

**XI ASPC
INTERNATIONAL FORUM
ON ELITE SPORT**

**Women in Sport – Coaching
Challenges**

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**PERFORMANCE
MEDICINE**





OVERVIEW

- 1) The growth of the game
- 2) England team – current research
- 3) Working with female athletes





HISTORY OF WOMEN'S FOOTBALL

1895: The first women's football match. North beat South 7-1.

1920: The first women's international game. Preston-based Dick Kerr's Ladies beat a French XI 2-0. Attendance: 25,000.

1920: The biggest crowd to date for a women's game. On Boxing Day, 53,000 watch Dick Kerr's Ladies beat St Helen's Ladies 4-0.

1921: The FA bans women from playing:

"...the game of football is quite unsuitable for females and ought not to be encouraged."



HISTORY OF WOMEN'S FOOTBALL

50 years later.....

1971: The FA Council lifts the ban

1972: The first official women's international in Britain is played at Greenock. England beat Scotland 3-2.

1991: The WFA launches a national league with 24 clubs.

1991 –First women's world cup takes place in China.
(Men's -1930)

2011 –First WSL league launched in England



2018 -WSL rebranded and becomes
1st official fully professional league

> £10million sponsorship
- Largest brand investment in
UK women's sport



PERFORMANCE MEDICINE





WOMEN'S WORLD CUP
FRANCE
2019

Almost 59 million people watched Brazil's last-16 game against hosts France, making it the most watched women's football match of all time

11.7m -
peak TV
audience of
the year

**PERFORMANCE
MEDICINE**

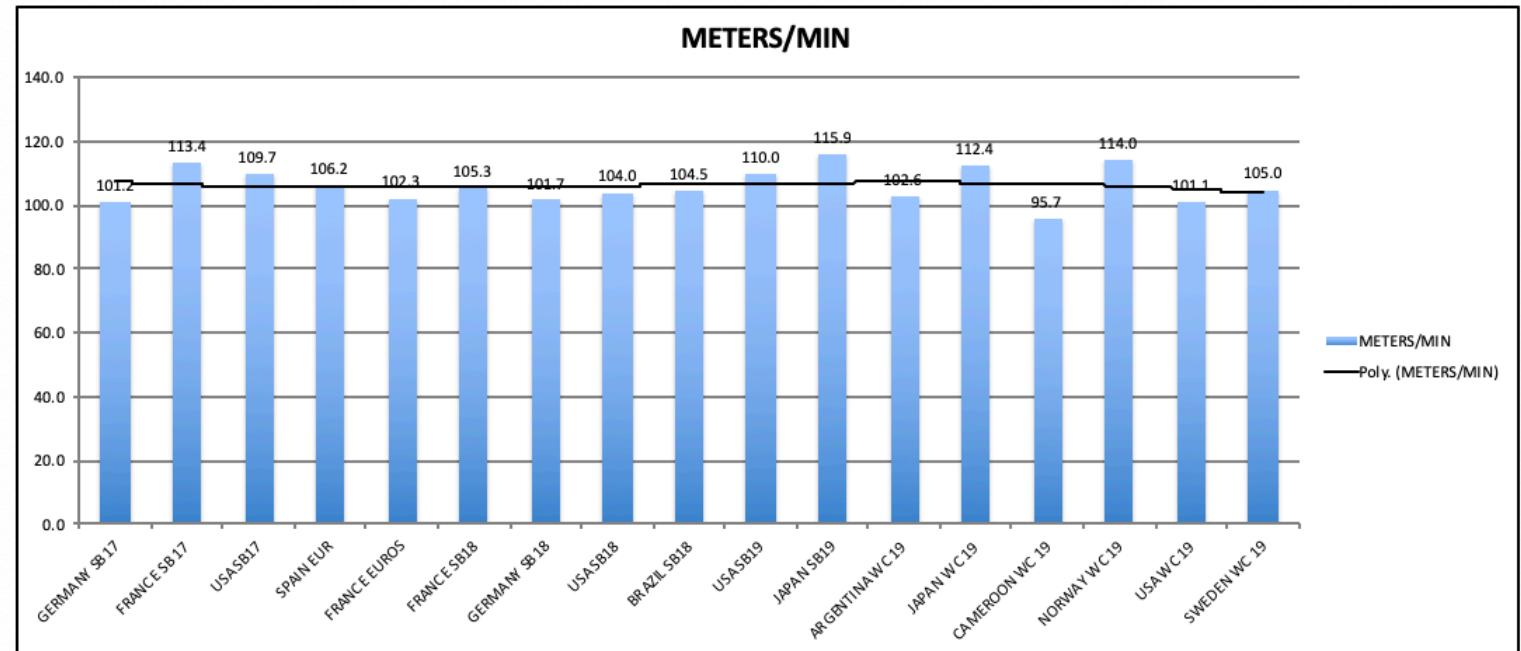
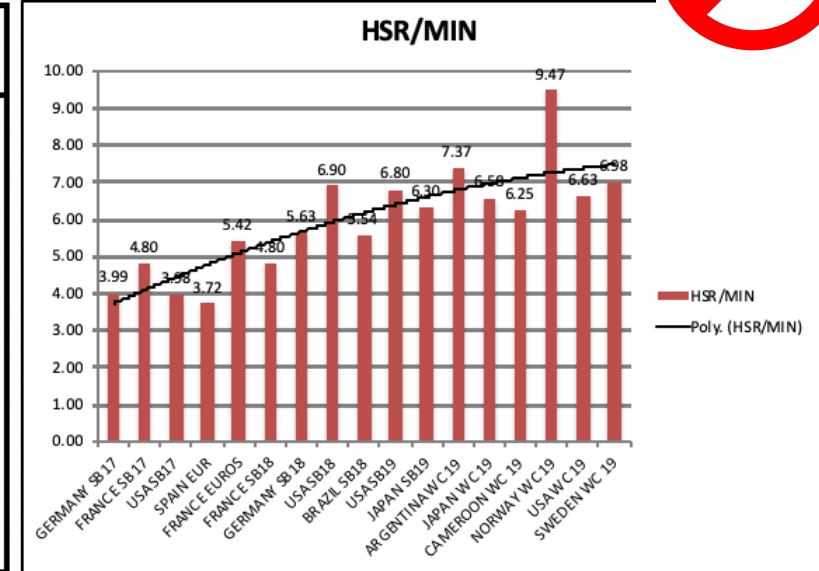




