WHAT ROLE DOES MENSTRUAL HEALTH MONITORING PLAY IN A HIGH-PERFORMANCE PROGRAMME?



We're inviting team sport athletes and S&C practitioners for a PhD study: share your experiences, practices and perspectives in a focus group.

ELIGIBILITY

- **Female team sport athletes** (recorded female at birth), **18-40 years old** participating in provincial, state, national, professional or equivalent level (≥ tier2)
- **Strength & conditioning coaches** working with a female sport team and monitoring their training load and/or menstruation.

BENEFITS

- Gain insights on a topic rarely discussed in high-performance sport
- Receive NZD $30 as a token of appreciation for your valuable insights.
- Help close a real gap in how training load and menstrual health are understood in women's team sport

WHAT'S INVOLVED

- **An online group discussion** with peer athletes OR S&C coaches
- Athletes and coaches meet in **separate groups**

TIME COMMITMENT

- **60-80 minutes**
- Optional follow up interview **(~15minutes)**

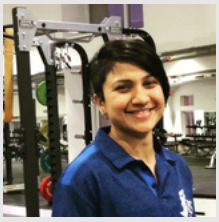
Your privacy is protected. *Sessions are audio recorded for analysis only. Everything you share is kept confidential and anonymised in all reporting.*

HOW TO PARTICIPATE

1. **Scan the QR code to access and read the study infomation.**
2. **Email Surabhi at yhm8293@aut.ac.nz and we will get back to you.**

Scan:

OR click HERE



Researcher:
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Approved by AUTEC 26/261 on 16/10/26