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Highlighting menstruation in sport: it's about time we hear from the athletes themselves

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INSPIRING MINDS SUBMISSION

Name: Kelli Tyndall

Title: Highlighting menstruation in sport: it's about time we hear from the athletes themselves.

Female athletes receive less support from team staff than their male counterparts. With the population of female athletes increasing, it is critical that team staff understand the needs of their athletes regarding their menstrual cycles and how it can affect sport participation. Our study aims to examine the needs and perceptions of varsity athletes on women's teams at Western University by exploring how the menstrual cycle alters their training, performance, and competition. By studying their experiences, we can determine how to optimize training and inform team support staff of best practice methods, while opening the conversation surrounding menstruation and normalizing female physiology. Having grown up playing sports with coaches that overlooked my symptoms and experiences, as well as those of my teammates, I am very passionate about this research. I hope to eradicate the bias surrounding the menstrual cycle in sport and highlight the previously silenced voices of menstruating athletes.