GAME COMPARISON



GAME	METERS/MIN	HSR/MIN
GERMANY SB17	101.2	3.99
FRANCE SB 17	113.4	4.80
USA SB17	109.7	3.98
SPAIN EUR	106.2	3.72
FRANCE EUROS	102.3	5.42
FRANCE SB18	105.3	4.80
GERMANY SB18	101.7	5.63
USA SB18	104.0	6.90
BRAZIL SB18	104.5	5.54
USA SB19	110.0	6.80
JAPAN SB19	115.9	6.30
ARGENTINA WC 1	102.6	7.37
JAPAN WC 19	112.4	6.58
CAMEROON WC 1	95.7	6.25
NORWAY WC 19	114.0	9.47
USA WC 19	101.1	6.63
SWEDEN WC 19	105.0	6.98



**PERFORMANCE
MEDICINE**



ARE WE SUPPORTING
PLAYERS
SUFFICIENTLY ???

PERFORMANCE
MEDICINE



**PERFORMANCE
MEDICINE**





**PERFORMANCE
MEDICINE**



SPORT SCIENCE AND MEDICINE STAFF

Personnel

Experience

- Sport
- Female athletes

High Turnover

**PERFORMANCE
MEDICINE**



ACCESS TO MEDICAL CARE

Health insurance - £20k-90k

- Player salary average £27k (Premier league - £2.4m)

OPPORTUNITY: Embrace, educate and support staff who want to learn and develop in Women's sport/football



An uncomfortable topic

Does the menstrual cycle affect athletic performance?

