("Tomboy Baba"), Milka Trnina, after which the "Mlika" chocolate got the name from, Slava Raskaj, painter who created beautiful watercolor portraits, Janica Kostelic - the "Snow Queen" who medaled four times (3 Gold, 1 Silver) in the 2002 Olympics, and Savka Dabcevic-Kucar - the respected politician.

While we will touch on these women and many others over the coming weeks, we dedicate our first article to all of the women who have not only represented Croatia on the global stage, but have excelled and brought fame to our country in the world.

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[View the full article](#)

GERMANY

CNN (6 November 2017)

Bibiana Steinhaus: The Bundesliga referee shattering football's glass ceiling

Bibiana Steinhaus had pictured the moment many times before.

Walking out onto the pitch as a Bundesliga referee, the eyes of 50,000 fans and the glare of the world's media trained on her.

Now it was happening for real. On September 10, 2017, Steinhaus made history in Germany by becoming the first female to officiate a top-level league match.

The setting was iconic too -- Berlin's 74,000-capacity Olympiastadion has hosted Olympic Games, World Cup matches and a Champions League final.

Sexism on the pitch

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Steinhaus' Bundesliga breakthrough in Germany should not be underestimated. This is the same organization, after all, that still banned women from taking part in football as recently as the 1950s.

Germany's female equivalent of the Bundesliga, the Allianz Frauen-Bundesliga, is now one of the most organized and competitive leagues in the women's game.

No country can boast as many Champions League winners, with Frankfurt, Turbine Potsdam, Wolfsburg and Duisburg having won the competition a total of nine times. Frankfurt hold the joint all-time record of four along with Lyon.

Though Steinhaus, Germany and football as a whole are making steps forwards -- she is keen to emphasize that every fourth official in the group stages of the recent Under-17 World Cup was female -- sexism inevitably still persists.

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[View the full news item](#)

HONG KONG

Inside the games reports (30 October 2017)

Hong Kong awarded 2022 Gay Games after defeating Washington D.C.

Hong Kong has been named as the first Asian city to host the Gay Games after being awarded the 2022 event, seeing off strong competition from the United States and Mexico.

They were awarded them beating US capital Washington D.C. and Mexican city Guadalajara at the Federation of Gay Games (FGG) General Assembly in Paris.

"The FGG congratulates Hong Kong on being named the 2022 Gay Games XI presumptive host and being the first host city in Asia," Joanie Evans, Co-President of the FGG, said.

"We thank Guadalajara and Washington, D.C. for their incredible bids and helping further our mission of promoting equality in and through sport and culture."

It marks only the second time a city outside of North America and Europe will host the quadrennial event. The FGG has made a commitment to diversity and expanding outside of North America and Europe with scholarship funds and other efforts.

[View the full news item](#)

INDIA

Beyond Sport reports (22 November 2017)

'Girls play, girls lead' is the theme of this year's Edu-Football & Kabaddi League Festival in India

This November, 'Girls play, girls lead' is the theme of the annual Edu-Football & Kabaddi League Festival (EFL), which kicked off last week at the YFC Stadium in Rurka Kalan, India.

The event goes on for 2-3 months every year and is a combination of sporting competitions and educational workshops. It began as a way of providing opportunities to children in the U-12 age group who couldn't otherwise participate in any tournaments or competitions.

Since the first kick off, the Edu-Football and Kabbadi League has grown to include children of other age groups and sports. Today, the event hosts more than 100 football and kabbadi (a contact sport originated in Tamilnadu) matches; and the educational workshops provided alongside give children the chance to also learn through arts and crafts, theatre and S4D activities.

With a population of approximately 15,000 people, the village of Rurka Kalan is situated in the Jalandhar district of Punjab. With an increasing rate of drugs usage amongst youth of the village and its surrounding areas Gurmangal Dass, a resident of the village, decided to form a

football club to combat drug abuse by offering livelihood opportunities to underprivileged children and youth in 2001.

[View the full news item](#)

IRAN

Editor - thanks once again to our national rep Robabeh Rostami for supplying an overview of activity in Iran, and all the excellent photographs, in a very informative news compilation - **which you can view [here](#)**

An example:



Two victories for the Iranian women's Kabedi team in the Asian Championship.

MALTA

Beyond Sport reports (November 2017)

Run the Bases tackles gender inequality with new Pilot Program in Malta

Run the Bases is a newly formed Sport for Development organization that aims to tackle gender inequalities in sport, focusing on the sport of softball.

