



## IAPESGW International Update, July 2018: News and resources from around the world

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

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### IAPESGW Regional event - International Congress Cubamotricidad 22 - 26 October 2018, Havana Convention Center, Cuba

The World Organization of Stimulation, Education and Child Development (OMEEDI), the International Association of Physical Education and Sports for Girls and Women (IAPESGW), the International Association of Sports for All (TAFISA) with the National Institute of Sports, Physical Education and Recreation (INDER) of the Republic of Cuba, with the auspice of prestigious institutions and international organizations are convening the International Congress Cubamotricidad 2018, which will take place from October 22nd to 26th at the Havana Convention Center, Cuba.

[View a flyer for the event in English](#)

[View a flyer for the event in Spanish](#)

## July Editorial

July's International Update is not as long as most of our other months – maybe because it is the heat of summer and the depths of winter in the north and south respectively!

The continuing debate about the new IAAF regulations for Differences in Sexual Development for females continues. We have included the latest response (an open letter) from the IAAF where they state that they are not preventing women with DSD competing in athletics: they can compete in all domestic events but if their testosterone levels are too high they cannot compete in some listed events at international championship level.

By the way we are planning to run a workshop on these controversial regulations next July at our Madrid Congress.

Other international news is more disturbing. The Finish Student Sport Association has made public a number of sexual assaults at the recent European University Games in Portugal. It appears that there is well based evidence of sexual assault, harassment and attempted rape against female Finnish students, which was reported to officials, who claim they are still making investigations after the Games have finished. No action was taken during the Games.

This contrasts to a sexual assault at the Gold Coast Commonwealth Games (Australia in April this year). A complaint was made against a team official from Mauritius. The police investigated, charged the man and immediately removed him from the athlete's village.

Still on this theme you will find in the UK report that they are revising their Violence Against Women and Girls Strategy.

Sports associations and authorities running international events must have policies in place to deal with harassment and sexual violence and not try to hide these occurrences "under the carpet".

Our regular Iran contributor, Robabeh Rostami, has reported on the great success of Iranian women winning medals in rowing, archery, badminton, taekwondo, mountain bike and dragon boat events and for the Asian Games a female, Kimye Alizadeh, was chosen as their flag bearer.

We have our first report from Myanmar - other countries we cover are Australia, the UK, Scotland, Northern Ireland and the USA.

Of note is the Vicsport report where the words diversity and inclusion are clarified.

Well, time to finish up and leave home for another Les Mills class (see article) at my local gym. Today I am doing a Body Tone class (one hour) of cardio, resistance work with a stretch band or weights, core work and cool down stretching!

So I hope you are doing regular exercise and looking after yourself....

Happy reading!

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

## International

### **Janice Crosswhite says:**

*An amazing success story from NZ and across the world – mainly women do his classes, like me. Just come in from a pump class – every 3 months a new choreography and you have to work harder! Most good quality gyms offer his range of classes.*

### **Australasian Leisure Management (5 July 2018)**

#### **Les Mills International - World's largest group fitness provider turns 50**

Marking half a century in the fitness industry this year, the family behind Les Mills, the world's largest group fitness provider, have shared their remarkable story of struggle, success and striving for a fitter planet.

Behind every business sits a defining core belief that drives the company forward. For the Mills family, it's a passion for improving the health of others, teamed with the unyielding competitiveness stemming from their rich sporting heritage.

In a Blog on the company website, Les Mills International (LMI) Managing Director Phillip Mills explains "it's something my dad said when he opened our first club in 1968.

"The job of the fitness industry is to help people fall in love with fitness' and that's a mission we're still driven by today."

5th February 2018 marked the company's 50th anniversary – a rare feat in what is still a young industry. Les Mills started as a tiny gym in Auckland New Zealand has evolved into a global fitness movement, spanning 23 different programmes including BODYPUMP, BODYCOMBAT AND BODYATTACK.

Today, Les Mills workouts are licensed in 20,000 clubs worldwide, with a team of 140,000 instructors delivering group fitness classes to over six million people a week.

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#### **Fitness meets feminism**

What was notable about these classes right from the start of the 1980s was their appeal to women. Here was an offering that brought women into the gym and opened up fitness to a whole new market.