There is little scientific knowledge about the impact sportswomen

BBC Your account News Sport Weather iPlayer TV R

SPORT

Home Football Formula 1 Cricket Rugby U Rugby L Tennis Golf **Athletics**

Results Calendar

Paula Radcliffe: Sport has not learned about periods

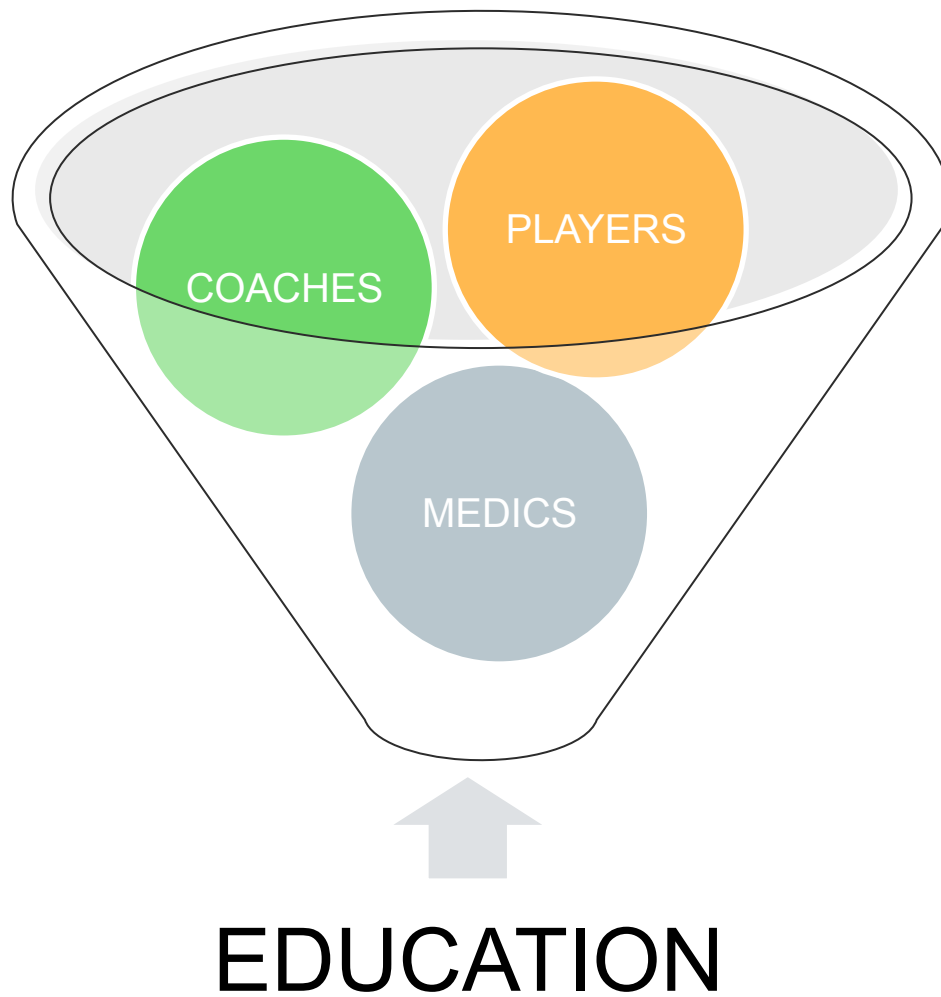
The Telegraph

Home Video News World Sport Business Money Comment Culture Travel Life
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HOME » WOMEN » **WOMEN'S LIFE**

The last taboo in sport: 'I have nightmares about getting my period at Wimbledon'

Heather Watson has attributed her Australian Open loss to her period and other sportswomen have spoken out in support. Radhika Sanghani uncovers sports' 'last taboo' subject