Former UCLA Softball Player Tara Henry (USA), Sebastian Cirillo (Italy), and Kelly Smith (UK), are developing an international organisation that combines skills and values based coaching techniques to empower and encourage young athletes to become leaders in sport and in life.

The pilot program took place in Gozo, Malta in partnership with the Għajnsielem Redcoats, a local sports organisation offering softball, baseball and basketball to its members.

Run the Bases was joined by Stanley Doney (New Zealand), the current coach of the European Cup Winners Cup Champions (Olympia Haarlem) and the Dutch Softball Coach of the Year and Tahli Moore (Australia), former NCAA Softball Player (James Madison University), to offer quality softball skills.

The pilot program spanned over five days and included 130 participants aged 6-36 from two different primary schools and four different local softball teams. With support from Sport Malta, the World Baseball Softball Confederation (WBSC), and the European Softball Federation (ESF) who donated the necessary equipment, some of the primary school children were able to play softball for the very first time. The Redcoats' great response during the goal setting sessions demonstrates the enormous potential that softball as a sport can have in breaking gender barriers.

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[View the full news item](#)

NAMIBIA

International Netball Federation (3 November 2017)

Netball Namibia win national Development Program of the Year award

During the 13th annual Namibia Sports Commission Sports Awards, Netball Namibia were awarded with the national Development Program of the Year award for their initiative with umpires and coaches.

Netball in Namibia is certainly on the rise. Two years ago a new initiative was founded that aimed to increase and develop the number of coaches and umpires in the country. The initiative was adopted from an existing model within Netball South Africa set up and was further customized by Netball Namibia. Results soon followed, with over 60 coaches and 80 umpires being trained in the two years that the initiative has been founded.

This initiative has been recognised nationally at the recent Namibia Sports Commission Sports Awards in the capital Windhoek that took place on the 27th October. The program was nominated for the Development Program of the Year award in which it won. The award recognises the best development program in the country that demonstrates 'substantial achievements'.

[View the full news item](#)

NEW ZEALAND

Sport New Zealand (13 November 2017)

Award for 'shifterhood' empowering young women into physical activity

Sport New Zealand congratulates Wellington City Council for winning the 2017 Outstanding Recreation Programme Award for its SHIFT initiative at this year's New Zealand Recreation Industry Awards.

Launched in March 2016 with funding from Sport Wellington and the Ministry of Social Development, SHIFT has been empowering Wellington's young women into physical activity since March 2016. The programme is now being delivered across the region and has built over 70 partnerships with individuals and organisations who are passionate about young women's wellbeing.

Sport NZ Young People Lead Jo Colin says SHIFT is an inspiration in its approach of empowering teenage girls to develop and lead activities to increase physical activity and wellbeing among their peers and for themselves.

[View the full news item](#)

Sport New Zealand (20 November 2017)

Recognising New Zealand children's right to play

Sport New Zealand has today released a new set of principles that recognise, and will be used to protect, the right of young New Zealanders to play.

The release coincides with United Nations Universal Children's Day, celebrated annually on 20 November to promote international togetherness, awareness among children worldwide, and improving children's welfare.

Universal Children's Day marks the anniversary of the UN General Assembly's [Declaration of the Rights of the Child](#) in 1959, and the [Convention on the Rights of the Child](#) (in 1989) which defines universal principles and standards for the status and treatment of children worldwide, including an affirmation of children's right to play.

Sport NZ Play Consultant Scott Mackenzie says quality play is the vital starting point for equipping children with the motivation, confidence, physical competence, knowledge and understanding that allows them to value and engage in physical activity for life.

[Read Sport NZ's principles of play](#) (interactive version)

[View the full news item](#)

PAPUA NEW GUINEA

The Sydney Morning Herald (17 November 2017)

Papua New Guinea Orchids hoping to lead societal shift at Rugby League World Cup

Papua New Guinea captain Cathy Neap has never been a victim of domestic violence.

That puts her in the minority of her country and among [her Orchids teammates, who were cobbled together from all over PNG less than three months ago to play in this month's women's rugby league World Cup.](#)

Domestic and sexual violence has long been rife throughout Australia's nearest neighbour, the mainland of which sits just six kilometres away from Queensland's northern-most inhabited point, Boigu Island.

That PNG are represented at this historic women's tournament is almost unbelievable. The majority of Neap's teammates are unemployed, single mothers from the various rural settlements across the rugby league-mad country.