For Jackie Mills, who as LMI Chief Creative Officer oversees creation, production and training of all Les Mills workouts, it was a product of a wider societal movement.

Jackie, who for many years combined her role at Les Mills with a career as a doctor, advises "the 1980s felt like a real time of revolution for women.

"It was a time where women could create their lives with greater freedom and employment opportunities – a time of empowerment.

"It was group fitness that really bought women to gym, because women really liked the social aspect of working out in groups, while developing physical strength was another aspect of the movement."

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[View the full news item](#)

### **Inside the games reports (10 July 2018)**

#### **IIHF hold Women's High Performance Camp in bid to close gap on North America**

More than 300 budding players from 41 countries are participating in an International Ice Hockey Federation (IIHF) Women's High-Performance Camp in Vierumaki.

The week-long event is taking place at the Sport Institute of Finland.

Some of the leading female under-18 players in the world from both national and development squad will be present to receive "top-level education in various aspects of athleticism and running a national team".

The focus is particularly on female junior players outside North America in an attempt to narrow the gap between Canada, United States and the rest of the world.

Coaches, goaltending coaches, video coaches, team managers, equipment managers, strength and conditioning coaches, athletic trainers and nutritionists will be among those present to give advice and support.

They will be joined by on-ice officials from different countries working towards becoming world-class referees and linesmen.

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[View the full news item](#)

### **IAAF (17 July 2018)**

#### **IAAF Response to open letter from the Women's Sports Foundation and Athlete Ally**

IAAF Response to open letter from the Women's Sports Foundation and Athlete Ally

The IAAF has today responded to an open letter from the Women's Sports Foundation and Athlete Ally, which requested that the IAAF rescind the new eligibility regulations for the female classification, due to come into effect on November 1, 2018.

#### **IAAF Response to Open Letter**

The IAAF has not and will never try to prevent women from participating in athletics.

In fact, the IAAF has been one of the foremost advocates for women's sport for almost a century. It has long championed equal access to competition and equal prize money at a time when many other sports still discriminate in this area.

Contrary to claims made in an open letter written by the US-based Women's Sports Foundation, the IAAF's new female classification rule does not seek to prevent any woman from competing in athletics.

Under the Regulations, women with Differences of Sexual Development (DSD/intersex) will be eligible to compete in any event at domestic level. They will be eligible to compete in all but distances from 400m up to 1 mile on the international championship programme. They will also be eligible to compete in those distances if they take measures to ensure their testosterone levels are under 5nmol/L (which puts them on an even playing field with the rest of the female population). They will be eligible to compete in male and intersex competition. The choice is theirs.

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[View the full 'Open letter'](#)

### **The Finnish Student Sports Association - Opiskelijoiden Liikuntaliitto, OLL (24 July 2018)**

#### **#METOO campaign hasn't had an effect on sports yet – a serious case of sexual violence at the European Universities' Games**

Finnish female athletes have been the target of constant and serious sexual violence at the EUSA games currently held in Coimbra, Portugal. The organization behind the games, the European University Sports Association (EUSA), have with their actions given a silent acceptance to the crimes.

Serious cases of sexual harassment, sexual assault and attempted rape have occurred at the EUSA Games. Male athletes, as well as an older male coach from a single country have been the perpetrators, while the main victims have been Finnish female athletes. Both physical and verbal abuse have taken place, and this ultimately culminated into attempted rape of one Finnish athlete. These events have been witnessed by athletes from various countries, some of whom have also been a target of abuse.

In cooperation with the Finnish female athletes in question, The Finnish Student Sports Association (Opiskelijoiden Liikuntaliitto, OLL) has decided to make the case public, since the officials of the games together with EUSA have completely failed in handling the case, as well as in protecting the Finnish young women. Moreover, OLL finds that EUSA and the games' officials have attempted to completely brush the incident under the carpet. OLL has been present in Portugal during the whole situation, defending the Finnish women and demanding sanctions for the perpetrators, which unfortunately have not been given.

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[View the full news item](#)

**Also...**

**Inside the games reports (25 July 2018)**

**FISU condemn "unacceptable behaviour" at European Universities Games after Finnish delegation report sexual violence**

The International University Sports Federation (FISU) have condemned "unacceptable behaviour" at the European Universities Games in Coimbra after allegations were made of sexual harassment at the multi-sport event.

