

BUILDING YOUR SUPPORT TEAM

This female athlete health series aims to help you own your athlete journey. Not every day in sport and life will be a good day, and that's ok.

A fun and supportive environment is key to enjoying cricket and developing as a player both on and off the field.

Build your support team with people you trust and talk to. Your team is there to help you when times are tough and celebrate you in the good times.

If you are concerned about your health or well-being, please speak to your GP, school counsellor, psychologist or support team for advice.



WHĀNAU COACH TEACHERS FRIENDS TEAM MATES

Get your support team to help you develop your daily athlete habits to optimise your health and performance.

Remember, your health is your power play!