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[View the full news item](#)

SAUDI ARABIA

Beyond Sport reports (30 October 2017)

Saudi Arabia to allow women into sports stadiums

About a month after Saudi Arabia granted women the right to drive, the kingdom has announced another historic move: Starting next year, women will be allowed to attend sporting events in stadiums for the first time.

Saudi Arabia's General Sports Authority made the announcement Sunday, announcing that preparations will begin to "accommodate families" in three stadiums in the major cities of Riyadh, Jiddah and Dammam. Two of the stadiums, the King Fahd International Stadium in Riyadh and the King Abdullah Sports City in Jiddah, hold the highest seating capacity in the kingdom.

"Sports stadiums in Saudi Arabia to open their doors to welcome women in 2018," Princess Reema Bandar bint Al-Saud, the vice president for women's affairs of the General Sports Authority, wrote on Twitter.

It is unclear exactly how the stadiums will regulate where women and children will sit in relation to men, and whether the decision will apply to single women in addition to women with families. In many public places where women are allowed — such as public buses, parks, beaches and amusement parks — they are segregated.

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Last month, hundreds of women were permitted to enter the King Fahd International Stadium in Riyadh to participate in the kingdom's National Day celebrations for the first time. Although they had to sit in a specific section for families, they were able to enjoy fireworks, light shows and a concert in honor of the 87th anniversary of the kingdom's founding.

The decision to open the stadium's doors to women prompted a backlash from Saudi conservatives on social media.

The criticism has not stopped leaders like the princess from championing rights for women in sports and recreation. This month, she became the first woman to be appointed president of the Saudi Federation for Community Sports, which manages sports-related activities for men and women.

The princess, who was raised in the United States when her father was the ambassador and graduated from George Washington University, has pushed to license women's-only gyms

and sports clubs, and many expect that her efforts will draw more women into athletic facilities.

Women are not allowed to exercise with men, and many Muslim clerics consider it immodest for women to participate in sports. The kingdom did not send any women to the Olympics until 2012. In July, Saudi Arabia's Education Ministry announced that for the first time, it would begin offering [physical education classes](#) for girls in public schools.

[View the full news item](#)

Beyond Sport reports (23 November 2017)

First ever football tournament for Saudi Women

Ahead of this weekend's International Day for the Elimination of Violence against Women, Saudi Arabia are pushing the boundaries of gender equality again through the medium of sport.

Just following the kingdom's first ever women's basketball tournament, Saudi Arabia is now hosting its first-ever women's football tournament.

Six teams will play each other at a private school in Jeddah, in an effort to promote diversity, inclusion and female empowerment through the game.

By holding the tournament, the football teams are aspiring to boost the skills of their players and to gain the formal recognition of the General Sports Authority that oversees sporting events in the kingdom and be able to take part in competitions in the Gulf Cooperation Council (GCC), the Arab region and the world.

According to reports, women football players are facing formidable challenges that include finding expert women coaches.

"The comparison with other GCC countries is defavourable as Saudi female players do not even possess basic skills whereas expert and specialised women, including coaches, technicians and medics, oversee the women's teams in other Gulf countries," Reema Al Abdullah, player and coach with King's United, said.

Founded in 2006, King's United was the first women's football team. It played friendly matches with Gulf teams, but it never participated in any formal tournament or championship.

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[View the full news item](#)

SPAIN

News ítem in Spanish received from a member.....topic?

Universidad Politécnica de Madrid (7 November 2017)

Élida Alfaro y Benilde Vázquez, del INEF-UPM, Premios Nacionales del Deporte 2016

Pioneras en el estudio y la difusión del deporte femenino, Élida Alfaro y Benilde Vázquez han sido premiadas en la categoría Premio Nacional a las Artes y las Ciencias Aplicadas al Deporte.

El Consejo Superior de Deportes ha fallado los Premios Nacionales del Deporte correspondientes al año 2016 que, convocados con carácter anual, tienen como objeto distinguir a aquellas personas y entidades que, bien por su directa actividad o iniciativa personal, bien como partícipes en el desarrollo de la política deportiva, han contribuido en forma destacada a impulsar o difundir la actividad físico-deportiva.