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[View the full news item](#)

**Beyond Sport (24 July 2018)**

**Beyond Sport announces 2018 Global Awards official shortlist**

Selected from a record-breaking 400 entries covering 50+ sports, our judges had a tough job as the 2018 entries representing our most diverse range of sports, countries and social issues to date!

The 2018 shortlisted projects encompass 33 countries, 23 sports and 10 categories: from challenging injustice, racism and violence through football; to using basketball to improve health; to cleaning up plastics from oceans through sailing; to providing women with economic opportunities through sport tourism, this year's shortlist represents some of the most exciting, innovative and inspiring ways sport is being used to change lives for the better.

Introducing the Beyond Sport Awards 2018 Official Shortlist:

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[View the details](#)

**Journal of Physical Activity and Health: The Official Journal of the International Society for Physical Activity and Health. Volume 15, Issue 7, July 2018**

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

[View the abstracts](#)

***A publication of general interest.....***

**Implementation Guide for Integration of Refugees Through Sport #PlayTogether. International Sport and Culture Association, et al, June 2018 (60 pages)**

This implementation guide is designed to introduce you to the topic of Integrating Refugees Through Sport by looking at the relevant theory that is the foundation for the area, the present situation – specifically in Europe, as well as the challenges and barriers that NGOs, sports clubs and other organisations or individuals often face when implementing or running an IRTS programme. This guide looks at the issue from the perspective of those involved: the refugees. Therefore, it also includes an overview of the barriers and challenges through the eyes of those displaced, and trying to build a new life in a new land. Potential solutions to these issues are also examined. So get inspired, get active, and help make a positive difference to both your community and people's lives.

[Access the guidance on this page](#)

## **Specific countries**

### **AUSTRALIA**

#### **VicSport (July 2018)**

##### **Dare To Be Different: Driving female talent**

This is a good news story about women's participation in a 'blokey' sport.

The Confederation of Australian Motor Sport (CAMS) has announced four women to be the first ambassadors of an exciting new campaign "Dare To Be Different" (D2BD) aimed at increasing women's participation in motor sport at all levels.

Simona De Silvestro, Betty Klimenko, Romy Mayer and Molly Taylor have all been confirmed as Australia's first D2BD Ambassadors.

The initiative will help young girls from around Australia understand the opportunities that await them in the motor sport industry, whether it is as a driver, engineer, mechanic or one of the many other roles in a growing industry.

The not-for-profit organisation aims to inspire and celebrate women in every aspect of motor sport and hopes to change the preconceptions of a male-dominated sport by increasing women's participation to spark change.

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[View the full news item](#)

#### **Vicsport (July 2018)**

##### **Blog: Inclusion and Diversity: Understanding the difference**

In Victoria there are 100 state sporting associations and approximately 16,000 clubs and associations delivering sport and recreation opportunities in a range of communities across the state.

You may have heard the phrases inclusion and diversity used to define approaches to increasing participation in sport for all.

Often, the terms inclusion and diversity are used interchangeably, however they have different meanings that should be understood in the sporting context.

##### **Diversity**

Victoria's community is not homogenous. The term diversity refers to the different characteristics of people who make up our community. This includes the following characteristics:

- Gender (including male, female and unspecified)
- Age
- Race (including nationality, ethnicity and colour)
- Culture
- Religion
- Sexual Orientation (Lesbian, Gay, Bisexual and Queer)
- Disability (including intellectual, physical or sensory disabilities)

Within families, friendship groups and local communities we may find diversity amongst people. In fact, the way each individual relates to these characteristics may differ. An individual is not defined by just one of these characteristics.

Diversity is a strength of our community. It is also the reason sport organisations should be inclusive in order to engage a wide range of people to participate in sport.

### **Inclusion**

The term inclusion refers to what we do to ensure our diverse community is reflected in sport participants. Being inclusive means being proactive in the way we plan, lead and control the delivery of sport and recreation opportunities for everyone.

Inclusion in sport means everyone in our diverse community, regardless of their gender, age, race, culture, religion, sexual orientation or ability, is afforded a range of opportunities to participate.

