

All Abilities

NETBALL START UP

You've heard some great things about All Abilities netball and you want to get a program of your own off the ground. Here is some advice from a few of our existing coaches and program coordinators to get you started.



TOP TIPS

TO KNOW BEFORE YOU GET STARTED

- Be prepared to start small and build up.
- Keep going! Commit to it and work at it. It takes time.
- It will be tough to get going but will be so rewarding for you and the participants.
- No one person can do it on their own. Association support will be critical.

FOR ASSOCIATIONS/LEAGUES/CLUBS/ADMINISTRATORS/VOLUNTEERS

- Network with Local Councils, local specialist schools, disability service providers and other sports or netball clubs offering All Abilities options. Use Netball Victoria and your Local Councils to help extend your reach.
- Encourage all your players and umpires to engage with and support the program – it's a great learning opportunity for everyone.
- Schedule One Netball Connected Clubs and Communities Workshops through Netball Victoria to give everyone at your Club, Association or League an understanding of what you are trying to achieve and why.

FOR COACHES

- Players may need one-on-one coaching in the beginning.
- Never assume what players can and cannot do. Ask questions and give them the opportunity to try.
- Be patient and be prepared to be repetitive.
- Don't be afraid to laugh with participants and have fun.

FOR UMPIRES

- Never assume what players can and can't do.
- Speak clearly and if needed explain what the infringement was.
- Be patient, near enough is good enough when setting penalties, especially when learning.
- Players may have slower reaction times and may need assistance when playing. Adjust your umpiring accordingly.

FOR RECRUITING AND MARKETING

- Where possible, arrange for your coaches to run clinics at specialist schools and for disability service providers.
- Have information stands at local events, school fetes or open days to give people an opportunity to meet your members face-to-face. This ensures a friendly face when they do make the transition.
- Utilise local media (newspaper, radio and television). Submit articles in the lead up to 'Come and Try' events and continue to submit articles and encourage further coverage throughout the netball season.

FOR SUSTAINABILITY OF YOUR PROGRAMS

- Encourage your senior players to take up assistant coaching roles within the program. This ensures that there are people to continue the program if the initial coach moves on.
- Integrate inclusion programs to become a core part of your Clubs, Associations or Leagues business – remember, among other things, these programs mean more volunteers, bigger networks for your Clubs, Associations or Leagues to utilise and more members.
- Keep in mind that whilst some people with a disability will want to play with other people with a disability, some may want to join your general teams and competitions and vice versa. Try to be flexible and work together to get the best outcomes for all involved.

Steps to a successful program

There are many different ways to establish an inclusion program within your Club, Association or League. Here is an example of one pathway that has been successful. Please note: some Associations will complete all steps, some will do the first two and jump to the last one. All of Victoria's All Abilities programs are as unique as the people in them, so do what works best for your participants and your Club, Association or League.

1. Contact

Contact Netball Victoria for support. We can provide advice, further contacts, training for your Association/ League committee and Clubs, and incidental support.

2. Come and Try

- Organise a Come and Try event at your Association. Invite local specialist schools and disability service providers to attend.
- Take registrations. This will help give you an idea of how many people you will have attending on the day and will help you establish a list of contact details for when the full program begins.
- Promote through local papers, television networks, radio stations, council publications and school newsletters.
- Encourage players, coaches and officials from the Association to help run activities so potential new members get to meet some of the people at your Association before they join.

3. Schedule

After the Come and Try event, find an appropriate time to hold a four to six week extended skills based program for participants. This could be during the day, the same time as your other programs, in the evening or on the weekends. This gives participants a chance to learn some basics and to get to know each other before the launch of the full program. It may also assist the Association to assess where best to schedule the program long term and find appropriate and passionate coaches and assistant coaches. Remember to get the contact details of any new participants to keep them informed of the ongoing program.

4. Transition

Once the four to six week program is complete, transition the participants to a program that runs alongside your general competitions, like you would with NetSetGo. Most All Abilities netball programs run their sessions in a warm up, skills, game play format but this is up to the participants and their coaches.

5. Support

At this stage, the program will need the ongoing support that any other program or competition you run would need including coaches, umpires and, if needed, some fill in players for game play. Continue to advertise your program through schools and local media, and find opportunities for the players to play other All Abilities teams in a social setting.

For further information, advice and support or to be put in contact with Associations currently running All Abilities netball programs, please contact:

Netball Victoria

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