PRESS RELEASE

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INTERSPORT and GWomen present the documentary “PERIOD. The Untold Game”, breaking the silence around menstruation in sports

Through the personal stories of eight leading female athletes, alongside insights from coaches and scientific experts, the documentary sheds light on a topic that remains largely taboo in sports.

INTERSPORT, a Fourlis Group company, in collaboration with GWomen, the women's platform of Gazzetta.gr, presents the documentary “PERIOD. The Untold Game”, an initiative that brings to the forefront an issue rarely discussed openly in sports: the experience of menstruation in the lives of female athletes.

Although menstruation is a natural biological process, it continues to be surrounded by stereotypes, discomfort and silence, even in professional sports. Training sessions and competitions continue regardless of physical challenges, with many female athletes learning from an early age to manage pain in silence, rely on painkillers or worry about potential menstrual leaks while competing.

Through personal testimonies, “PERIOD. The Untold Game” seeks to give a voice to experiences that often remain unseen, highlighting the need for greater awareness, understanding and open communication about menstruation in sports.

The documentary features eight athletes from different sporting disciplines, who share their personal experiences, from their first period to the realities of daily training and the demands of competition. They include Antigoni Ntrismpioti, race walking champion; Maria and Christina Katsamouri, basketball players; Sofia Iosifidou, 100m hurdles athlete; Evangelia Platanioti, artistic swimming world champion; Tatiana Georgiou, international football player; Elena Xenaki, water polo world champion; and Dora Gkountoura, who placed fifth in fencing at the Olympic Games. Their stories highlight that the experience of menstruation differs for every woman. For some, the first days of their cycle involve significant physical challenges, while others notice changes in their energy levels and performance depending on the phase of their menstrual cycle.

The documentary also places particular emphasis on the perspectives of coaches and scientific experts. Antonis Lappas, Strength and Conditioning Coach, and Thanasis Delenikas, Fencing Coach and fifth-place finisher at the Olympic Games, discuss the crucial role of trust and open communication between coaches and female athletes. At the same time, Katerina Dasoula, Physiotherapist at Doriadis Physio Center, and Ioannis Doulgerakis, Obstetrician-Gynecologist at Personalised Prime Clinic (PPC), provide scientific insights into the subject. They explain how hormonal

fluctuations can affect sleep, energy levels and athletic performance, as well as why the absence of menstruation may be a warning sign requiring medical evaluation.

For INTERSPORT, this initiative reflects its ongoing commitment to promoting inclusive sports, where every girl and woman has the opportunity to participate, develop her potential and pursue her goals. As **Stavroula Kakkava, Regional Head of Brand Communications & E-commerce at INTERSPORT**, stated: “At INTERSPORT, we believe that sport is for everyone. We want every girl to feel that she belongs in sports, that she can participate, grow and pursue her goals. That is why it is essential to create the right conditions and break down taboos, so that no girl ever feels she has to give up on her dreams.”

Vaso Stasinou, PR Director at Liquid Media, added: “Through this initiative, GWomen and INTERSPORT aim to make ‘PERIOD. The Untold Game’ the starting point of a broader awareness campaign, bringing the documentary to sports clubs, academies and schools. We want to give even more young girls the opportunity to understand and embrace their bodies, encouraging them to speak openly, without fear or shame.”

Watch “PERIOD. The Untold Game” on Gazzetta.gr's YouTube channel and across INTERSPORT's digital channels. Discover the athletes' personal stories and help foster a more open conversation about menstruation in sports.