Entre los premiados figuran Élida Alfaro y Benilde Vázquez, presidenta y vicepresidenta del Seminario Permanente Mujer y Deporte, de la [Facultad de Ciencias de la Actividad Física y](#)

[del Deporte](#) de la Universidad Politécnica de Madrid, que han sido reconocidas con el Premio Nacional a las Artes y las Ciencias Aplicadas al Deporte.

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[View the full news item](#)

SWEDEN

Inside the games reports (16 November 2017)

Swedish Football Association agree new contracts for women's team

Sweden's Football Association have agreed new contracts for their women's team after they had threatened to boycott both the Player Awards Gala on Monday (November 20) and their upcoming fixture against France on November 27.

Although the financial details of the agreement are undisclosed, both parties are 'happy' with the new agreement.

It came about after an emergency meeting took place between Magnus Erlingmark, the Secretary General of the Swedish Professional Footballers Association, and Håkan Sjöstrand, the General Secretary of the Swedish Football Association, in Malmo.

The agreement lasts until 2020 and includes reimbursement for players who have competed at international level throughout 2017, to bring their pay in line with the new deal.

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[View the full news item](#)

UK

County Sport Partnership Network reports (31 October 2017)

#PassOnYourPassion A Triumphant Success

This summer saw 12 County Sports Partnerships in the North of England raise the profile of women coaches, as well as inspiring more female participants into coaching through the #PassOnYourPassion Campaign.

Each CSP dedicated a week to highlight the hard work and dedication of female coaches, and the positive impact they have on the people they coach.

Currently only 30% of the coaching workforce are women and the percentage of women coaches receiving a qualification each year is 17%. The campaign aimed to help improve these statistics.

The Campaign went through 13 counties through a 3 month period, identifying over 500 incredible coaches who passed on their passion and welcomed over 500 new females into coaching. All coaches involved in the campaign received a relay baton, the coaches were then asked to pass on their baton to a female participant from their session – the handover symbolising a welcome to the world of coaching. The campaign was then passed between CSPs using a giant inflatable baton.

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[View the full news item](#)

Youth Sport Trust (7 November 2017)

Survey shows large gender gap in attitudes to physical activity for teenagers

Data released today by the Youth Sport Trust and Women in Sport shows a shocking gender divide in attitudes towards physical activity for secondary school aged children.

The survey involved 25,000 girls and boys from 138 schools across England and Northern Ireland. It shows that both boys and girls understand the importance of an active lifestyle, but there is a big disconnect between girls' attitudes and actual behaviour.

Painful periods, issues with confidence and self-consciousness, the pressure of academic school work, and lack of encouragement from teachers and parents, all hold teenage girls back from being physically active.

The survey data shows:

- Secondary school aged boys (11-16) are happier with the amount of physical activity they take part in and enjoy it more than girls (71% of boys compared to 56% of girls).
- Pressure of school work and low confidence are much bigger barriers to taking part in physical activity for girls than boys (24% of girls compared to 13% of boys)
- Satisfaction with body image for girls declines with age. One in four are unhappy with their body image at 11-13 years and this figure increases to one in three by the time they reach 14-16 years.
- Girls do not see the relevance of the skills they learn in PE to their lives (45% of girls compared to 60% of boys).

The Youth Sport Trust and Women in Sport carried out this survey to better understand girls' attitudes towards PE and physical activity and the challenges they face in getting active. These insights have been used to improve the sports offering for girls in schools across the UK.

The Girls Active programme developed by the Youth Sport Trust, delivered in partnership with This Girl Can and Women in Sport, and funded by Sport England, involves girls in the design and delivery of PE and physical activity in secondary schools. The programme is already having a huge impact. So far 50,000 girls have been reached in 200 schools with a further 200 soon to join programme. Girls are consulted and given leadership positions which give them influence over the PE curriculum, making it more appealing and relevant to their everyday lives.

[View the full news item](#)

Women in Sport (3 November 2017)

Zoë Collins appointed Chair of Women in Sport

We are delighted to announce the appointment of Zoë Collins – Chief Content Officer for the Jamie Oliver Group – as the new Chair of Trustees for the UK's leading women's sport charity.

Zoë is responsible for setting the creative direction and delivery of all TV and digital content for the Jamie Oliver brand. She has worked as a communications professional in both a corporate and social change environment and is passionate about sport and healthy, active lifestyles, having built her career around the promotion of healthy eating over the last 15 years.