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[View the full news item](#)

### **Women's Agenda (18 July 201)**

#### **US basketball record just got smashed by Australian Elizabeth Cabbage**

Australian basketballer Elizabeth Cabbage has entered superstar status at home and in the US, after breaking the record for the most points scored in a single WNBA game by one player.

She scored a massive 53 points playing for the Dallas Wings in its win over New York Liberty (104-87), beating the previous record set in 2013 by two points.

Cabbage sunk four of the five points she attempted from the 3-points range, as well as 15 of 16 free throws, smashing her previous career high of 37 points.

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[View the full news item](#)

### **The Sydney Morning Herald (27 July 2018)**

#### **'Gobsmacked' Carrie Graf urges sports to shatter gender bias**

Basketball Australia hall of famer Carrie Graf has been left "gobsmacked" by a decline in elite female coaches and says shattering gender biases is crucial to the rapid development of women's sport.

Graf was among scores of female coaches, players and administrators at a women's high performance coaching forum held by the Australian Sports Commission at the AIS on Thursday.

The spotlight is on women's sport's remarkable rise but the declining number of females in high performance coaching positions has been identified as a major "cause for concern".

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[View the full news item](#)

## IRAN

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

### **An example:**

#### **This year there are 109 Iranian women in 2018 Asian games (13 July 2018)**

First presence of Iranian women in Asian games was in 1990 in Beijing after 11 years since Islamic revolution in Iran. Sending Lida Fariman to these tournaments was the beginning of a great evolution in women's sport. In Hiroshima 1994 competitions in addition to Fariman, Leila Taghi poor also participated. Fariman submitted the first history woman of Iran sport and the first Olympic shooter woman of Iran and the first flagman of Iran caravan in 1996 Atlanta Olympic.

First Asian medal achieved by Nasim Hasan pour in shooting field.

In Qatar competitions the number of participants increased and the number of medals reached to 3 bronze medals.

Iran participated with 88 athletes in China games 2010 and achieved 14 medals and won first gold medal of woman sport history by Fatemeh Nemati.

Peak of success was in 2014 achieving 16 medals and now in 2018 Iran caravan with 109 athletes will be sent to Indonesia and Kimiya Alizadeh is the flagman of the caravan.

## MYANMAR

### **Beyond Sport (12 July 2018)**

#### **Beyond Sport Foundation Spotlight: Girl Determined**

With Beyond Sport United and the Global Awards now under two months away, we're taking a 10th anniversary look back at some of our past winners, and how they have progressed with the support of Beyond Sport and our Foundation.

We have been supporting organisations for many years that use sport to promote equality in their communities – [Girl Determined](#) is one of those organisations.

By providing direct sport leadership programming to adolescent girls in Myanmar, they seek to change the way girls are viewed, both by girls themselves and by their surrounding community.

Around the age of adolescence, girls from poor and rural families are expected to contribute to household chores which often come at the cost of a girls' education or freedom. Girl

Determined programming aims to empower these girls by developing a combination of increased confidence, self-awareness, and knowledge, to enable them advocate for their own rights and goals.

Their flagship initiative, Colorful Girls Volleyball Circles, is a structured two-year program in which over 2,000 girls from across targeted communities come together two times per week. Program sessions employ the Colorful Girls Circles life and leadership curriculum which uses creative, experiential activities and discussion to build self-image, knowledge, and awareness.

In addition, Girl Determined conducts an annual Girls' Leadership Summer Camp, an annual Girls' Conference, girls athletics programs and Girl-led Campaigns that give adolescent girls a chance to advocate for change on issues that directly affects them. Using volleyball as a delivery tool, the curriculum stresses topics such as communication, teamwork, and health.

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[View the full news item](#)



## UK

### **Sport and Recreation Alliance (5 July 2018)**

#### **Blog: Sport has a role to play in raising awareness of Violence against Women and Girls**

The Home Office has announced a revision of the Violence Against Women and Girls' Strategy, and the Sport and Recreation Alliance's Policy Support Officer, Rasteen Riyahi-Boni, has commented on why the sector has a role to play.

