



E-Newsletter 5, July 7 2007

From the Chair and Editor

AWRA wishes to acknowledge and congratulate the women and men who were awarded honours in the June Queen's Birthday list. It is noted that again there were much fewer women than men receiving awards. I am sure we can all think of someone who deserves this level of recognition so please do something yourself, like contacting the Canberra office of the Governor General, and find out how easy it is to nominate your unsung heroine in sport. In this edition of AWRA's E-newsletter we have listed the women who received medals for services to sport.

We have also highlighted the great work that the National Federation of Australian Women has done with their virtual exhibition and website (funded through the Office of Women) on Australian Women in Sport. AWRA made a small contribution to this project: through interviews of members and contributed as an independent evaluator.

The USA court case involving their top women's soccer coach (harassment and sexual discrimination charges) makes for very sobering reading. On the brighter side of things is the excellent news that Australia's elite female volleyballers now have a national league – and some of our usual features are included again in this newsletter. Any feedback or items for inclusion is appreciated.

AWRA has received some good news in that we have been successful in receiving an Australian Sports Commission's (ASC) Sport Leadership Grant for Women to develop web-based governance modules. Expressions of Interest have been called for and our members have been emailed/posted this information.

The end of the financial year usually brings some pressures and this was no different for AWRA. Two funding applications have been made (to the ASC for more web-based modules on governance and for the federal Volunteer Small Equipment Grant) and an acquittal report completed.

In late June the Board of Directors met by teleconference. Anne Sheehan (Tasmania) was confirmed as Treasurer, Jennifer Riatti (WA) as Secretary and Imke Fischer (NSW) as an

independent Director, leaving one Board vacancy for an independent director. It was agreed to inform our members of this through the E-newsletter and to call for nominations to fill this position. An audit of skills of Board Directors showed much depth in many areas but did highlight the need for marketing/media/web development skills/experience, and of course the time to commit to the Board. Ideally a member with skills in these areas and a passion for women's sport issues, and plenty of time, will apply! A position description is available so please contact me by email or phone if you are interested.

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Australian Honours

Member (AM) in the General Division: **Raelene Boyle** MBE, Buderim, Qld, for supporting people with cancer; Breast Cancer Network Australia.

Medal (OAM) in the General Division:

- **Betty Lane**, Randwick, NSW. Service to horseracing as a trainer, promoting women in the sport.
- **Mary Loy**, Deniliquin, NSW. Service to sport through women's cricket, horse riding instruction, equestrian judge.
- **Norma Massey**, Yarraville, Vic. Service to lawn bowls as a player; bowling groups.
- **Margaret Pugh**, Apsley, Qld. Service to swimming and primary school sport.

'She's Game: Women Making Australian Sporting History'.

The National Federation of Australian Women has launched its latest Australian Women's Archives Project, Australian Women in Sport. The virtual exhibition and website can be accessed at www.womenaustralia.info

It is really a worthwhile site, highlighting the achievements of Australian women who have contributed to Australian sporting life and culture. Athletes, coaches, administrators, journalists and volunteers are recognised for the important roles they have played in Australian sporting history. Some of the people in the stories are elite athletes who became sporting heroines and household names, but many of the stories are about women whose achievements have been hitherto overlooked. There is also a useful list of Olympic and Commonwealth Games medallists and a list of links to national sporting organisations

New National Volleyball League

At long last there is a national volleyball league for women. Volleyball Australia has appointed five entities to manage Intensive Training Centres in New South Wales, Queensland, Western Australia, South Australia and Victoria with teams comprising members of these centres competing in the 2007 Australian Volleyball League – Women's Series. The ITC's will deliver high performance programming to increase the depth and quality of each state's athletes and play a vital role in the development of future Australian representatives.

The Women's Series differs from the previous national volleyball league because it is no longer open to multiple clubs competing alongside their male club counterparts in a traditional home and away season for men and women. The Women's Series is a four round league, which kicked off in June, with finals in August. And more good news, the finals will be televised on SBS. The new league timing is important as it dovetails international opportunities for the newly re-established Volleyball Team Australia Women's program, which has its first international venture this September, at the Asian Senior Women's Championships in Thailand.

For more information visit www.avf.org.au/AVL. You can also contact Michelle Slack-Smith, Volleyball Australia's Competitions & Events Manager on 0410 414 373.