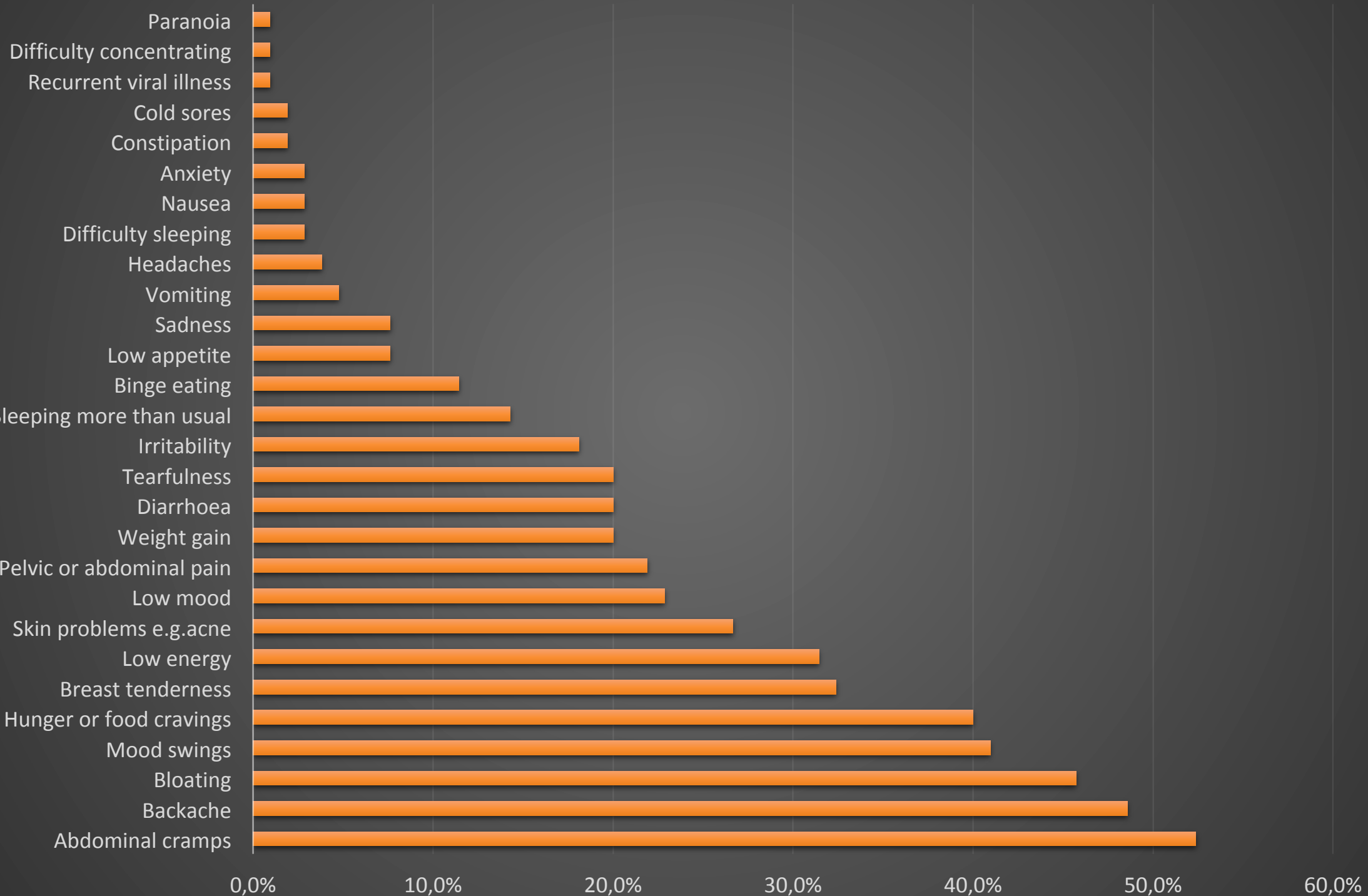




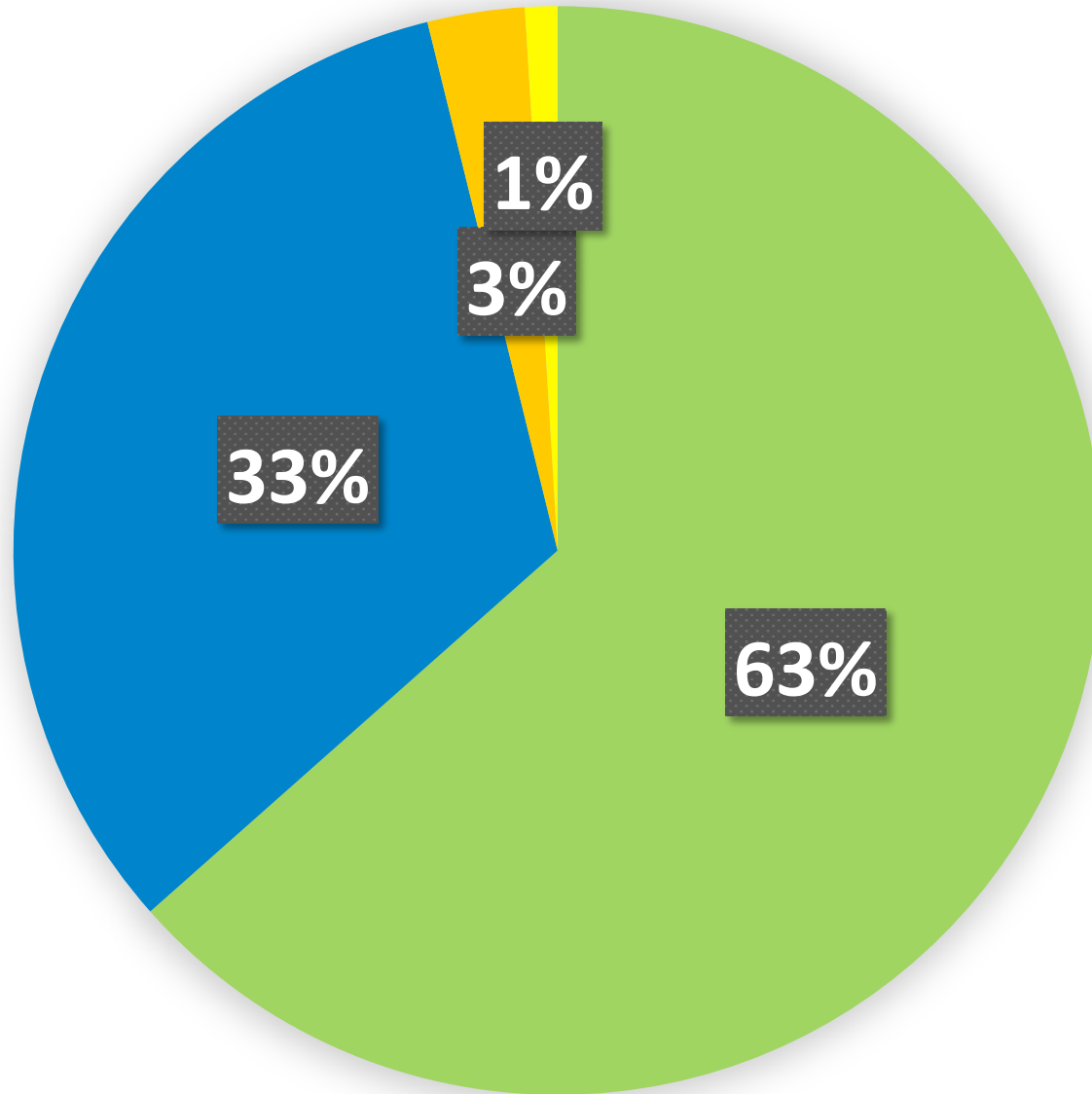
MENSTRUAL CYCLE ASSESSMENT

- U16 to Senior England National teams
- 105 players completed questionnaires
- Clinical management by team doctors in liaison with MDT
- Opportunities for discussion, education, clinical support and reduce effect on performance

