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Name of the student:

Name of the University:

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## **Introduction**

Sports persons are likely to maintain a healthy lifestyle and they keep their body fit and well at the same time. The study will discuss the two different sports persons "Ellie Cole" and "LizCambage" who are well known for their good sportsmanships. Masculinity is such a framework where the stereotypical masculine attribution is over emphasised. This feature plays a significant role throughout every segment of sports due to overindulgence of winning. A study highlights that both men and women participated in community-based sports such as basketball, swimming, cricket, football. Among 844,992, the rate of women and girls participants were only 10% where the men and boys were 17% (Kim Toffoletti et al., 2019). This study will focus on the reformation of the sports culture and to mitigate the over competitive attitudes. This mentality can be helpful to reduce the harmful stereotypes of masculinity in sport. The argument can be made by challenging the existing nature of the sport. The argument will go against the stereotypes which are mainly focused on the outcome regarding the winning and losing. It will focus also on the expansion of the potential outcomes which suggest good and continuous improvement of the sport rather than competition. Kurt Fearnley, a wheelchair racer said, a change and reformation in Australian sport has grabbed the attention of all which mainly aim for the development of the women of Australia. The noticeable developments are the building of Australian Football League Women's and the Super Netball competition in the year 2017.

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## **Compare and contrast of the chosen Athletes named Ellie Cole and LizCambage**

The study will partly discuss the two different sports persons "Ellie Cole" and "LizCambage", their journey and the challenges they faced towards the attainment of success. Ellie Victoria Cole is known as an Australian retired Paralympic swimmer and a wheelchair basketball player. She trained herself swimming after having a leg amputated as a result of cancer. She began her swimming in 2003 and won the first international competition held in 2006 (AAE Speakers, 2023). Following the same in 2012 she won four gold medals and two bronze. Gradually she became the most decorated female Paralympic athlete in 2021 breaking all the records and got 17 Paralympic medals and OAM to address her name. Just after a year she retired after the Birmingham Commonwealth Games which in the year 2022. She got an Order of Australian medal in which she has been pictured in the documentary of 2020 named Rising Phoenix (ABC News, 2021). She started to be associated with advocating in a qualified Allied Healthcare to nourish the people with disabilities. After retirement she joined the APM team as a brand Ambassador which impacted Australian society.

On the other hand, LizCambage is well known as a professional Australian basketball player associated with Women's National Basketball Association(WNBA) and Australian Opals. She has scored 53 points against the New York Liberty in July, 2018 which is considered to be a turning point of her entire life (APM, 2023). In her school time she used to be teased for having a short height. She started to play basketball at the age of only ten to overcome the challenges she

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was facing due to her height. Cambage established her career to lead the Australian Opals and earned the nomination for 2010 FIBA World Championships (Businesschicks, 2020). Cambage drew the attention of London as she became the first player ever in the women's Olympic competition and won the bronze medals in 2012 (Castillo, 2023). Afterwards she started advocating for mental health awareness where she used to help others. She started to emphasize self-care and serves to remind people to work on it.

However, both of them were winners in their respective lives besides having stumbling blocks. They did not belong to the same careers but the struggle they did were equivalent in their respected lives. In the first part it is highlighted that Ellie Cole was only six years old when her right leg was amputated due to cancer (Clearinghouse for Sports,, 2023). She was told only the negative words a lot in her life. Straight after the surgery of her leg, she was given a lot of things to say no. But her parents never put any limitations on her. As a result, she realises how to overcome the limitations people put on her. She started achieving things as per her own choice just having an excessive willpower (Eime, R et al, 2021). She achieved gold medals three times in London, 2012 which people can ever think of doing in their entire life. On the other hand, the professional career of Cambage as a basketball player has shown plenty of ups and downs. The WNBA winner said that it has been a dream to live in the Los Angeles and play in Los Angeles in the press conference. Afterwards Cambage separated with Los Angeles within two months and agreed to form the divorce (English, 2017). The Managing Partner Eric Holoman also supported Cambage's decision and agreed to part amicably. The team felt that there were no longer benefits

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from Cabbage's end; she decided to be parted from Los Angeles. It could have spelled the end of her career. After the departure from LA, she did not show interest in playing basketball for her own country. Later on Cabbage was accused of using a racial slur against their rivals. When she criticised the pay structure of WNBA, she overcame her life while signing with Becky Hammon as head coach for \$1 million as a pay out (Frontiers, 2021).