Congratulations:

- To the Australian netball team, which had a closer than expected game against Jamaica in Melbourne on Thursday night, winning 66-62
- To the Australian women's rowing four who won gold at the World Cup Regatta in Amsterdam in June, ahead of a second Australian crew. The winning boat was made up of Victorians Robyn Selby Smith, Sarah Outhwaite and Sarah Heard and Western Australian Natalie Bale.
- The Gliders (wheelchair basketball) finished second in a June Bankstown 4 nation tournament and have qualified for the Beijing Olympics.
- The Australian Women's Handball team won the Oceania Women's World Qualifying Tournament against New Zealand and will compete in the World Handball Championships in France in December
- To the Sapphires, the Australian Under 21 Basketball team, which at the time of writing are combining well and could make it to the grand final in the FIBA World Championship in Russia.
- After 12 years in the job, ACTSPORT CEO Joan Perry has accepted a new challenge as CEO of the Australian Volleyball Federation. Joan will commence her position on 6 August.
- Justine Henin, for joining the greats of Roland Garros by easily winning the French Open and completing a hat-trick of women's singles titles
- Sport England, with its wonderful progress with the Equality Standard for Sport, the planning tool for sports bodies to achieve equality. In 14 months over 70 governing bodies and sports organizations have achieved at least the Foundation level of the Standard which is significantly greater than originally anticipated. These range from small 100% voluntary bodies such as the Northern Ireland Athletics Association to the Football Association which has the highest number of participants of all sports organizations in the UK. Sport England is looking forward to the 100th Foundation level success in the next few months.
- The Australian Women's Open (Golf) which will be played at Melbourne's Kingston Heath Course next January. It is expected that Karrie Webb (now World No 3) will return to defend her title and that rising star Nikki Garrett will play.

Some Disappointments:

- The Matildas look to have missed out on qualifying for the Beijing Olympics by twice losing to North Korea
- Australian women losing in the early rounds (singles) of Wimbledon
- The majority of the Board of Womensport and Recreation Victoria have voted to wind up the organisation, mainly because of reduced levels of government funding (\$75,000 for projects) and increased operational costs. Unless more funding is found there will be a Special General Meeting of members in July to approve this recommendation. It is hoped that an arrangement will be forged with VICSPORT to locate a part-time women's sport position within their office.

Renowned Soccer Coach Faces Harassment Trial

Anson Dorrance is one of the USA's most powerful and successful college coaches. After a Federal Court ruling in May, the women's soccer coach is to stand trial on charges that he harassed and sexually discriminated against a former player. His employer, the University of North Carolina at Chapel Hill, and one of its former officials must defend themselves against accusations that they failed to put a stop to his behaviour.

Whatever the result of the trial, it is clear that no sport official would ever allow him to coach another women's soccer team. But what is troubling about this story is that he was the USA

national soccer coach for nearly 10 years and coach of the very successful North Carolina women's team, which has won 19 of the last 26 National Collegiate Athletic Association soccer championships. He was an enormously powerful figure to his players, his sport and university and it seems he was able to get away with inappropriate coaching behaviour for much of his coaching career, until a very determined player, Melissa Jennings, stood her ground and took him and her university to court. Another player, Debbie Keller, settled with Dorrance and the university in 2004 for \$70,000.

The USA Federal Court has agreed to give Jennings her day in court, saying she had "proffered sufficient facts for a jury to find that Dorrance's degrading and humiliating conduct was sufficiently severe or pervasive to create a sexually hostile environment." The Majority opinion said that Dorrance regularly "bombed players with crude questions and comments about their sexual activities and made comments about players' bodies that portrayed them as sexual objects. In addition, Dorrance expressed (once within earshot of Jennings) his sexual fantasies about certain players, and he made, in plain view, inappropriate advances to another."

While most of the behaviour was not directed at Jennings herself, the court concluded, "Jennings has met the burden here with evidence showing that Dorrance's severe and pervasive sexual harassment concretely and negatively affected her ability to participate in the soccer program. She testified that the hostile atmosphere created by Dorrance made her feel humiliated, anxious, and uncomfortable; these effects, in turn, had a negative impact on her participation and performance in soccer and on her academic performance." (Jennings was dropped from the team in 1998, and she left North Carolina upon filing the lawsuit against Dorrance later that year.)