PLAYER SYMPTOMS BEFORE/DURING/AFTER MENSTRUATION

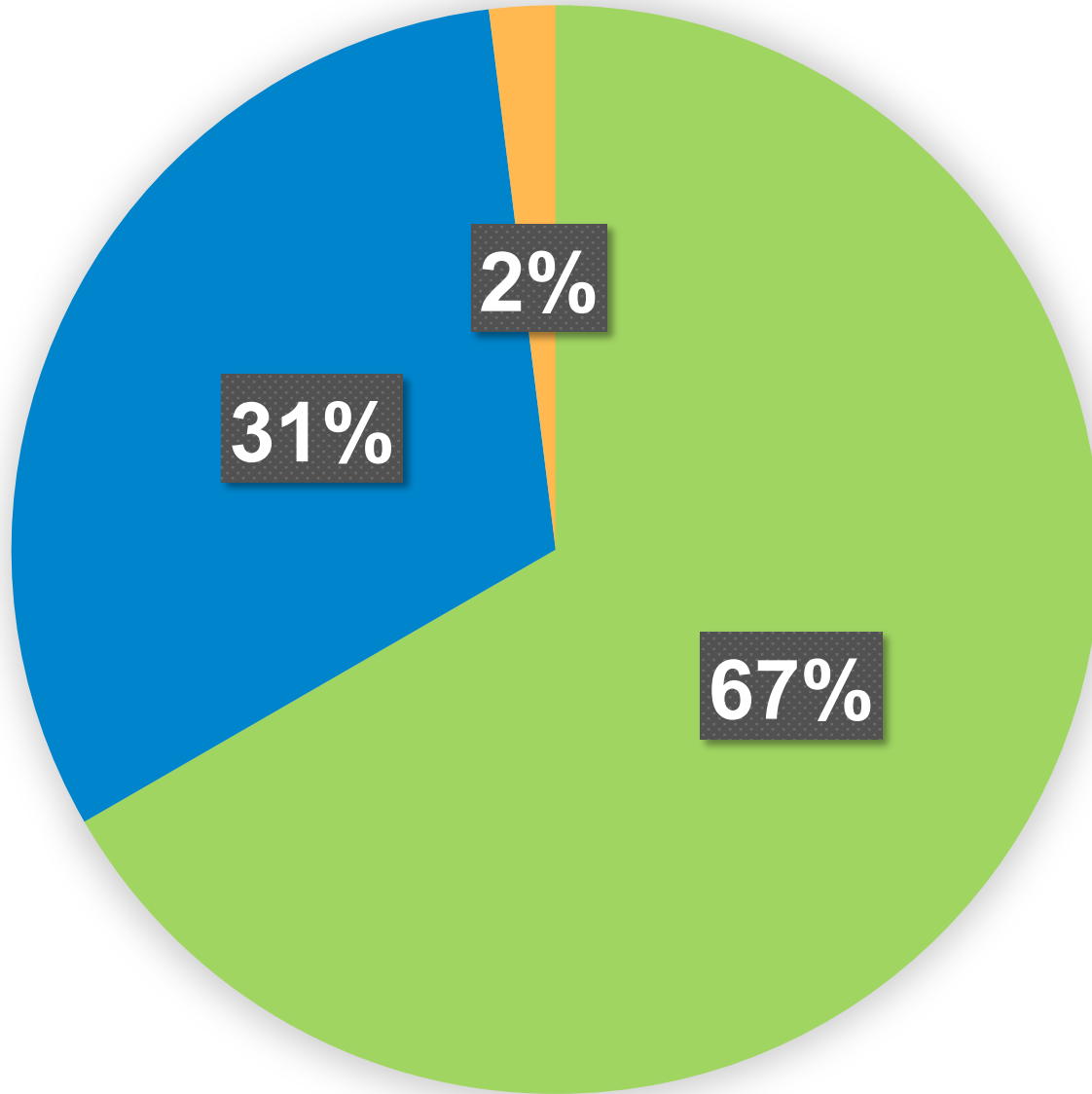


SPORT/WORK/DAILY ROUTINE



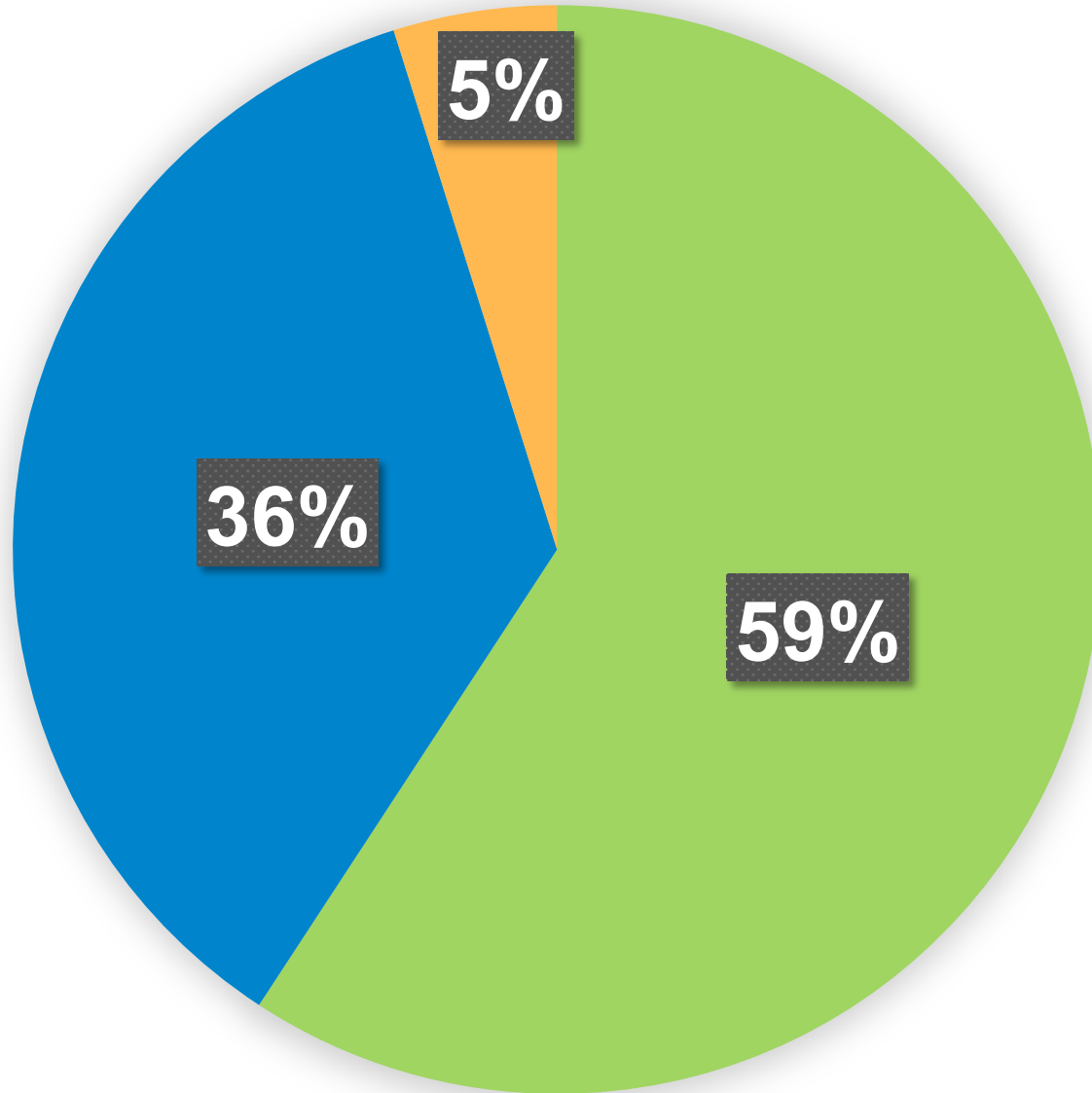
- There are no interruptions to my sport/work/daily routine during my period.
- There are occasional disruptions to my sport/work/daily routine during my period
- There are frequent disruptions to my sport/work/daily routine during my period.
- There are severe disruptions to my sport/work/daily routine during my period