[View the full news item](#)

Women in Sport - E-Newsletter, November 2017 - [available to view](#)

Sport Industry Group reports (6 November 2017)

She Can Play & PlayFootball launch girls programme

PlayFootball has teamed up with 'She Can Play', a female-first coaching brand established by former pro-player Kat Clifton, for a five-year partnership that will deliver a new programme of regular coaching sessions offering football training for girls across the UK.

Aiming to encourage more girls into the game, the 'She Can Play' coaching sessions have been specifically tailored for girls between five to 16-years-old of all abilities, and will be delivered in a fun and friendly environment led by FA qualified coaches, many of whom have represented teams in the Women's Premier League and Super League.

Launched to coincide with FA Girls Football Week this week (6th - 12th November), girls and their parents are encouraged to register their interest via www.playfootball.net/shecanplay. The coaching programmes will start in early 2018 and be run through 16 PlayFootball centres around the UK in Birmingham, Blackpool, Bury, Colchester, Gillingham, London, Liverpool, Luton, Nottingham, Portsmouth, Preston, Romford, Southend, Swansea, Swindon and York.

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[View the full news item](#)

Faculty of Sport and Exercise Medicine reports (13 November 2017)

Tennis has real health benefits for women during and after pregnancy

The Lawn Tennis Association (LTA) is looking to highlight the health benefits of tennis as a sport to keep more women active both during and after pregnancy.

Physical fitness and activity should be encouraged during pregnancy as it is proven those who are active and exercise experience fewer backaches. A study published earlier this year in the American Journal of Obstetrics and Gynaecology also reported that women who continued aerobic activity during pregnancy enjoyed labours about 30 percent shorter than women who stopped exercising[1].

Tennis is a great sport to play both during and after pregnancy, given its low-impact nature which means fewer risk of injuries. For those who have just given birth and would like to start getting active again, tennis provides real health benefits and enables new mums to get back into a routine.

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Youth Sport Trust (15 November 2017)

BLOG: Why we need to ensure all girls have a sporting start in life

Ali Oliver discusses the barriers that girls are facing in physical activity and sport - following recent research through the Girls Active programme - and how YST will stop girls from missing out.

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If there are six key recommendations I can make to schools when thinking about how they can really make a difference to how girls perceive physical activity in and out of school it is this:

1. Make PE and Sport relevant to girls' lives; Girls will have different motives for taking part, whether it's being with friends, having fun, or developing new skills. Helping each girl see a purpose in participating will increase the value they place upon it.
2. Empower girls through involving them in design and delivery of PE and physical activities; involving and consulting with girls at every opportunity will increase their commitment and interest. Ensuring that their opinion is heard and valued is as important as any action you may take.
3. Develop role models for the future; develop girls as positive influencers and advocates with their peer group, promote a diverse range of role models, not just elite sportswomen.
4. Place developing self-confidence at the heart of PE and sport; consider ways to create an environment that enhances girls' confidence in their skills and body image

5. Recognise the power of friends to drive progress; friends are a powerful influence for girls' so let's use them as a force for good!

6. Take a long-term approach to engaging girls; sustainable change requires planning and commitment. Consider ways for your school to develop a culture that supports, values, and celebrates girls' participation as an important part of school life.

In 2018, we plan to further our mission to get more girls active by working with 250 schools in England. We will deliver the Girls Active programme in 50 new secondary schools and reach a further 200 schools through our Girls Active in Transition programme, a collaboration between primary and secondary schools.

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[View the full blog](#)

Youth Sport Trust (16 November 2017)

Programme rolled out to get girls active in Northern Ireland - Girls Active rolled out in Northern Ireland following success of four-month pilot

Getting more teenage girls active is the aim of a programme to be rolled out across parts of Northern Ireland following a successful four-month pilot with nearly 1,500 girls and 10 schools in the country.

Girls Active is an award-winning programme developed by charity, the [Youth Sport Trust](#). In England, the Youth Sport Trust has delivered Girls Active in partnership with Women in Sport to over 200 schools since 2015. The programme aims to better engage adolescent girls in physical activity and improve attitudes towards physical education and school sport. Using a combination of marketing principles and youth leadership, it helps schools to review their existing culture and practice and to deliver an action plan tailored to their girls' needs.

Thanks to continued funding from the [Department for Communities and Sport Northern Ireland](#) as part of the 'Active Fit and Sporty' project, Girls Active is now being delivered in partnership with [Armagh City, Banbridge and Craigavon Borough Council](#), and [Lisburn and Castlereagh City Council](#) across 17 post primary schools.