### **The impact of gender on the experience of the athletes**

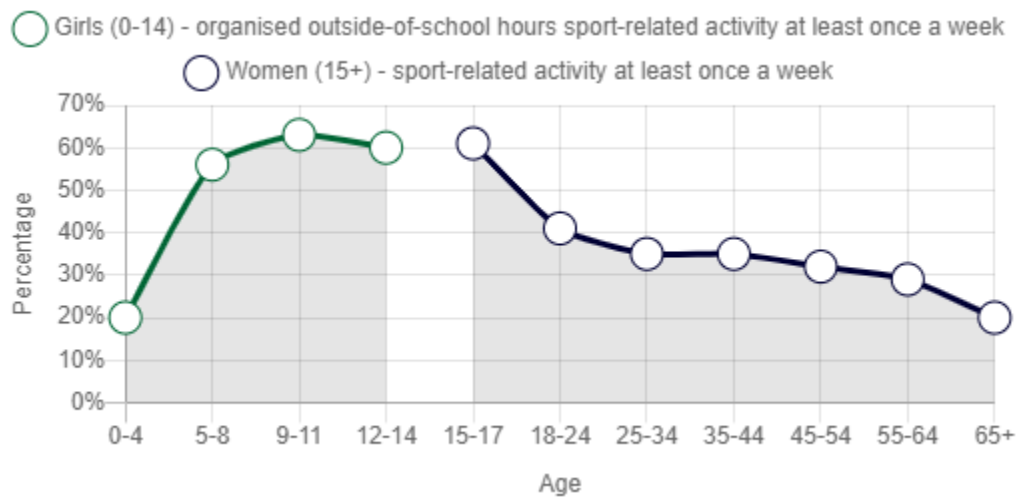
A new worldwide campaign is being led by the Paralympians to end the gender and other disabilities discrimination faced by a number of 1.2 billion people. There has been a movement of major human rights named We The 15 which represents that 15 out of every 100 people in the world are disabled (Justwomenssports, 2022). It does not only think about the changing attitudes of the disabled persons but also tries to increase the awareness of accessibility. In her childhood days of Cole, there had been a huge stigma around the disability and it caused havoc in every single life of those persons with disability. Cole also started thinking of others who are not aware of their communities and their accessibility of those human rights. There have been several organisations such as UNESCO, The Valuable 500, Invictus Games partnered with the IPC for pushing the organisations in terms of the development of the persons with disabilities (KIm Toffoletti & Catherine Palmer, 2019). Afterwards, these campaigns are likely to be focused on the inequality of gender discrimination in other segments of lives such as education and health departments. **"We The 15"** has been proven to be the biggest supporter of the persons with disabilities which has focused to make the proper disability rights in many agendas such as

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gender inequality, sexual orientation and in ethnicity as well (QLD, 2023). The main motto of this program is to make a tangible and long term deal with the largest marginalised group of the planet. Kurt Fearnley, a well-known Paralympic wheelchair racer, exclaimed that in Australia there are several strong disability rights movements which make grounds for the persons with disabilities (OurWatch, 2021).

On the other hand, the basketballer Liz Cambage was born to a Nigerian father, represented Australian women's national team in the Opals and also associated with WNBA in LA. According to her, women face barriers in every workplace across the World and sports is not left either (The Guardian, 2021). Several Australian female athletes have made a noise over the issues of inequality which have affected them and their peers at the same time. Various kinds of issues from racism to bullying, disparity to misconduct have been associated with them. Maddic Groves, one of the youngest Australian Olympic swimmers raised her voice against the toxic masculinity and their culture. The two times silver medal winner withdrew herself from the sports due to the over misogyny in the sports. Cambage said there have been some issues with the representation of herself. She also exclaimed "***how she is meant to represent a country that does not even represent herself***" (Tumin, 2022). As a result, she did not want to play the games any more. She explained that black athletes lead the country everywhere and also added that indigenous athletes are some of the good players Australia has.