PSYCHOLOGICAL WELLBEING



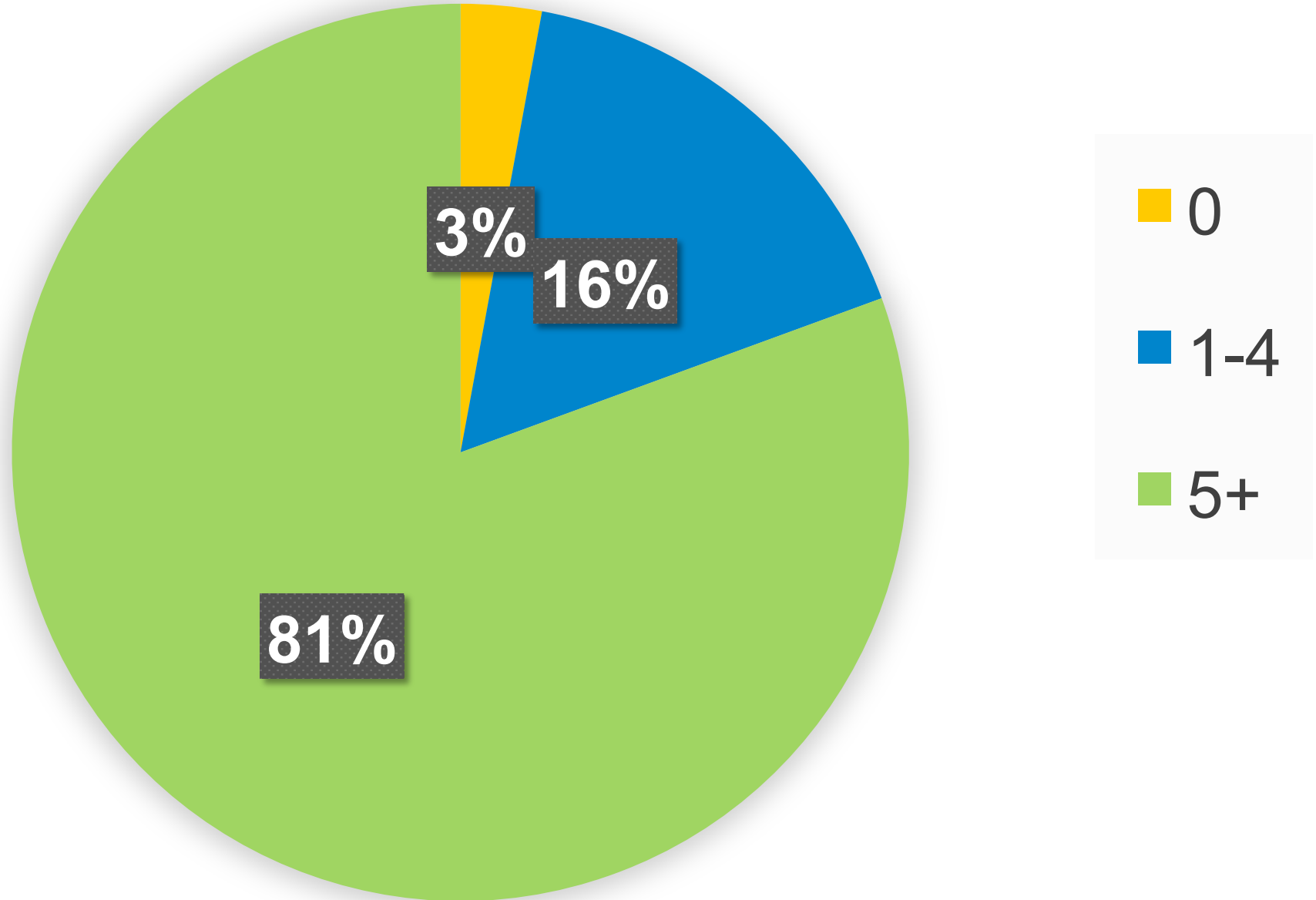
- During my period I have no worries I can cope normally
- During my period I experience some anxiety and worry.
- During my period I often feel down and worry about how I'll cope
- During my period I feel depressed and cannot cope

