



**HIGH PERFORMANCE
SPORT NEW ZEALAND**

Healthy Women in Sport: A Performance Advantage (WHISPA)

**Meeting II
November 21 2017**



Agenda		Responsible
0930 – 1000	Arrivals / Morning Tea	
1000 – 1015	Introduction	Bruce
1015 – 1100	ACL Group update	Jacinta
1100 - 1145	Physiology Group update	Stacy
1145 - 1200	Break	
1200 – 1245	Survey update	Bruce
1245 – 1315	Lunch	
1315 – 1400	Pathological considerations	Stella / Megan
1400 – 1445	Recovery	Alison
1445 - 1500	Break	
1500 - 1545	Monitoring	Stacy
1545 - 1600	Dissemination, Discussion, Conclusion	Bruce



- Lynne Coleman
- Sarah Beable
- Penelope Day
- Katherine Oberline-Brown
- Stacy Simms
- Alison Heather
- Ryan Turfrey
- Jacinta Horan
- Jessica Meyer
- Rob Creasy
- Dane Baker
- Megan Ogilvie
- Stella Milsom
- Louise Davey
- Holly Thorpe



ATHLETE PERFORMANCE SUPPORT 2017-2020

INSPIRING THE NATION

THROUGH MORE NEW ZEALANDERS WINNING ON THE WORLD STAGE

PURPOSE: To have a positive impact on sport, athlete and coach performance

MISSION: We provide integrated support to maximise the performance of targeted athletes at critical events.

We collaborate through trusted partnerships and we influence performance by aligning quality people and committing to faster learning and action

GUIDING PRINCIPLES

1
We are committed to ethical approaches to performance

2
Robust data informs continuous learning and action

3
SHARE
with
COURAGE
SKILL
RESPECT
COMMIT LISTEN
CHALLENGE

4
We take care of our people, prioritising wellbeing and resilience to perform under pressure

5
To maximise athlete performance, we prioritise developing effective relationships with coaches



***The Physiological basis of the Menstrual Cycle,
“normal” variability and the challenges of
monitoring***

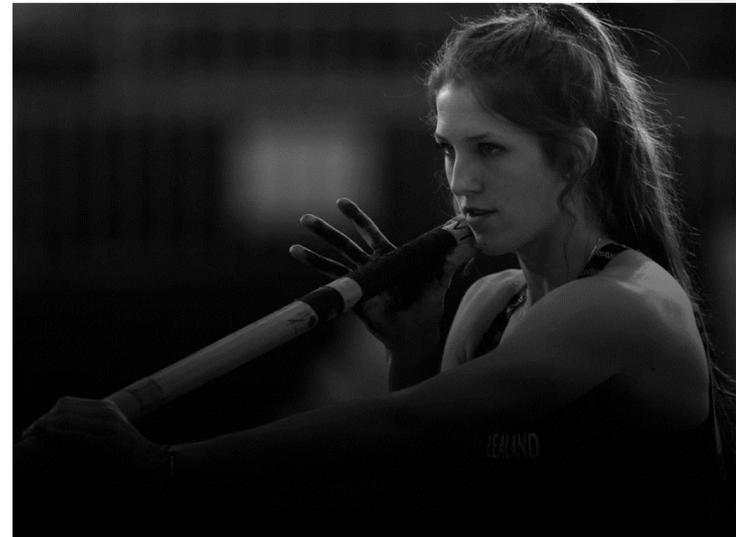
***The impact of the menstrual cycle on endurance
training / performance***

The Menstrual Cycle and ACL rupture



WHISPA: GOALS

To ensure that HPSNZ is providing the best clinical advice to athletes and coaches to facilitate optimal athletic performance in elite female athletes



WHISPA: GOALS (Secondary)

- To establish and disseminate evidence-based guidelines and protocols for practitioners, athletes and coaches that enable optimum health and performance in elite female athletes



WHISPA: GOALS (Secondary)

- To establish and disseminate evidence-based guidelines and protocols for practitioners, athletes and coaches that enable optimum health and performance in elite female athletes
- To establish **educational opportunities** for Athletes, coaches, parents and practitioners in the topic of athletic performance in women



WHISPA: GOALS (Secondary)

- To establish and disseminate evidence-based guidelines and protocols for practitioners, athletes and coaches that enable optimum health and performance in elite female athletes
- To establish educational opportunities for Athletes, coaches, parents and practitioners in the topic of athletic performance in women
- To facilitate robust and relevant **performance and health related research** in the topic of athletic performance in elite female athletes



WHISPA: GOALS (Secondary)

- To establish and disseminate evidence-based guidelines and protocols for practitioners, athletes and coaches that enable optimum health and performance in elite female athletes
- To establish educational opportunities for Athletes, coaches, parents and practitioners in the topic of athletic performance in women
- To facilitate robust and relevant performance and health related research in the topic of athletic performance in elite female athletes
- To provide **continuously evolving** up-to-date support of the above goals



Today's Goals

- Further develop working relationships
- Collaboration, buy-in, and commitment
- Confirm intention and output for current topics
- Determine future topics, priorities and approaches



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Discussion

LUNCH

1140 – 1210



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Moving Forward

- Approach to next meeting
- Date for next meeting
- Goals for next meeting
- Responsibilities for next meeting
- Meeting feedback





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Thank you!

