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Power to Play, Period.





## ***Why #menstruationmatters***

Girls dropping out of sport

Well-being & health

Athlete talent development/training/performance

Lack of education - coaches and athletes

Perspectives - Researcher, teacher, mother.



***Girls dropping out  
of sport***



# *How do we learn?*

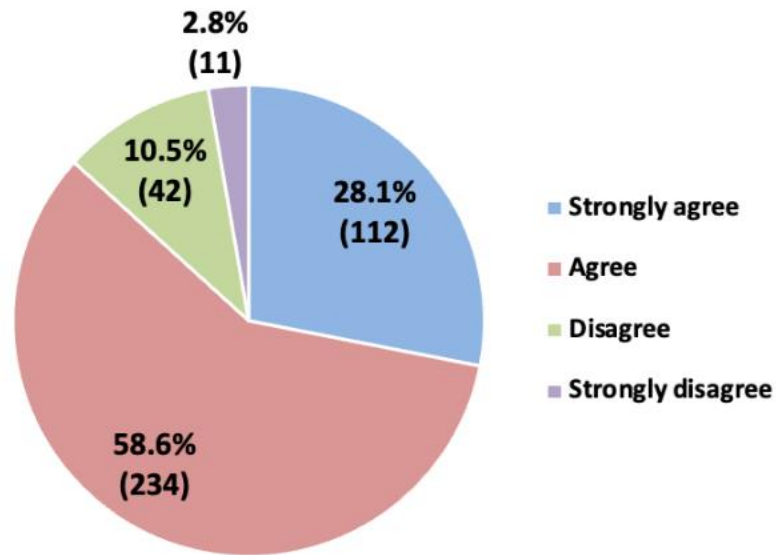


by A.R. Zipp, age 14

# Goorevich & Zipp, 2024

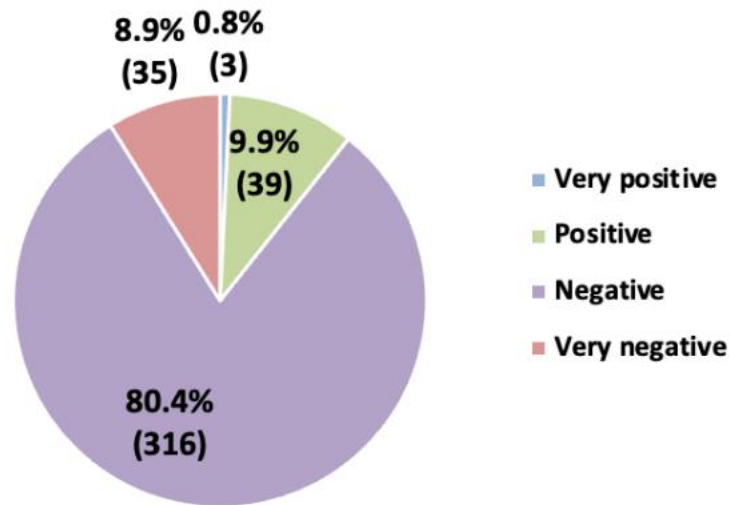
~500 athletes from the UK, Europe, US, beyond.

Does your menstrual cycle impact your training and performance in sport?



Additional Research:  
Zipp & Hyde 2023  
Brown, et al., 2020  
Plan UK, 2018  
Women in Sport, 2018  
Bruinvels, et al., 2017

Overall, do you think the impact of your menstrual cycle is positive or negative on your sport performance?



# Follicular Phase Low Hormones

EveryBODY is different.  
Symptoms vary for  
each person.

You can still exercise, train  
and compete on your period.  
Listen to your body!

Late Follicular (6-12 days)

AKA "Beyonce Phase"

Higher Energy  
Lower Body Temperature  
Faster Muscle Recovery  
Lower Anxiety/Stress  
Increased Sociability  
Higher Confidence

Go go go! Ideal time for  
high impact exercise.  
Focus on increasing  
fitness and strength.