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[View the blog](#)

### **Women's Sport Trust (3 July 2018)**

#### **Seeking 15 progressive brands partners for new initiative**

The Women's Sport Trust is teaming up with a limited number of progressive brands this summer to change the sporting landscape. The influential charity, which works to increase the profile and impact of women's sport, has launched its Official Supporters' Club with a 'First XV' category for selected brands and organisations looking to increase the profile, partners and pounds needed to take women's sport to the next level.

Women's sport is on the move with experts\* predicting that the number of fans attending elite women's sport in the UK will pass half a million for the first time in 2018. Over 100,000 tickets have already been sold for the Vitality Hockey Women's Cup next month, The Women's Cricket World Cup Final was a sell out at Lords last summer and a record crowd of 45,000 watched this year's SSE Women's FA Cup Final at Wembley. Since 2013, attendances for UK women's sports have grown, on average, 38% year-on-year.

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Brand partners in the First XV will commit to a £15,000 annual fee. Expressions of interest to join the Women's Sport Trust First XV will be open until August 3, 2018, with conversations taking place throughout the summer and with the First XV officially unveiled at a launch event in October 2018.

More details [here](#). To enquire about the First XV please contact [supporters@womenssporttrust.com](mailto:supporters@womenssporttrust.com)

[View the full details](#)

### **NHS National Institute for Health Research (2 July 2018)**

#### **Can peer power make teenage girls more active?**

A new study by the University of Bristol will test whether teenage girls' activity levels can be increased through deliberate intervention from their peers, rather than their families or teachers.

NIHR-funded researchers will test the 'peer power' approach with over 1,000 Year 9 girls from 20 schools.

Girls will nominate peers in their year who they respect and trust to receive training designed to show them the benefits of exercise. They will then use their influence to subtly encourage their close friendship groups to be more active and ultimately create new norms.

It's hoped the intervention will help address concerns that most adolescent girls in the UK do not meet government physical activity recommendations of doing an hour of moderate to vigorous physical activity each day.

The new project, led by Professor Russ Jago and Dr Simon Sebire from the University of Bristol's [Centre for Exercise, Nutrition and Health Sciences](#) in the School for Policy Studies,

will assess whether the PLAN-A (Peer Led physical Activity iNtervention for Adolescent girls) intervention is effective at addressing the steep reduction seen in girls' physical activity as they move through their teenage years.

A [pilot study](#), with six secondary schools and over 400 female pupils, has shown promising results, with girls doing an extra six minutes of moderate to vigorous physical activity and cutting their sedentary time by 23 minutes per day.

It also showed the year-wide intervention was liked by pupils, parents and teachers and that it had the potential to stem the decline in adolescent girls' physical activity and be cost-effective.

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[Sport England](#) has provided an additional £30,000 for the delivery of the intervention in the 10 schools which will receive the PLAN-A programme.

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See the [project page](#) for more details.

[View the full news item](#)

[Also view the University of Bristol news item their research](#)

### **Women in Sport (July 2018)**

#### **Executive Summary ahead of publication of research findings: Re-thinking Intention to Action: Women's Experiences of Getting Active**

Women are less active than men, with 27% of women inactive and a further 15% fairly active but doing less than the recommended amount of physical activity. Men and women of lower socio-economic status (L-SES) are less active, with 32% of those in semi/routine occupations (NS SEC 6-8) and 37% of the long-term unemployed (NS SEC 8) inactive; 14% of both groups are fairly active.

Women of L-SES are the least likely to be sufficiently physically active and thus, are missing out on the benefits of improved physical and mental health as well as a reduced risk of disease. 33% of women from NS SEC groups 6-8 are inactive compared to 17% of women from NS SEC groups 1-2 (higher/lower managerial, administrative and professional occupations). Despite their greater need, women of L-SES are not attaining the personal financial, emotional, social and intellectual gains associated with regular physical activity.

Those with an intention to become more physically active are most likely to do so and would benefit from appropriate opportunity and support. Our research therefore focused on women of L-SES with an intention to become physically active.

Using the latest thinking in behaviour change theory, we carried out a small, in-depth qualitative study to;

- Explore the barriers that prevent women of L-SES from moving from intention to action.
- To establish recommendations for physical activity providers of how to influence and support women of L-SES to move along the behaviour change journey from intention to becoming and staying active.

