



Irish Athletic  
Boxing Association

# WOMEN IN SPORT ACTION PLAN

2025

An action under IABA's 2024-2028 Strategic Plan,  
*In Your Corner*



# IABA Values

In line with “In Your Corner”, the IABA’s 2024-2028 Strategic Plan, our values are:



**Respect:** Everyone is appreciated for who they are, and all cultures and backgrounds are welcome.



**Trust:** We always act with integrity, and are transparent, fair and direct in all our actions. We act in the best interest of members and we build trust through our leadership.



**Courage:** We have the courage to change, and make the right decisions. We have the courage to stand up and do what is right.



**Excellence:** We aim for gold standard, and to achieve success.



**Community:** We promote unity and integration. All of us are part of boxing, with a common goal. Everyone counts.



# Sport Ireland WIS Policy & IABA commitments

In February 2023, Sport Ireland launched its revised Women in Sport Policy.

The policy builds on the significant work which has already been undertaken in this area within the sport sector to date and, in recognising the opportunity to make a significant impact on the lives of women through their involvement in sport, it provides a blueprint for Sport Ireland's future work.

In line with Sport Ireland's WIS policy, the IABA welcomes women and girls of all communities, regardless of their abilities, ethnic, cultural & religious background, gender identity or sexual orientation.

We will include women and girls in our organisation in both sporting and non-sporting roles to the greatest extent possible.

**The IABA will endeavour to make our organisation as inclusive, diverse and accessible to women and girls as is possible with a particular focus on the key areas of:**

- 1. Coaching and Officiating**
- 2. Active Participation**
- 3. Leadership and Governance**
- 4. Visibility**



# Coaching & Officiating

Following the launch of the 50:24 coaching campaign, and with the help of Sport Ireland funding, the IABA successfully increased the number of qualified female coaches in the organisation. 50:24 is an ongoing programme and continues to fund 70% of the cost of coaching courses for women.

As of 1st November 2024:

17% of IABA qualified coaches are women, a 6% year-on-year increase  
18% of qualified R&Js are women

25% of active Coach Developers are women; 3 more currently in training with 2 more to begin training in 2025

50% of Coach Ed Committee are women

## Objectives



Continue to increase number of female coaches and officials



Continue to promote & fund coaching courses for women



In partnership with the R&J committee, to work towards an R&J pathway for all members, including offering funding for women to undertake R&J courses



Progress women through R&J and coaching pathway



# Active Participation

The IABA aims to attract women and girls of all ages and backgrounds to the boxing. We strive to develop opportunities and support structures which encourage sustained participation in boxing by women and girls.

A key target under this pillar is to research and reduce drop out among teenage girls. To achieve this, the IABA will conduct a research project that will ascertain at what age we are losing women athletes. In tandem, in a separate act, the IABA WIS Lead, in partnership with a newly revitalised Women in Boxing Committee, will conduct this review and work directly with our members to build programmes that will assist us in tackling this dropout.

The IABA will strive to deliver more CPD workshops to coaches/committee members to assist clubs in maintaining/increasing their female membership. Workshops will include Coaching Teenage Girls, Strength and Conditioning for Female Boxers, Menstrual Cycle workshops.

As of November 1st 2024:

- 18% of boxers are female
- 5% of these are over 18
- 95% are under 18

# Objectives



By March 2025, have begun a research project with an external partner to ascertain at what age we are losing female boxers



By December 2025, following direct consultation with WIB committee and our membership (surveys, focus groups), have established programmes that will assist the IABA and it's members in tackling the dropout of teenage girls in boxing



Offer more opportunities for CPD workshops to membership to assist in maintain/increasing female membership



In partnership with Sport Ireland, launch an IABA HerMoves programme to increase physical activity in teenage girls across the country



# Leadership & Governance

The IABA recognises and is grateful for the work of all of our female leaders in the organisation from board members, Central Council members and club administrators/committee members.

We strive to continue to build an even stronger foundation of women in our sport outside of the ring, on our board, central council and committees that will only continue to grow.

The IABA WIS Lead wishes to re-form the Women in Boxing committee to assist in the building of this foundation

## Objectives



Review and re-launch Ringcraft: Women in Leadership programme by end of 2025 and run programme annually



Establish formal Women in Boxing Committee that will include female members from board level to club level



Conduct regular surveys and focus groups with membership that will help us build programmes for our female leaders based upon their needs.



# Other Actions

**Additional actions to underscore IABA's  
commitment to Women in Boxing.**

**Conduct annual reviews of Women  
in Sport Policy to signpost the  
evolution of WIS actions**

**Comparison project of current WIS  
offerings in the IABA with other  
NGBs, domestically and  
internationally, to form the basis of  
new offerings to our membership,  
rooted in their expressed need.**



# December, 2025

By year's end, we will have completed:

A Comparison project of current WIS offerings in the IABA with other NGBs to form the basis of new offerings, rooted in the needs of our membership.

A review and audit Women in Sport Policy

Establish a formal Women in Boxing committee

Following direct consultation with WIB Committee and our membership through surveys and focus groups, have established programmes that will assist the IABA and it's members in tackling the dropout of teenage girls in boxing

