

## Swadlincote Hi 5 Netball Club 2010

5 Hour Offer "to offer every child aged between 5 and 16 years 5 hours of quality PE and sport per week"

Every Young Person should:

- **Have access to regular competitive Sport**
- **High Quality Coaching to improve skills and develop**
- **Pathways to Clubs and Elite Sport**

### What We Wanted To Do

To contribute through the 5 hour offer and to build a structured Hi 5 Netball Club in Swadlincote to develop and coach talented young Netballers aged 8 to 11 years. In order to do this we needed to run and deliver high quality Netball Coaching for young girls in the District over a six week period as a pilot. We also needed to provide a safe and fun environment for these girls to excel within Netball and to participate in extra curricular activity in a Sport they enjoy.

### How We Did This

These are the main steps we took to achieve this:

**SELECTION:** We distributed posters and Information to every PLT in the district and through local community advertisements campaigns for girls aged between 8 and 11 years who enjoy Netball or who want to try it for the first time.

Our Level 2 Netball Coaches then attended local Primary Schools to coach "taster sessions" for interested young girls as to show them what the Netball Club would be like. From this we then invited the girls to attend the six week pilot which was a free scheme to all.

**RECRUITMENT:** We selected a Highly Experienced Level 2 Netball Coach to lead on the pilot and to build a rapport with the girls and to provide a fun and skilful programme. We also offered volunteering opportunities to parents/guardians as to involve them in the programme. This proved very popular and now we have two parents who help out with the administration and coaching side of the scheme. Our Netball Coach created session plans based around age group, competency and the developmental needs of the group.

**DEPLOYMENT:** We then ran the six week pilot ensuring that the programme provided a wide range of skills, techniques and fun games as to meet the needs of the group. The group excelled from this training and are progressing at an impressive rate. The Pilot was a

Success due to the High Quality Coaching but also through the support and time given by parents and other volunteers to the scheme.

**SUPPORT & PATHWAYS:** All of the girls that attended were asked at the end of the pilot if they would like to continue and turn the scheme into a Club and 96% of the girls have now stayed with the Club and will carry on training throughout the Summer months ready for the Netball Season starting in September 2010.

From the pilot we now have an established Hi 5 Netball Club that is looking to be constituted and Affiliated to England Netball as to provide structured and regular competition for the players.

We are also providing help for parents and volunteers into coaching, umpiring and other development as to build on a foundation of supportive volunteers.

**DID IT MAKE A DIFFERENCE?** We have 20 young girls who are carrying on with the Netball Club and so it has made a huge difference to an area where there was no provision for Netball previously. It also made a difference to parents who want to find local sporting opportunities within Sport for Girls only.

**CRITICAL FACTORS:** It is important to keep a record/register of the programmes to measure how successful it is. It was vital to keep regular contact with the Primary Schools and Parents as to ensure that they expected. Finally it was crucial to correspond with England Netball the National Governing Body to ensure that the Club was protected and lead in the right direction.