#### **Key findings**

Our research found that while women of L-SES face many similar barriers to other women. There are some barriers to being active that are particularly relevant to this group such as life uncertainty, lack of financial independence, familial responsibilities and mental-ill health.

Here we present anonymised case studies of two women's experiences of attempting to get active from our research.

**Our full research findings will be released soon.**

\* We define women of lower socio-economic status as being in NS SEC 6-8. [The National Statistics Socio-Economic Classification](#) (NS SEC) is based on occupation. Group 6 includes semi-routine occupations, 7 is routine occupations and 8 is never worked or long-term unemployed.

[Source of information](#)

**Note: there are two case studies available to view from this research work:**

[Katie's Story](#) AND [Louise's Story](#)

### **Women in Sport (July 2018)**

#### **Exercise and breast cancer recovery**

Women in Sport is working alongside [Breast Cancer Now](#), to look at ways to support women to exercise and be physically active following a breast cancer diagnosis.

To assist with this important research, we want to speak to women aged between 50 and 65 who have been diagnosed with breast cancer in the last five years and feel that regular exercise has helped their physical and mental health.

We would also be interested to hear from close friends and family of women diagnosed with breast cancer in the last five years.

Please [get in touch here](#) if you feel you can contribute.

[Source of information](#)

**Women in Sports - News, July 2018 - [available to view](#)**

### **England Netball (11 July 2018)**

#### **NET2019 legacy project aiming to empower**

As momentum builds towards the netball world cup next year, a key focus for the International Netball federation (INF), and NWC2019 organisers is the continued development of the sport globally, prompting the launch of the legacy project; NET2019.

Funded by UK Sport, and delivered by England Netball in partnership with the INF, NET2019 aims to provide coaching advice and facilitated netball sessions to empower women and girls through the power of netball around the world.

In particular, the scheme will place an emphasis on two key territories, Africa and South America – continents where netball is rapidly gaining influence. Predominantly NET2019 will focus its work in Zambia and Argentina. Here it will work with each of the country's netball associations to develop the provision of netball at grassroots levels, whilst also supporting the development of talent and high performance programmes, which have been proven to raise the profile of the sport within their communities.

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[View the full news item](#)

### **British Fencing (23 July 2018)**

#### **Is fencing more than a sport?**

In 2016, British Fencing and Maslaha formed a partnership that would see the creation of Muslim Girls Fence. A project that would lead to challenge misperceptions of and raise

aspirations among young Muslim women, in the light of the complex discrimination experienced by this group on the basis of both faith and gender.

We know fencing is a sport that builds confidence, resilience and self-worth. Ibtihaj Muhammad's mentor, former Olympic medalist Peter Westbrook, describes the strong potential of fencing as 'a springboard to go to higher heights'.

Fencing has also been shown to attract young people who may not typically be involved in sports. Young women fencers, in particular, tend to have creative interests that set them aside from their peers. This offers an interesting opportunity to open doors for participation in physical activity to young women who may dislike other sports.

Virginia Bailey, Participation Programme Manager at British Fencing has written a short article which explains what the Muslim Girls Fence Project means to two female coaches that deliver the project in Doncaster and London.

By reading this article, it will provide an opportunity for all clubs to increase their knowledge of how to make the sport accessible and make informed decisions when creating partnerships within the local community.

**Read the article here – [Muslim Girls Fence – Through the Eyes of a Coach](#)**

**[Source of information](#)**

### **Scottish Government (12 July 2018)**

#### **Get Active, Stay Active**

Ambition to cut physical inactivity by 15% across Scotland.

Growing Scotland's network of paths and trails, providing additional sports opportunities in deprived areas, and supporting efforts to ensure children can play outside safely are priorities for getting people in Scotland more active.

The Scottish Government aims to cut physical inactivity in adults and teenagers by 15% by 2030 – equating to around a quarter of a million more people becoming active – using wide-ranging approaches including active travel funding, support for both formal sports and informal physical activity, and partnership working across the transport, education, health and planning sectors.

Included in its \*Active Scotland Delivery Plan are actions such as: development of community sports hubs in the most deprived areas; more opportunities for pupils to participate in sport before, during and after school; support and development for helping people move from school sport to clubs; increased funding for cycle and walking paths; promoting good practice to ensure children have safe places to play; and addressing barriers to women and girls participating.