The programme will be rolled out to 10 new schools on 16 November with 60 girls aged 11 to 15-years-old taking part in a Girls Active Inspiration Day at Craigavon Leisure Centre.

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British Universities and Colleges Sport(23 November 2017)

This BUCS Girl Can - Getting Female Students Active [New case study]

To coincide with #ThisBUCSGirlCan week, BUCS in partnership with Women In Sport has released a new Case Study document which shares insight into how to engage inactive female students within universities.

This information has been pulled together as a result of the involvement Women in Sport has had throughout the BUCS' This Girl Can activation project, which involved 10 universities receiving funding to deliver female participation projects earlier this year.

BUCS and Women in Sport wanted to further understand what works when engaging inactive and less active female students; bringing together common learnings from the project to apply across wider programmes to increase engagement in physical activity.

What did we find out?

Across the 10 universities there were some brilliant activities going on and key themes emerged as being central to successful delivery.

These are broken down into four main components:

1. Understand Your Audience – This section looks at how the universities used student feedback to guide the development of their This Girl Can programme.
 2. Innovative Interventions – This section examines how creating opportunities to try different sports can help engage inactive students.
 3. Activators – This section explores the impact that relatable role models can have on increasing participation at university events.
 4. Engaging Target Groups – The section looks at how the universities changed their methods of communication for targeting different groups
- [Access the case study \(12 pages\)](#)

University of Wolverhampton (23 November 2017) Professor to lead women's football history project

A University of Wolverhampton professor has been selected to lead a national project focused on unlocking the hidden history of women's football.

Professor of Sport Jean Williams has been chosen as the academic lead for the National Football Museum's project, which is the largest of its kind in the world.

The 'Unlocking the Hidden History of Women's Football' project will involve cataloguing, digitising, and writing exhibition content on an estimated 20,000-25,000 individual items including tickets, programmes, small statuettes and fine art.

The first big task is to establish and lead a research network which will coordinate academic and community research and connect related collections on women's football.

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Publications.....

Silver Linings: Understanding women's relationship with sport and physical activity in later life . Women in Sport, October 2017 (26 pages)

Key findings

This study involved a small sample of 20 women aged between 55-75. This research does not represent all women, but helps to give an indication of some women's values and some of the barriers women face.

This report shows:

- Spending time with friends and family is a top priority, particularly looking after grandchildren and socialising with friends.
- Women do not identify with the label 'older women'.
- Having fun and learning new skills are high on the agenda for this age group.
- Volunteering can be a good entry point to being physically active.
- Lack of self-confidence and self-belief are the biggest barriers to participation.
- Women are not as active as men in later life and are missing out on the health and social benefits of sport.

Recommendations:

- Make fun and social aspects the focus.
- Engage women by offering non-traditional activities.
- Reassure women on the suitability of activities.

- Use positive images and language.
- Support camaraderie and connections through social media groups.

[Download a copy](#)

Physical activity - a social solution. ukactive, November 2017 (14 pages)

The report shines the light on the major value that leisure centres provide to the communities that they serve. As expected, community leisure has a huge impact on wellbeing (£2.4bn) and health (£715m), but findings also demonstrate benefits for wider social issues like education and crime, not traditionally considered to be impacted by the physical activity sector.

The findings, produced by ukactive in conjunction with activity insight platform the DataHub, are the first to offer a definitive number on the importance of public leisure to communities, particularly significant coming at a time when local authority leisure budgets may be at risk. Drawing on data from over 1.8m people across 651 leisure facilities over the past two years – the report takes an unprecedented look at the impacts of public leisure on wider society, including calculating the social value of specific activities including football, swimming and group workouts.

The report also found that:

- Swimming provided almost a quarter of a billion pounds in social value in 2017, the most of all activities, which was closely followed by fitness.
- Full members generate greater social value (£431) than casual users who pay at each visit (£424)
- Core members (4+ times a month in 9-12 months in the last year) generate over £1,000 more Social Value per person than infrequent members.
- Group Workouts – encompassing group fitness classes like spinning – provided the highest social value per person at £431
- Football has by far the largest social impact on education and crime proportionately – providing the greatest social value per person in both categories
- Golf and group workouts have the largest social impact on health and wellbeing

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[Also view the ukactive new item on the release of this report \(2 November 2017\)](#)

Women and Girls' Action Plan. Rugby Football Union, autumn 2017 (32 pages)

There are currently 512 women and girls teams in England and 27,500 existing players. By 2021 England Rugby wants to grow these numbers, engaging 100,000 females in rugby and converting 25,000 of those into new player – almost doubling the current figure. In addition, the action plan sets out an ambition to:

- have active senior women's teams in 100 more clubs
- increase the number of active adult women's teams by 350,
- increase the number of girls engaged in rugby through CBRE All Schools and
- encourage more women to become team managers, volunteers, coaches and referees.