PRACTICAL DIFFICULTIES

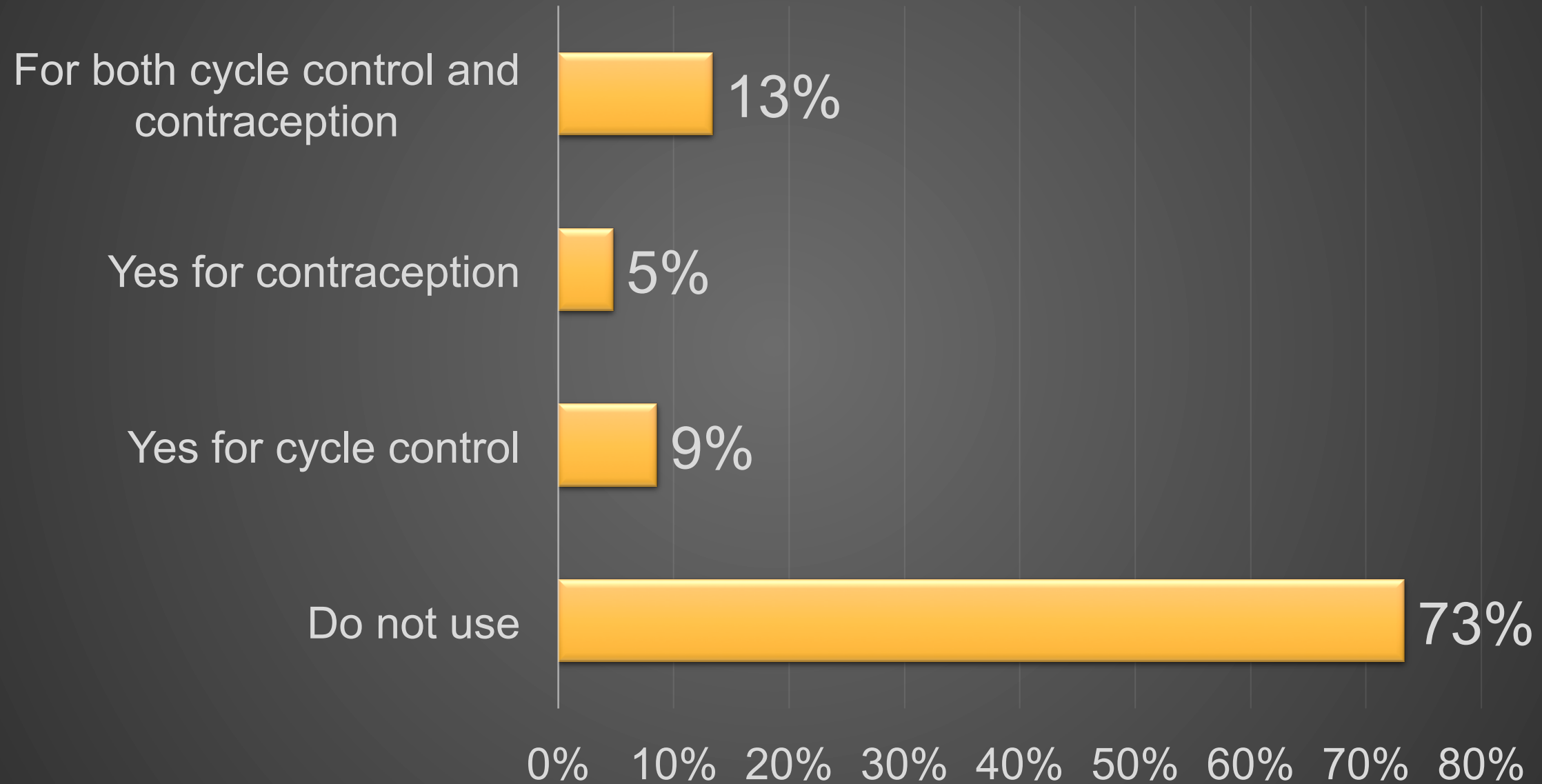


- I have no practical difficulties, bleed no more than I expect and take no extra precautions
- I have to carry extra sanitary protection with me but take no other precautions.
- I have to carry extra sanitary protection and clothes because of the risk of leaking/ flooding.
- I have severe problems with leaking/flooding, soil the bed and need to be close to a toilet.