Scotland is one of the first countries to publish a national action plan following the World Health Organisation's global plan on physical activity.

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

\*The plan - **[A More Active Scotland: Scotland's Physical Activity Delivery Plan, July 2018 \(36 pages\)](#)**

### **Sport Northern Ireland Update – July 2018**

Engaging further with women & girls to encourage and motivate them to make sport an intrinsic part of their lifestyle remains a key priority for Sport Northern Ireland. The Active, Fit & Sporty programme has seen another £350,000 invested into six organisations for 2018/19 –

Female Sports Forum, Disability Sport NI, Ulster University, Women in Sport and Physical Activity, Sported and Youth Sport Trust – to embed the work which has taken place over the last 18 months to increase female participation in sport. Another Sport NI programme, Every Body Active 2020, is now in its third year, with women and girls one of the key priority groups being targeted.

The Active, Fit & Sporty programme saw over 8000 women & girls engaged in sport or physical activity during 2017/18. This included participation programmes, training for

volunteers within clubs and community groups, and two research seminars/conferences. The aim with the new round of funding is to embed the practices from last year, to encourage women & girls to make sport a key part of their lifestyle.

Sport NI's Lottery Funded programme Every Body Active 2020 saw fantastic engagement with women & girls during 2017/18. A total of 51,128 women and girls (100.8% of the yearly NI wide target) were involved during year 2 of the programme, a very significant increase on the year 1 figures of 20,866. This programme sees investment made into each of the district council areas across Northern Ireland, and seeks an annual 1% increase in participation rates among men and women. Last years' target for women & girls was set at 57% which was surpassed at 60%.

There was a significant change in the trend of sports being undertaken by women & girls within the EBA2020 programme. Whilst more 'traditional' sports such as squash, athletics and basketball dropped out of the top 10 women & girls sports, yoga/pilates emerged as the most popular sport for % of female participants with 87.3% women and girls. It was joined in the top 3 by boxing, which had 81.7% female participants and gymnastics, which engaged with women and girls in 81.4% of sessions. As the programme moves into its third year, the focus is on engaging the key target group of ages 14-25 to motivate them to make sport a habitual part of their lifestyle.

The fantastic engagement with women and girls was demonstrated by several projects in many of the council areas across Northern Ireland. One such programme was a beginner boxercise class in Ards & North Down Borough Council, which although open to all participants, was designed specifically to target women & girls 14-25. There was an average of 14 or 15 participants attended this class each week, the vast majority of whom were female. The participants spoke mostly of seeing health benefits such as having more energy and improving their overall fitness levels, however, there was also a nod towards the social side of the class, with all participants saying how much they enjoyed the classes. They also pointed to how great it was to be learning a new skill and gaining advice from the Every Body Active 2020 coach about how to improve their boxing techniques.



Another success story came from a Couch 2 5k participant in Lisburn & Castlereagh City Council. Louise began attending the Couch 2 5k programme, but made it very clear she had been pressurised into attending; however, after a few weeks it was clear that the mix of running and fitness games were having a positive effect. Week by week, Louise's running

technique and fitness levels were improving and she was achieving all the goals set by the coach at the sessions. Louise completed the parkrun at the end of the Couch 2 5k sessions and now regularly attends Parkrun on a Saturday morning at Wallace Park. Louise still meets up to run with the some of the ladies she completed Couch 2 5k with and attends other EBA2020 programmes including a rugby bootcamp and Pilates. Louise commented, “as you know I had my arm twisted to do this. I hadn’t exercised in around 4 years [...] this has literally got me off the couch and I don’t want to end up back on it!”

These are just a couple of examples of the impact that Sport NI’s programmes are having on women & girls across Northern Ireland. The aim is to continue to motivate females to not only take up more physical activity, but to make sport a key habitual activity and in turn reap the benefits that regular activity can provide.

[Active, Fit & Sporty 2017/18 - a short animation on YouTube](#)

**Lauren Callender**  
**Development Assistant**  
**Sport Northern Ireland**

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

#### **Me, not my age or impairment: Engaging women with a disability or life limiting health condition in later life. Women in Sport, June 2018 (18 pages)**

Why are women with a health condition or disability missing out on the benefits that sport and physical activity brings as they get older?

