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**Women in Sport and Recreation – Time To Be Heard!**

This week's hearings into ways of increasing women's participation in sport and recreation in Australia have been hailed as long overdue by the International Coalition for Women in Shooting and Hunting (WiSH).

The hearings are part of the Federal Senate Inquiry into Women in Sport and Recreation in Australia.

WiSH Chairwoman Samara McPhedran said that "Involvement with sporting and recreational activities provides a huge range of physical and psychological benefits, all of which contribute to women's wellbeing."

"Shooting or soccer, archery or abseiling, competitive or casual, the rewards are the same and all women should have an equal opportunity to take part."

Ms McPhedran said the lack of media coverage of women in a diverse range of sports may foster inaccurate gender-role assumptions and have negative impacts on young women.

"From identifying general barriers to participation such as a lack of affordable childcare, through to challenging outdated stereotypes of feminine versus masculine sports, this Inquiry is a step in the right direction."

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**WOMEN ON TARGET FOR POSITIVE CHANGE**