MENSTRUAL PERIODS IN PAST 6 MONTHS



HORMONAL CONTRACEPTION



RESEARCH PROJECT:

‘An Investigation into Elite Female Football players perceived impact on their performance during the menstrual cycle’



WOMEN



34 Athletes met criteria & completed questionnaire's on the following areas:

- Symptoms reported and affect on performance
- Management of symptoms
- Aspects of performance affected
- Affect around competition
- Time in cycle affected
- Club support



EFFECT ON PERFORMANCE

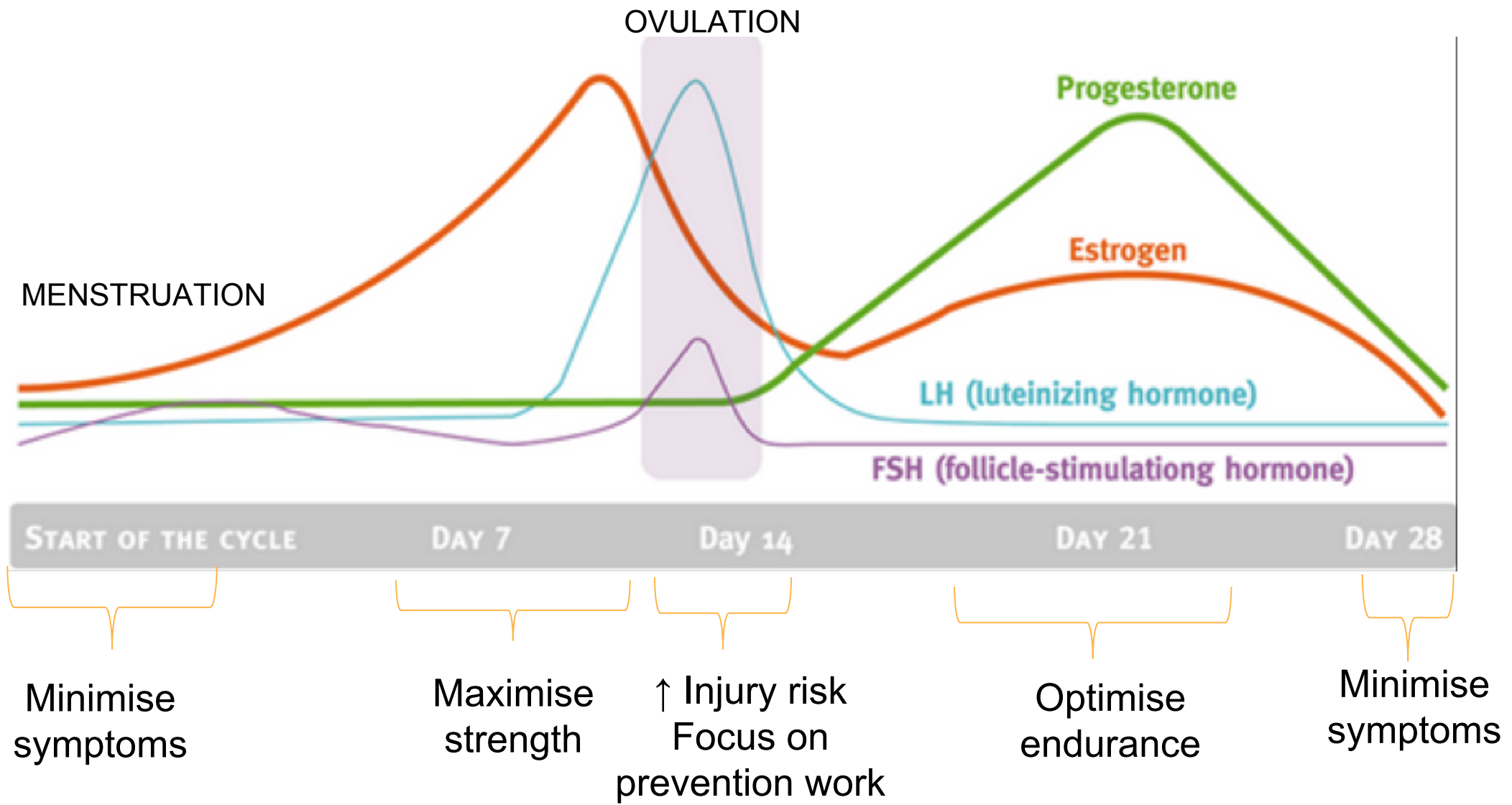
Symptom	No to little effect	Mild effect	Moderate effect	Severe effect
Tiredness	24%	32%	38%	6%
Low energy	24%	26%	35%	12%
Stomach cramps	15%	18%	35%	29%
Irritability	32%	24%	32%	9%
Bloating	29%	29%	29%	12%
Breast tenderness	32%	29%	26%	9%



- The most commonly affected aspect of performance was Reaction time (41%)
- Decision making & Spatial awareness affected by more severe symptoms
- 71% felt supported by their clubs



THE FUTURE ??????



WORKING WITH FEMALE ATHLETES





I WANT MORE!





TAKE HOME MESSAGES

- **Medical infrastructure needs to keep up with the growth of the women's game but needs investment to do this.**
- **Symptom management needs to improve to reduce any possible affect on performance.**
- **More research is needed to determine if specific changes in training during menstrual cycle can help to maximise performance and reduce injuries.**
- **Understand your athletes and what they need.**