Ovulation (1-2 days)

Menstruation (3-7 days)

Bleeding  
Fatigue  
Pain/Cramps  
Tight Muscles  
Bloating, Gas  
Digestive Problems  
Social Withdrawal  
Low Mood

Day 1 →

Pre-Menstrual (3-5 days)  
AKA "PMS"

Higher Body Temperature  
Fatigue  
Pain/Cramps  
Slower Muscle Recovery  
Headaches  
Weight Gain  
Mood Swings  
Oily Hair & Skin

In early luteal, continue to  
increase fitness and strength.

Early Luteal (6-12 days)  
Hormones & symptoms increase through Luteal

# Lutueal Phase High Hormones

Late luteal requires more  
recovery time. Increase rest  
and nurture your body with  
healthy food.

Good nutrition  
helps ease  
symptoms and  
fuels your  
body!

Expect 2-3 difficult days of  
bleeding, followed by lighter  
days. Eat well and pack  
extra menstrual products.  
Stay focused on rest, hydration,  
nutrition & stretching.



## Role of the Coach

Educate, lead, support.

Common barriers

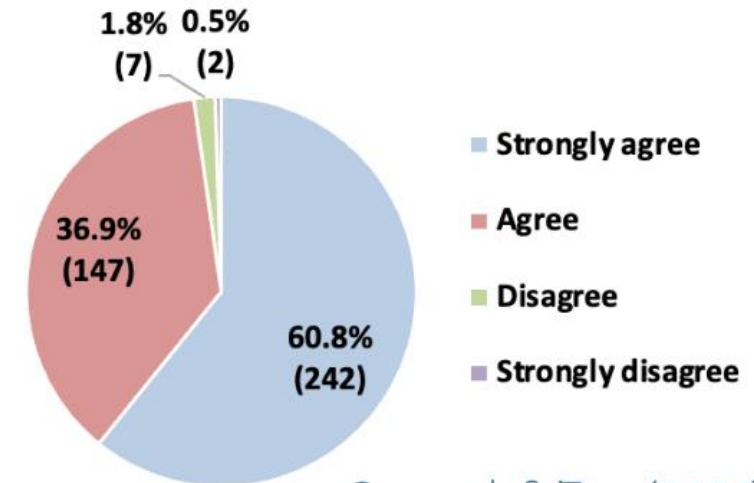
- lack of knowledge
- shame, taboo
- what is the 'duty of care?'

PEPAS in Public Health

- Menstrual health in coaching certification, PE curricula, physio/athletic training, & physical therapist training.



Do you think it's important for coaches to understand the menstrual cycle and how it impacts athletes?



Goorevich & Zipp (2024)



# Changing policy & practice

Menstrual Health Education

Kit/Uniforms

Period clothing (e.g. pants/leggings)

Sports bras

Changing rooms & toilets, sufficient time & privacy

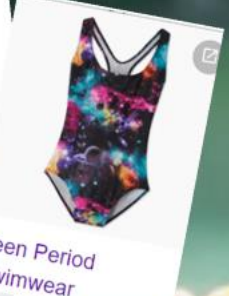
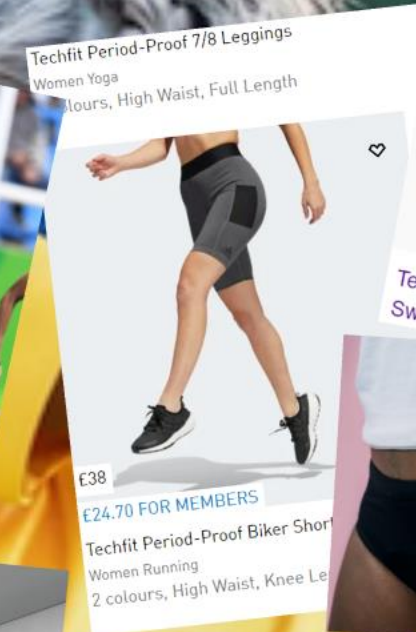
Period pain solutions (e.g. heating pads, medicine)

