

# CHANGING THE GAME: INCREASING FEMALE PARTICIPATION IN SPORT INITIATIVE

To get more Victorians physically active, VicHealth focuses on making physical activity participation part of everyday living, active recreation and organised sport. VicHealth is funding six sporting codes to work with women and girls who don't normally participate in traditional sports programs that are provided through clubs and competitions. Also see pages 12-13.

[vichealth.vic.gov.au/StartHere](http://vichealth.vic.gov.au/StartHere)



## AFL ACTIVE

AFL Active is a group fitness session by **AFL Victoria with AFL** to improve women's health and wellbeing. It can be tailored to suit any fitness level and doesn't require any AFL specific skills. The program is designed to use activities that combine the unique AFL specific fitness components of endurance, speed, strength, agility and dynamic movement. It's a constantly changing, total body workout based on AFL training techniques which can be delivered anywhere. It is the first product developed by the AFL to reduce key barriers of physical contact, organised sport structure and rigid time commitments and has been consciously developed for women.



## ROCK UP NETBALL

Rock Up Netball is a new initiative by **Netball Victoria** which will offer flexible, participant-led and "pay as you go" activities for women and girls over 15 years who want to become more active. Designed to provide social, fun and unstructured opportunities for both beginners and those coming back to netball, accredited Rock Up Netball venues will have skilled coordinators who understand varying fitness and skill levels and respond with a mix of skills, drills and game play - participants will make the rules!



## GET INTO CARDIO TENNIS

Get Into Cardio Tennis is a partnership project by **Tennis Victoria** and **Tennis Australia** which features fun fitness activities that use a racquet and a ball and can be delivered for large groups in non-traditional settings such as parks and for workplaces. The program is designed for inactive/somewhat active women who want to get active and moving, and will be low impact and easy to participate in, regardless of tennis ability.



## SOCIAL SPIN

**Cycling Victoria's** Social Spin program will provide women-only pop-up spin style classes in local parks and other scenic locations. Based on a fun and social experience, social spin classes will be tailored to match each woman's level of skill and confidence.



## MOVE MY WAY

Move My Way is an entry-level program by **Gymnastics Australia** that teaches and engages women in simple, fundamental movement to improve their wellbeing, strength and flexibility. The program can be completed through short online videos or through a gymnastics club.



## COASTING

Coasting is an introductory Stand Up Paddleboarding program for women by **Surfing Victoria**. The program will be available at beach, bay and inland locations across the summer, and will include both introductory sessions (with Heath Meldrum) and Stand Up Paddleboarding school sessions.