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USA

New York Times (4 November 2017)

How 6 women changed the New York City Marathon forever

In the fall of 1972, the New York City Marathon organizer Fred Lebow contacted The New York Times. He told reporters to come to the start line of the race, [then in its third year](#), promising a sight they would not want to miss.

The race would be the largest yet, with over 250 runners set to attempt the 26.2-mile course, all of which would be run in Central Park.

In the crowd were six women, front and center. They approached the start line and prepared to run in the first New York City Marathon in which women's results would count.

Women had been barred from road races since 1961, as experts claimed [distance running was damaging](#) to their health and femininity. Some officials infamously warned that [a woman's uterus might fall out](#) should she attempt to run such distances.

For years, women had made their way into races, surreptitiously or otherwise. In 1967, Kathrine Switzer ran the Boston Marathon under the name K. V. Switzer.

But it was not until 1972 that the Amateur Athletic Union, then the governing body for marathons in the United States, allowed women to officially take part in distance road running.

The relaxed rules issued by the A.A.U. insisted on a separate but equal start. Women were allowed to run the marathon if they started 10 minutes before or after the men, or if they started in a different area altogether.

[View the full news item](#)

Inside the games reports (8 November 2017)

Perry appointed President and chief executive of USA Gymnastics

Kerry Perry has been appointed President and chief executive of USA Gymnastics to replace Steve Penny, who resigned in March following a sexual abuse scandal involving a former team doctor.

USA Gymnastics confirmed they had "unanimously" chosen Perry, a former vice-president of business development at Learfield Communications, for the position.

She is due to start in the role on December 1.

Perry, whose main experience is in sports marketing and sales, will be responsible for the strategic direction of the organisation, including involving the day-to-day operations of the business to include safety initiatives, athlete and competitive programmes, membership and staffing.

She will also be tasked with overseeing marketing, event operations, communications and revenue generation at the under-fire governing body.

[View the full news item](#)

The New York Times (8 November 2017)

How Should High Schools Define Sexes for Transgender Athletes?

The question is relatively new, and guidelines so far differ from state to state. "It has been a challenge" one Texas official said.

INDIANAPOLIS — The calls to high school sports officials from athletic directors and administrators began several years ago and have only become more frequent and difficult: How are you handling transgender students who want to play sports?

With widespread disagreement over where the line should be drawn between sexes for purposes of athletic competition, the question has challenged the people who set rules for Olympics sports and those who govern college sports in the United States. At the high school level, the issue has been even more vexing.

“Quite frankly, I don’t think anyone has it exactly right because if they did, everyone else would just do that,” said Jamey Harrison, deputy director of the governing body of high school sports in Texas. “If you look at what the N.C.A.A. is doing and what the Olympics committee is doing — and those are different because they’re largely dealing with adults, versus we are working with minors — it doesn’t seem like anybody has landed on something that is universally applicable.”

The issue has touched off debate among coaches, athletes, parents, doctors and medical ethicists. Established guidelines at the youth level that address things like hormonal treatment and sex reassignment surgery are nonexistent.

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Medical News Today (9 November 2017)

Brisk walking may help older women live longer

Older women who engage in moderate to vigorous physical activity — such as often taking brisk walks — may be adding years to their lives when compared with women who are not very active.

This was the main finding of a large study — by researchers from Brigham and Women's Hospital in Boston, MA — that measured physical activity in older women as they wore sensitive activity trackers and then followed them for up to 4 years.

"Physical inactivity is estimated to cause as many deaths globally each year as smoking," note the researchers in a [report](#) on the study that was published recently in the journal *Circulation*.

In the United States, the current [federal guidelines](#) for improving health through physical activity recommend that per week, adults should undertake 150 minutes of "moderate-intensity aerobic physical activity," 75 minutes of "vigorous-intensity aerobic physical activity," or an "equivalent combination" of the two.

The federal guidelines give brisk walking and tennis as examples of moderate-intensity activity, and jogging and swimming as examples of vigorous-intensity activity.

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