



WOMEN IN IFAA

WBHC 2025 – SOUTH AFRICA





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Programme

WELCOME

PROTEA THEME EXPLAINED

WELCOME TO SOUTH AFRICA VIDEO

SPORTSMANSHIP – FRANSISCA VAN ZYL

MENTORING – LORINDA GREYLING

GUEST SPEAKER - DR MERCHEN NAUDE

ARCHERY AFTER BREAST
CANCER

MENOPAUSE AND SPORT

ALTERNATIVE TREATMENTS

MARIETJIE FRYER VP DEVELOPMENT
IFAA

MARTIN KOINI – PRESIDENT IFAA

SOCIAL



THE KING PROTEA (PROTEA CYNAROIDES) IS A STRIKING AND RESILIENT FLOWER, THE NATIONAL FLOWER OF SOUTH AFRICA, KNOWN FOR ITS LARGE, VIBRANT BLOOMS AND DISTINCTIVE SHAPE.

IT'S BEAUTY AND UNIQUENESS MAKE IT STAND OUT.

THE KING PROTEA THRIVES IN HARSH ENVIRONMENTS, ADAPTING TO ITS SURROUNDINGS.

THIS FLOWER SYMBOLIZES GROWTH AND NURTURING,

THE KING PROTEA IS VERY VERSATILE. WOMEN ALSO EXHIBIT VERSATILITY IN ROLES THEY PLAY, WHETHER IN PERSONAL, PROFESSIONAL, OR SOCIETAL CONTEXTS.

IN ESSENCE, BOTH THE KING PROTEA AND WOMEN EMBODY STRENGTH, BEAUTY, RESILIENCE, AND THE ABILITY TO NURTURE AND ADAPT.

Logo for WBHC 2025

Women in IFAA Event



Welcome to South Africa Video

Welcome to South Africa!

