

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.

This resource provides some advice from a few of our existing coaches and program coordinators to get 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 -
SUPPORT IS
CRITICAL

FOR ASSOCIATIONS / LEAGUES / CLUBS / ADMINISTRATORS / VOLUNTEERS

Networking is key! Contact your local councils, specialist schools, disability service providers and other sports or netball clubs offering All Abilities options.

Use Netball Victoria and your local councils to help get your message out there.

Encourage all of your players and umpires to engage with and support the program - it's a great learning opportunity for everyone.



FOR COACHES

- Players may need one-on-one coaching in the beginning
- Never assume what players can or can't do. Ask questions and give them the opportunity to try
- Be patient and be prepared to be repetitive
- Have fun with friends.

FOR UMPIRES

- Never assume what players can or can't do
- Speak clearly and, if needed, explain what the infringement was
- Be patient - near enough is good enough when setting penalties, especially while players are learning
- Players may have slower reaction times and may need assistance when playing
- Make sure you adjust umpiring according to the standard of play

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). Consider the use of social media as another platform (Facebook, Instagram or Twitter).
- Netball Victoria is happy to assist, so make sure you reach out if you need any additional support

FOR SUSTAINABILITY OF YOUR PROGRAMS

- Encourage your players to get involved as assistant coaches within the program. Coaching is a great way to empower your players, and helps to maintain consistency if your main coach leaves the role
- Integrate inclusion programs as a core part of your Club/Association/League's business - remember, these programs mean more volunteers, bigger networks to utilise and more members
- While some people with a disability will want to play with other people with a disability, others may want to join your general competitions. Stay open-minded and flexible to ensure the best outcomes for all participants





COME AND TRY

Organise an event and promote through your local channels. Encourage players, coaches and officials to get involved. Engage local specialist schools and disability service providers to attend

CONTACT

Netball Victoria is here to support you - stay in touch to seek advice, further contacts and training

SUPPORT

This program will need ongoing support. Continue to advertise the program and competitions. Keep a list of interested coaches, umpires and participants

STEPS TO A SUCCESSFUL PROGRAM

There are many different ways to establish an inclusive program. All Abilities programs are unique, so it's best to tailor your approach to work with all participants.



SUPPORT

Once the follow-up extended skill program has been completed, transition the participants into general competitions or Woolworths NetSetGO. It is important to keep the participants engaged in netball game play

SCHEDULE

This program will need ongoing support. Continue to advertise the program and competitions. Keep a list of interested coaches, umpires and participants

For further information, advice and support or to be put in contact with Associations currently running All Abilities netball programs, please contact Netball Victoria via phone (9321 2222) or email community@netballvic.com.au