



Area 13 Online Presentation:

The Menstrual Cycle and Sport Performance

Thursday 9th January 7:30-8:15pm

The Menstrual Cycle & Sport Performance
45 MIN WORKSHOP

Workshop overview:

- The four stages of the menstrual cycle
- The two main hormones
- Tracking your cycle
- Managing your cycle
- Interactive quiz

• Tailored to your sport
• Flexible times & locations
• Evidence-based recommendations

"Alice was brilliant! It was pitched just right and the delivery was excellent!"
-Newcastle High School for Girls

"Very enjoyable and informative"
"Clear and helpful"
"Very engaging speaker"
-Newbury District Swimming Club

This is a workshop specific for female pony club members (and any other interested family members). Alice Points will discuss how the menstrual cycle can affect training, performance, and general wellbeing; and provide strategies to improve them.

Alice's Biography:

After 14 years of team sports and 9 years competitive swimming, I have grown a vested interest in sport psychology. I followed this interest to complete a four-

year Undergraduate degree at Newcastle University in Psychology with Sport and Exercise Science, and graduated in June 2024 with First Class Honours. During my final year at University, I took on the role of Women's Health Ambassador, where I delivered presentations to University sports clubs and local high schools on topics relating to women's health in sport. My aim now I've graduated is to continue to educate women about their bodies, to help them understand why they may feel/perform differently throughout the month.



Workshop aim:

As an athlete myself, I know how frustrating it can be when you try your best and still don't match a previous performance. Whether it be in training or competitions, one of the reasons for differences in our sporting performance is the hormonal changes in our bodies. In this workshop, I talk through the two main hormones of the menstrual cycle and how they can influence your sport performance (and wellbeing!) on a week-to-week basis. I then talk about the importance of understanding your individual cycle to create strategies to manage your symptoms, both in and out of training sessions. Understanding your body as an athlete is extremely important, so even if you don't yet have a menstrual cycle, this information will still be useful in the future! By the end of this workshop you should understand how your menstrual cycle can help and hinder sport performance, and how tuning into your cycle can improve performance.

Cost: This workshop is free but registration is required.

To book: [Entrymaster](#)

Links to the presentation will be emailed on the day.

Organiser: Megan Rees tetcoordinator.area13@pcuk.org