"He professed to them that he wanted to be a father figure. In reality, Dorrance abused his power as coach to ask his players questions a father would not ask; he pried into and talked openly about his players' sex lives in a way that was disrespectful and degrading. The disparity in power between Dorrance and his players trapped players into responding to his questions and enduring the environment," the Majority opinion states.

The court also concludes that the university should have to defend itself before a jury on charges that it did not act to stop sexual discrimination and harassment as it is required to under Title IX, the federal law that bars sex discrimination at educational institutions. In 1996, the majority opinion says, Jennings complained to the university's then-general counsel, Susan Ehringhaus, to complain about his sexual banter, among other issues. Ehringhaus encouraged Jennings to work her problems out directly with Dorrance — again, according to the facts as presented by Jennings — and took no action. (Source: <http://www.insidehighered.com/news/2007/04/10/harass>)

One should ask, could this happen today in Australia, in our elite sport?

Resources and training is readily available to deal with behaviour in sport, at all levels, through the Australian Sports Commission at www.ausport.gov.au Look at the site Behaviour and Sport for information on harassment-free sport, child protection, codes of conduct, member protection, etc.

Book Review: Women's Waterworks, Curing Incontinence by Dr Pauline Chiarelli; reprinted 2007, published by Chiarelli Healthcare, 14 Magin Cr, Wallsend, NSW 2287; ISBN 0964071908

This is the seventeenth reprint of this excellent small (64 pages) book on curing incontinence. The author, Dr Pauline Chiarelli, is a Senior Lecturer in Physiotherapy at Newcastle University, and a world leader in training/retraining the muscles of the pelvic floor. One in three women usually has some degree of urinary incontinence and women participating in active physical pursuits may not always have control of their waterworks. Urinary incontinence is very preventable and curable and this book is highly recommended for dealing with both aspects.

Cost \$15; 5 copies \$7 each; call 02 49500402; or visit www.womenwaterworks.com
AWRA has two free copies, available to the first members who email or call.

Following on from the above, Harvard University researchers have found that exercising helps to reduce the chance of incontinence as you get older.

Reported in the May 2007 Choice magazine (P.14) that some women avoid exercise because they think it will contribute to bladder incontinence, this study of over 25,000 women found the opposite to be true. Regular walking was the most common exercise reported and it reduced the risk of "stress leakage" by up to 25%.

Did you know?

1. Australian swimmer Leisel Jones says she will leave the nude *Playboy* shoots to American rival and glamour girl Amanda Beard. The *Playboy* topic was a hot one at the recent Toyota Grand Prix Swim Meet in Santa Clara, California, where Jones won the 100m and 200m breaststroke finals and was a member of the winning Australian 400m medley relay team. Beard has been busy promoting her eight-page *Playboy* shoot and missed the meet, but is aiming to topple Jones in the breaststroke events at next year's Olympics in Beijing.

Beard has upset US swimming officials with the *Playboy* shoot. "As a membership organisation that caters primarily to children and teenagers, I don't feel that the appearance by Ms Beard in the July issue of *Playboy* magazine is an appropriate portrayal of our sport," USA Swimming executive director Chuck Wielgus said. (Courtesy of SMH.com.au)

Editor: Isn't this another example of female athletes taking off their clothes to get media coverage?

2. One way to make it easy for your child, niece, nephew or grand children to stay active it to give presents that encourage physical activity. For birthdays and any gift giving occasion give bats, balls, frisbees, bikes, skateboards, skipping ropes or similar. The same principle can be applied to adults with gym memberships, home fitness equipment, active clothing and so on.

3. The Telstra Assistance Fund which assists grassroots clubs and associations to purchase sports equipment sounds commendable. The next round closes 1 August 2007. This year it has added AFL to the list of sports it supports, so the full list is now six sports: Rugby League, Soccer, Surf Life Saving Australia, Athletics, Swimming and AFL. The amount you can apply for depends on your sport, with some sports able to apply for \$1000 and others over \$10,000. Why not have any sport (whether it is male dominated or not, and not already sponsored by Telstra) be eligible to apply for the same level of funding? Visit www.beinvolved.com.au for information on the Telstra Assistance Fund. Other sports and physical activity groups can apply for sponsorship through a lengthy general application, also found on this website.