<https://www.youtube.com/watch?v=acSw5yiPgiM>

<https://youtu.be/acSw5yiPgiM?si=41ZepOI-QdkCEk6P>



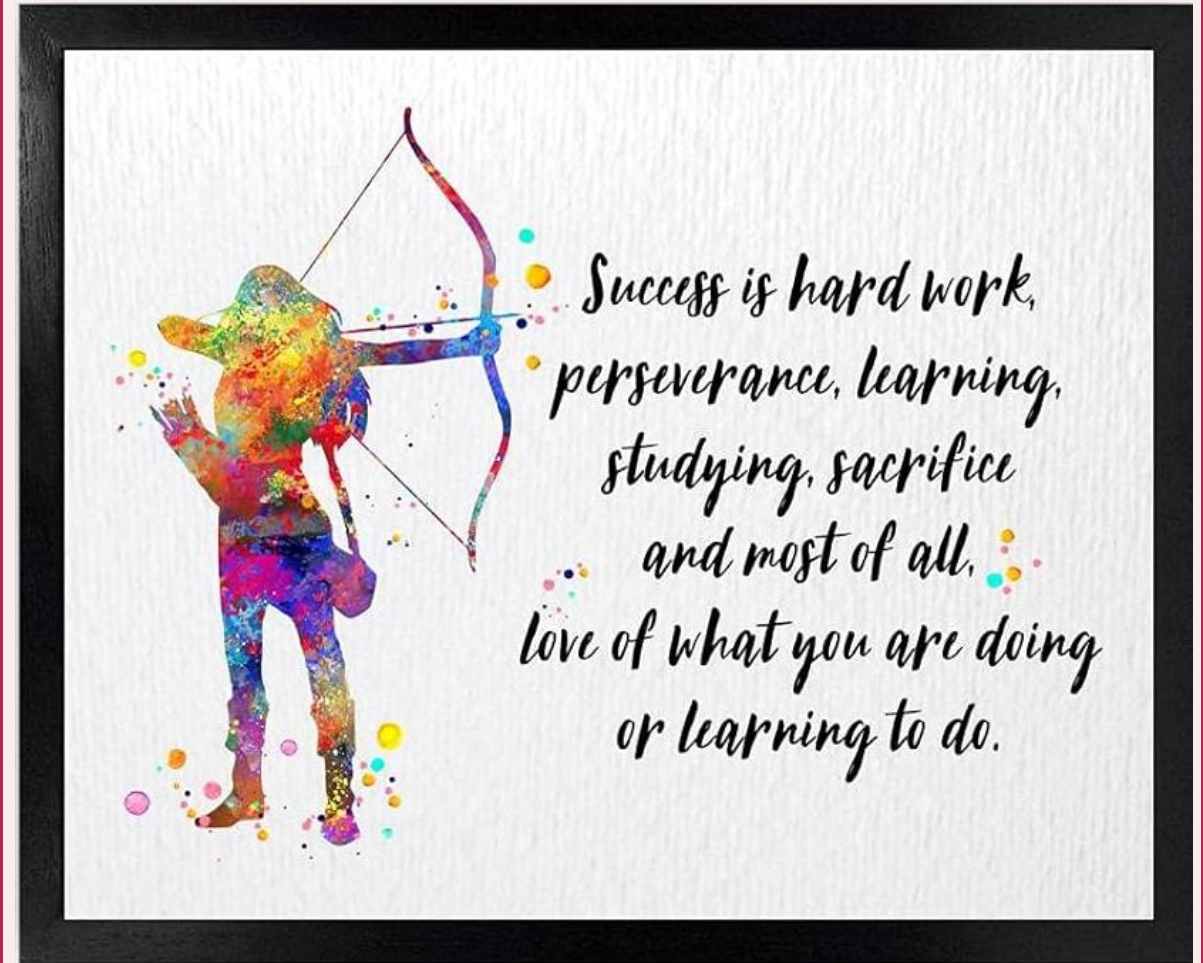
Sportsmanship in Women Archery

by Fransisca van Zyl
SANIFAA

*I know I
shoot like a girl.*

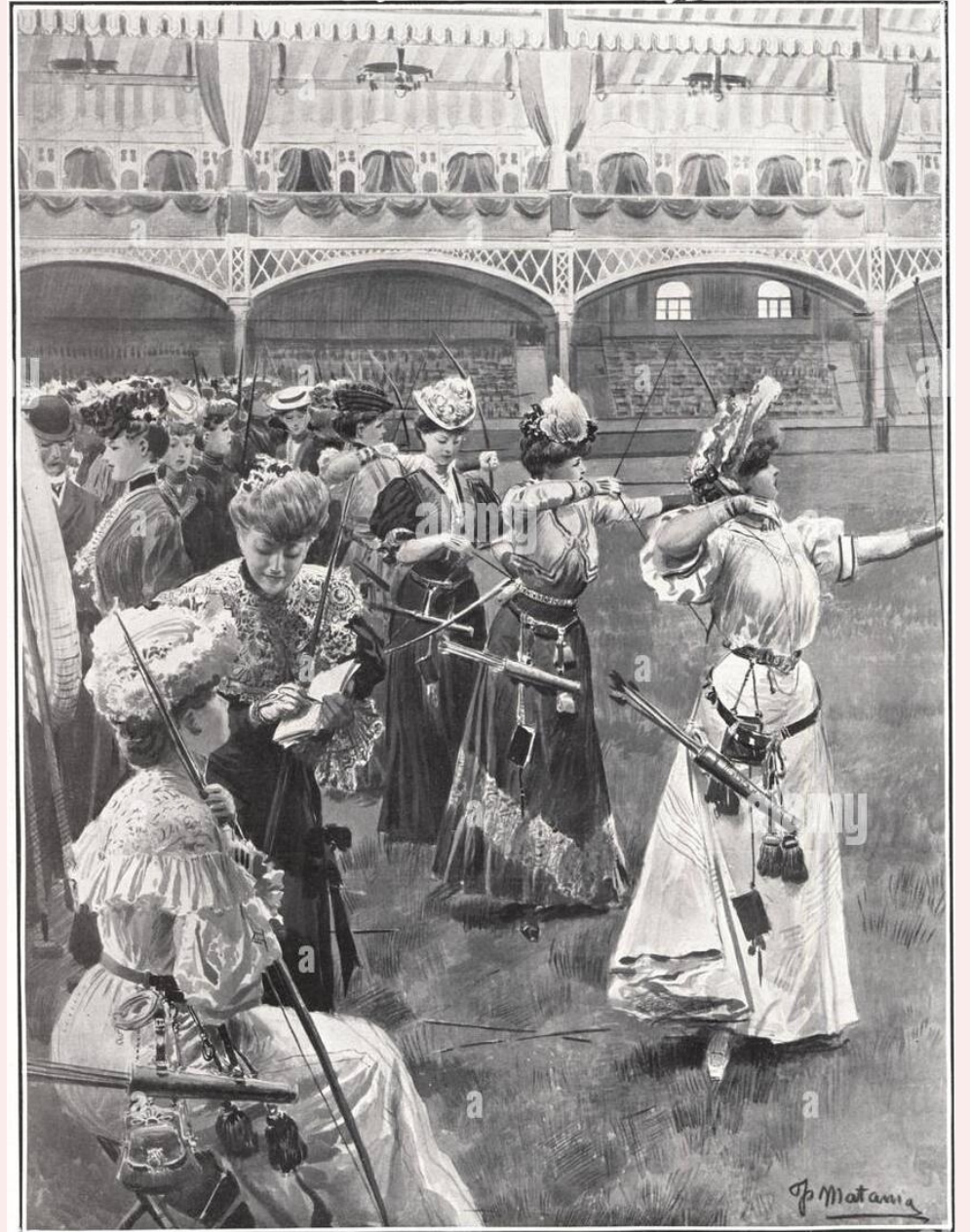


*Want a
lesson?*



Mentoring in Archery

by Lorén Greyling



Guest Speaker

Dr Mérchen Naudé is qualified as a sports doctor with a MsC Sports Medicine degree from the University of Pretoria. With a keen interest in orthopaedics and injuries, she obtained a Higher Diploma in Orthopaedics from the College of Orthopaedic Surgeons of South Africa.

Dr Naudé has more than 20 years' experience working as a sports doctor in private practise, specialising in the treatment of sports injuries, sport specific screening and treating athlete specific conditions like exercised- induced asthma, overtraining syndrome, and chronic fatigue.

Dr Naudé is qualified as an Advanced Team doctor and toured with the Protea and SA 0/21 netball teams overseas. She contributes regularly to magazines in the field of sports medicine and lectures at the University of Pretoria.

With a keen interest in hormonal imbalances, Dr Naudé obtained further qualifications in Integrative Medicine. This enables her to implement a combination of natural and alternative treatment options with conventional pharmacological treatment. With her Integrative Medicine background, Dr Naudé has extensive knowledge of alternative therapies, supplementation, and natural medicine. This place her in the unique position to treat hormonal imbalances, chronic fatigue, metabolic conditions, and immune deficiencies naturally.

She is an avid athlete herself, competing in triathlon and mountain bike races. As a mother to teenagers, young athletes lie close to her heart.



Thank you!

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