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**Fig 1: Sport related participation of the different age groups in Australia**

(Source: Clearinghouse for Sports, 2017)

The above graph highlights that among the 32% of women in Australia participated in a sport once in a week. 14% Australian women with an age group of 15+ were not involved in the sports activities (Victoria University, 2019). At the same time some women athletes are found to withdraw from their sportsmanship as the existing concept has failed to set and reinforce a positive attitude. It leads people towards equality and respect for women. Sports can generate

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good leadership to promote the women's voice and share their perspective towards equality as well (AAE Speakers, 2023).

### **The current and proposed policies and any relevant data on how the sports' governing bodies are creating a more equitable workplace for female athletes:**

Sports are considered to play a significant role in Australian society and have a huge potential to seek a great social change in order to prevent violence against women. Women can be protected by maintaining an equitable safe and healthy environment for both men and women. They can challenge to mitigate the problems regarding the existing norms, practices to meet a good cultural change (ABC News, 2021). Moreover, sport provides a better opportunity to fix a positive attitude towards everyone with a great respect and equality. Other social organisations such as school and office premises, people can learn a positive attitude and behaviors by participating in sports. A greater and better approach should be raised in order to maintain gender equality and to prevent the violence against women by the National, State and the other sporting organisations. They can take strong leadership to nullify the issue and support them throughout the whole journey. A report shows that the earnings of female athletes are 44% less prize money than the male athletes in the year 2020 (APM, 2023). Now the women are participating steadily and intentionally in the sport in Australia.

The rise of women's sports has been noticed since the last 10 years across the world. Multiple factors are responsible for the undeniable progress of women sports such as increased



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investment, subsequent revenue, the rising awareness and the demand of women sports. There has been a high potential increase of progress due to the involvement of government policies and the investment for women's participation (Businesschicks, 2020). A study predicts that women's sports will reach the sum of billion dollars in the near future due to the appeal of the mass market. The Australian government has taken a number of initiatives to increase the number of women and girls in the sport. 40% of the women leaders must be there in the national sports organisation boards (Castillo, 2023). The earlier national frameworks have aimed at the high performance of the sports named National Sports and Active Recreation Policy Framework. Another policy named "Australian Government Girls- Make your move" has focused on the campaigns which mainly target the women and girls in the sport (Clearinghouse for Sports, 2023).



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### **Fig 2: Strategic Focus and Intention of Women' Participation**

(Source: National Policy Framework for Girls and Women Sports 2030)

The above picture denotes a clear vision of the equality for girls and women in sports till the year 2030. The above picture defines:

**Leadership:** The government leadership and some local facilities should be interconnected to make progress for women in sports through a national focus.

**Places and spaces:** An equal access for the quality, places and spaces in everywhere regarding the facility participation (Eime, 2021).

**Participation:** Women and girls can play sports according to their own choice and opportunities.

**Cooperation:** To maintain the equality for women and girls in sport, Jurisdiction will work together.

### **Conclusion**

The involvement in sport increases the betterment of physical and mental health of women and girls. The participation also encourages the benefit including the development of leadership skills such as resilience, teamwork and a reduction of anxiety. This study has found that the Minister for Sports and Recreation also recognised that the equality has not been adopted in Australian sports earlier. As a consequence, a working group was formed who has explored an

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alignment of gender equality. Based on the existing approaches, the government will focus on the improvement of gender equality which will follow some objectives such as fostering strategic policies for the alignment. Retaining the flexibility, the focus should be on the needs of the women. The government of Australia will provide practical and relevant approaches which are achievable. The Australian Government will take a leading role and focus on the partnership across the world.

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