Tips for Women Trekkers

In May I had the opportunity to trek for 3 weeks with 10 men (one my husband) to Mt Everest Base Camp. We all agreed it was the hardest thing we had ever done (because of the various affects of altitude sickness) and this group included an ultra triathlete, marathon runners, heli-skiers, an ex-Olympian and very experienced trekkers. However, it was the most exhilarating and unforgettable experience and a once in a lifetime achievement for all of us.

One of the hardest thing to source was reliable information on preparation for such a long walk under fairly difficult conditions. Here is my woman-friendly trekker's list:

- Don't bother with make-up, nail polish, jewellery or perfume; i.e. leave at home

- Short hair is easier to manage; tie-up long hair in a ponytail or have a perm; cover unwashed hair with bandanas, so take some with you – they are also essential to cover your face to keep out the wind, cold air and/or dust
- Have short finger nails before the trip so they don't show the dirt
- Minimise weight by using one cream or moisturiser for everything
- Dress appropriately, according to local custom, so look at the internet traveller's guide for that country
- Use ziplock bags to separate undies, socks, tops, thermals, etc
- Use panty-liners in undies, partly to save washing
- Use a deodorant crystal as more compact
- Use wet wipes for in between washes
- Use an anti-bacterial hand wash agent before meals, after the toilet, and along the track (e.g Aquim from a Chemist) to prevent stomach sickness
- Along the track at toilet stops behind rocks and bushes, cover toilet paper with dirt/rocks or take away with you
- Take a bar of washing soap and not powder, to prevent spillage
- Take some safety pins, as may need to hang washing on your backpack
- Chamois-towels are to be considered instead of the usual cotton towels
- Tea-tree oil cream is very good for a daily foot massage, to prevent tinea
- If going to Nepal, buy lots of your gear and clothing there as so much cheaper

Later this year: Women wanted to trek Kokoda: wanted 10 women for a TV documentary that will follow the infamous 96km Kokoda Track in Papua New Guinea; visit www.kokodawomenonthemarch.com to apply online

NFAW Report on WorkChoices

The pay gap between men and women has grown since the introduction of WorkChoices, according to a report released in June by the National Federation of Australian Women. The report *What Women Want* was conducted in consultation with 60 professional and community women's organisations across Australia.

It found that the introduction of Australian Workplace Agreements (AWAa's) had reduced wages for women, particularly in service and hospitality industries. In WA, where AWRa's are most widespread, women earned on average 25% less than men. In the fulltime labour market the gender gap was 16%.

While there is no particular mention of the sport, recreation and fitness industry, it is a similar industry to the service and hospitality industries, where many women work part-time or on a casual basis. The report, written by Professor Alison Preston of Curtin University, suggested that many women have poor bargaining power. She said that "even professional women were less likely to be tough negotiators, able to secure higher wages, with the problem more apparent in casual and part-time jobs".

The message for women working in the sport, recreation and fitness industry is to know the current employment standards, know your entitlements and compare your salary to men doing the same work before negotiating your job.

Coming up:

8 July, 2pm, **Netball – Australia v New Zealand**, State Sports Centre, Sydney

21 July, 8pm, **Netball – Australia v New Zealand**, Vodafone Arena, Melbourne

24 July, 7.30pm, **Netball – Australia v New Zealand**, Dome, Adelaide

1 August, Sydney, **Getting into Women's Magazines Workshop:** a media team workshop on getting your stories into women's magazines (another avenue for sports to get some much needed media coverage of their athletes, etc); visit www.mediateam.com.au or call 02 6295 8300

11 August, Telstra Stadium Sydney, **Field of Women** (before the Sydney Swans v St Kilda game); wanted 13,000 women – representing the number of Australians that will be diagnosed with breast cancer in 2007 – to stand together to create the first ever Sydney Field of Women Live. Registration is \$50 and includes a pink poncho, admission to the AFL game and public transport. Register online at fieldofwomen.org.au

AWRA Board:

Janice Crosswhite OAM, Chair; Sandra Sampson Deputy Chair; Jennifer Riatti Secretary; Anne Sheehan Treasurer; Heather Reid, Barbara Barkley and Dr Imke Fischer.

For more information about AWRA and/or E-newsletter contributions please email Kay Edwards at r5e6ka065y@netspace.net.au