This report uses qualitative research to better understand women with a disability or life limiting health condition and their relationship with sport and physical activity in later life. The experiences of inactive and active women aged over 55, their motivations and influencers, as well as perceived barriers are explored. This report includes practical recommendations for sports deliverers wanting to engage women of this age group more effectively in sport or physical activities.

[Get Out Get Active \(GOGA\)](#), funded by Spirit of 2012, supports disabled and non-disabled people to take part in fun and inclusive activities together. For this research we collaborated with GOGA Thanet.

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#### **British Active Students Survey: 2017/2018 Report. ukactive, British Universities and Colleges Sport et al, July 2018 (20 pages)**

The ‘British Active Students Survey’, conducted at the end of 2017, followed on from the 2016 inaugural active student survey. The ‘Scottish Active Students Survey’ indicated that students who were active had higher wellbeing, inclusion and perceptions of attainment and employability compared to inactive students. This was reflected in students who participated in sport and were members of a gym compared to those who participated in just sport or were just members of the gym, or those who participated in neither.

Attending a HEI can be a life changing experience for many individuals as they move away from home and are exposed to new experiences and opportunities for the first time. HESA data indicates there are 2,317,880 students enrolled in HEIs and 1,587,410 (68.5%) under 25 years of age. Across the UK, a quarter of 16-24 year olds do not meet the recommended levels of physical activity highlighting the crucial role HEIs have in supporting this population to be physically active.

The ‘British Active Students Survey’ has built upon the evidence previously reported, expanding the survey by collecting responses from students across England, Scotland, Wales and Northern Ireland. A total of 6,891 students from 104 HEIs were represented.

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**Transphobic and homophobic bullying in youth sport. Child Protection in Sport Unit, NSPCC, July 2018 (4 pages)**

This briefing provides a definition of homophobic and transphobic bullying, statistics and recommendations for how to prevent and respond to incidents of homophobia and transphobia.

Outline of contents:

Background

Impact

Challenging myths

Prevention

Recognition

Responding to homophobic and transphobic bullying

Conclusions

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**USA**

**Inside the games reports (12 July 2018)**

**Hirshland announced as United States Olympic Committee chief executive**

The United States Olympic Committee (USOC) have announced Sarah Hirshland as the organisation's new chief executive.

Hirshland currently serves as the chief commercial officer for the United States Golf Association (USGA) and is set to take up her new role at the end of August.

The decision to appoint Hirshland brings an end to USOC's search for a replacement for Scott Blackmun, who resigned in February after eight years in the role.

Blackmun informed USOC staff in January that he was battling prostate cancer, while he had also received criticism in the wake of the Larry Nassar sexual abuse scandal.

Susanne Lyons has served as acting chief executive in recent months, with the organisation since announcing several measures aimed at enhancing athlete safety and engagement.

USOC chairman Larry Probst said that Hirshland has a unique and proven set of skills and experiences which would help to transform the organisation.

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**Inside the games reports (25 July 2018)**

**USOC and USA Gymnastics come under fire at Senate hearing after filing motions to be absolved of responsibility in Nassar case**

United States Senators have questioned the sincerity of reforms introduced by the United States Olympic Committee (USOC) and USA Gymnastics (USAG) following the Larry Nassar sex abuse scandal after both organisations made court filings trying to absolve themselves of responsibility.

Last Friday (July 20) the USOC filed a motion in court to be removed as a defendant in lawsuits filed by gymnasts Aly Raisman, Jordyn Wieber and McKayla Maroney, arguing that they hold no legal responsibility for Nassar's actions.

USAG have also filed papers for a different lawsuit claiming the same thing, seemingly

arguing that because Nassar volunteered for them and was not on the payroll, they were also, therefore, not responsible for his actions.

Hundreds of women and girls have all accused Nassar of abuse during his time working at Michigan State University and USAG, with him now serving up to 175 years in prison.

Democratic Senator Richard Blumenthal suggested in this latest Senate Committee on Commerce, Science, and Transportation hearing that the OSOC and USAG showed poor morals by filing their respective motions.

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