On the road - Go Bag

Support from physios/athletic trainers

**Tackle the Taboo**

**Period-Friendly  
Environments**



# Health and Wellbeing across the lifespan

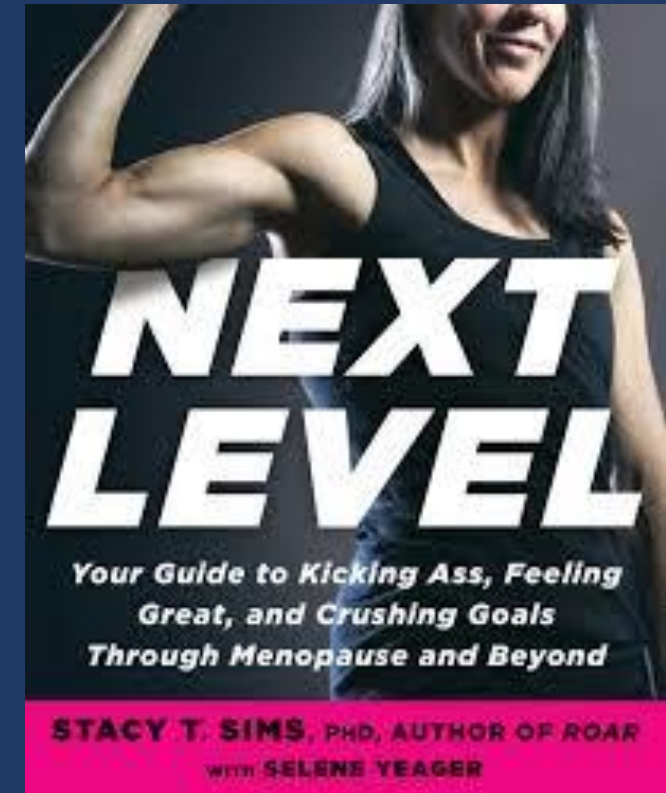
## On Motherhood

- Athlete experiences
- The 'Motherhood Penalty'



## On Menopause

- Strength training & nutrition
- Women's pain dismissed, mis-diagnosed



### Chapter 7: The "motherhood penalty" and sport leadership

Sarah Zipp  and Sasha Sutherland 

Category: Chapter

Collection: [Sociology, Social Policy and Education 2024](#)

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Page Range: 110–123

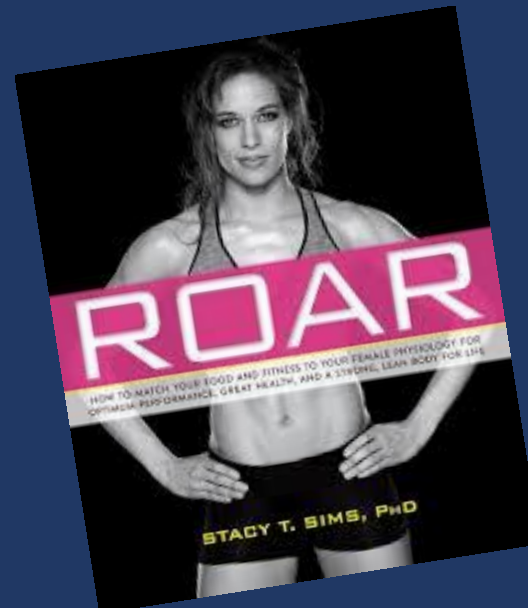
Keywords: Gender equality; Gender equity; Sport; Motherhood; Leadership; Management

# Resources

Web: [powertoplayperiod.com](http://powertoplayperiod.com)

Book: *Menstruation in Motion*  
(Zipp & de Soysa, forthcoming)

Join our research project at:  
[sarahzipp@powertoplayperiod.com](mailto:sarahzipp@powertoplayperiod.com)





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## Resources

We have collected helpful resources, research and other materials on sport and PE for girls from around the world, including specific insights on menstrual health.

### Menstrual Health + Sport Education

We have collected the leading research on menstrual health and sport from around the world. Scroll down for print outs, links, reports, research and apps that can help girls and women thrive in sport. From the basics of helping girls in youth sport to the science of training for elite athletes, we've got you covered.



**Menstruation (3-7 days)**  
Expect 2-5 difficult days of bleeding, followed by lighter days. Eat well and pack extra menstrual products. Stay focused on rest, hydration, nutrition & stretching.  
You can still exercise, train and compete on your period. Listen to your body!

**Follicular Phase Low Hormones (6-12 days)**  
AKA "Beyoncé Phase"  
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EveryBODY is different. Symptoms vary for each person.

**Pre-Menstrual (3-5 days)**  
AKA "TREC"

