

Project 500 Supports New Junior Netball Club

Project 500 the new female coach initiative in the South East recently helped Windsor Netball Club fulfil their aim of establishing a new junior section with support from Get Berkshire Active and Sportivate funding.

In 2013 Windsor Netball Club (WNC) was an adult only Netball Club in East Berkshire run by enthusiastic volunteer coaches looking to build a junior section to their club. The club were newly affiliated to England Netball following its formation by a long standing Netball volunteer in the local area.

Aims

The club was keen to develop a junior section to their club due to local demand for entry level competition but did not have the appropriately qualified coaches in place to be in a position to offer junior Netball alongside the adult team. The club's aim was to train a workforce from their current volunteers to develop the club as hoped. This aligned with England Netball's workforce aspirations to develop their workforce of Level 2 coaches as outlined in their Whole Sport Plan 2013 – 2017.

Process

Get Berkshire Active (GBA) advised the club lead on this project of the new female coach development initiative Project 500 and suggested the club's volunteers register for support through the project. Three of the club's volunteers subsequently registered with Project 500. Dialogue continued between GBA and WNC around the best approach to up skill their current workforce (1 Level 2 coach and 2 Level 1 coaches) to become appropriately qualified to expand the offer of the club.

Through consultation within the club and through advice from England Netball, it was decided that in order to develop the junior section the club would need to train an additional two UKCC Level 2 coaches and 1 Level 1 coach with the existing Level 2 coach providing informal mentoring of the club coaches as they progressed through their coaching awards.

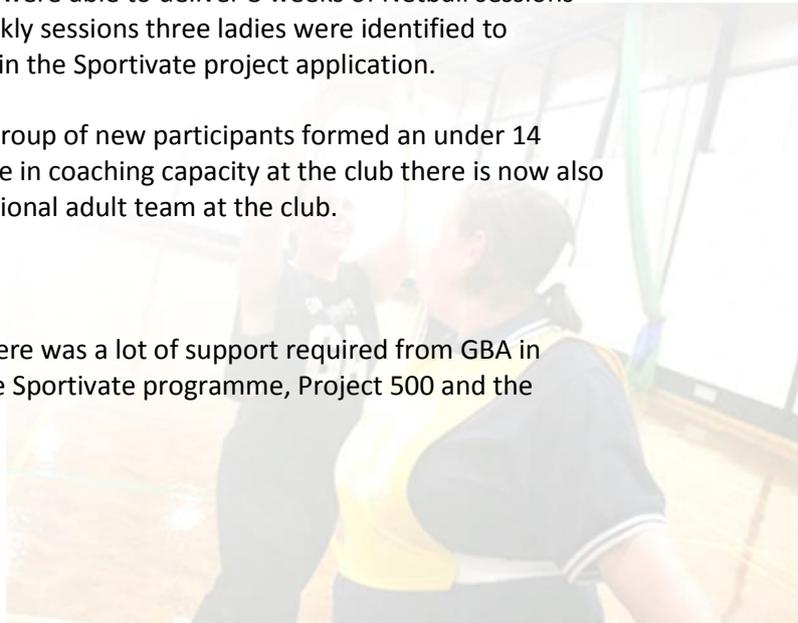
Internal liaison within the GBA team led to the conclusion that offering the club Sportivate funding to initiate the development of the junior section through weekly sessions was the most suitable way for this project to progress. GBA worked with the club lead to develop a feasible project plan which would encompass the areas of coach development already highlighted.

Once agreed by the GBA Sportivate panel the club were able to deliver 8 weeks of Netball sessions for ages 14 – 18. Alongside the delivery of the weekly sessions three ladies were identified to complete their coaching qualifications as outlined in the Sportivate project application.

Following the delivery of the weekly sessions the group of new participants formed an under 14 team at the club. Subsequently, due to the increase in coaching capacity at the club there is now also an under 12 and under 13 team as well as an additional adult team at the club.

Challenges Faced

As the club lead for the project was a volunteer there was a lot of support required from GBA in terms of increasing the club's understanding of the Sportivate programme, Project 500 and the



importance of reporting back on progress to evidence successes. As there are other Netball clubs in the local area a real challenge was to make sure there was the demand locally for the club to develop and that the Sportivate sessions were targeted at new club players.

Outcomes

The Sportivate project was successfully delivered and reported back on to GBA with 28 girls retained throughout the 8 week project. Three coaches received funding to attend Level 2 (2) and Level 1 (1) coaching awards supported by the head coach at the club (experienced Level 2 coach). The three coaches also attended GBA Safeguarding & Protecting Children and First Aid Workshops to support their development.

Impact

Windsor Netball Club now has 5 teams within the club including junior and senior teams competing in local Netball leagues. England Netball now have three coaches up skilled to a higher level and accessing continued support through England Netball, Project 500 and the GBA coaching offer.

The club and its coaches received five awards at the 2014 Berkshire Netball awards including the Contribution to Netball in the Community Award for the head coach of the club.

This project highlights the importance of ensuring that GBA programme support is delivered in a joined up and coordinated manner to best suit the needs of the local sports community. Linking National Governing Body priorities into local projects is key to ensuring sustainable sports clubs and programmes.

