



Change 4 Life Volleyball Clubs: Frequently Asked Questions

The Project

What is a Change 4 Life sports club?

Change4Life Sports Club' (C4LSC) is a programme run by the Youth SportTrust (YST) and Sport England in conjunction with schools and in turn the National Governing Bodies. The aim of the project is to develop a new 'breed' of fun focused clubs on School and College sites across England. Seven Olympic and Paralympic sports are involved – including Volleyball. The focus of these clubs will be to engage and increase participation among young people (13-19) who are currently not involved in sporting activities outside the curriculum.

How does my school become involved in the Change 4 Life sports club project?

All Schools and Colleges selected for the Change 4 Life sports club programme were selected directly by the School Sports Partnerships in Summer 2011. In order to see if your School/College is involved with the programme, please download the C4L schools list or contact your School Games Organiser. There may be a possibility of switching clubs between schools, again please contact your School Games Organiser.

Equipment

When will we receive our equipment package?

Equipment deliveries have now finished to all Change 4 Life Volleyball schools. All equipment will have been delivered to the partnership hub school. If you have not yet received your equipment, please contact your former SSP hub school.

What does the equipment package contain?

For Volleyball Change 4 Life clubs the equipment package included;

- 5 Mikasa Youth Volleyballs
- Long net system (supplied by Universal)
- Young Leaders Equipment Pack (bibs, cones and whistles)
- DVD with basic information about each of the 7 sports, plus specific volleyball key skills and drills.

The long net system contains wall and floor fixings, posts and a centre post. Nets will have been sent separately and will be labelled with the school they are intended for.

Does the school have to install the long net system and how do we use it?

Yes, each school will be responsible for installing their own net system. All the fixings and instructions will be included with the net system and the process is relatively quick and simple; requiring small holes to be drilled into the floor and wall where the post is to be fixed.

To view an informative video about using and installing your long net system, please view a YouTube video at www.youtube.com/watch?v=T9NCGMp9F2s

If you have any queries about installing your net system, please contact the manufacturers Universal Services on 01621 868700.

Who do we contact if our equipment hasn't arrived or if sections are missing?

If you believe sections of your equipment may be missing, please email change4lifespportsclubs@youthsporttrust.org and put in the subject line EQUIPMENT.

Support for Teachers

What resources are available to support teachers to deliver volleyball in their schools?

Each school will have received copies of the full set of Let's Play Volleyball resources, either by attending a Change 4 Life training course or via post. This set includes:

- Volley Sport (2 v 2) Coaching Pack
- Mini Volley (3 v 3) Coaching Pack
- Super Mini Volley (4 v 4) Coaching Pack
- Young Leaders Award Tutor Resource Pack
- Young Referees Award Tutor Resource Pack

What training is available to support teachers delivering volleyball?

For details of all the training available, please download the Change 4 Life Course Menu.

Is there funding available for this training?

Each County Sports Partnership has been given funding to support the future development of Change 4 Life Sports Clubs by offering workforce development opportunities for teachers and young people. Please contact your local School Games Organiser to find out more about funding opportunities in your area.

Training Young Leaders and Young Referees

What does the Volleyball Young Leaders Award involve?

The Volleyball Young Leaders award is a six hour module that can be delivered in one day or over a period of several weeks.

The award has been designed for 14-19 year olds to provide potential young leaders with a basic knowledge of volleyball and to develop the skills and confidence to introduce and develop aspects of the game safely. The ability to officiate and organise small-sided games, events and tournaments is also recognised as an essential element of sports leadership that needs to be developed in young people.

Who can run Young Leaders and Young Referee Awards?

However, the Volleyball Young Leaders and Young Referee awards have been designed so that schools and colleges are able to run them themselves. Your school should have received a Young Leaders Award Tutor Award pack either via post or at your local Change 4 Life training

course in the 2010-2011 academic year. Any PE teacher or Level 2 Volleyball Coach should be confident delivering the award using this resource.

Volleyball England can provide a tutor to run a Young Leaders/ Young Referees Award for your school at the rate of £25 per hour. For more information please contact our Coaching Administrator, Rich Stacey-Chapman at r.stacey.chapman@volleyballengland.org.

What is the Volleyball England Young Referees Award?

Once we have run a Young Leaders and Young Referees Awards, can we buy award packs?

Yes, you can buy award packs for your Young Leaders and Young Referees at a cost of £5 per award pack. Young Leaders award packs contain a certificate, a Volleyball England drawstring bag and branded stationery. Award packs for Young Referees contain a certificate, a branded whistle and lanyard pack.

To purchase either award pack, please complete the YLC1 form (for Young Leaders) or the YO1 form (for Young Referees) that are included in your tutor resource pack and return to Volleyball England with payment enclosed.

What opportunities are there for Young Leaders and Referees after they have completed these awards?

All qualified Young Leaders and Young Referees can sign up for Volleyball England's Plus Programme. The Plus Programme is an online passport where young people can log their volunteering hours and receive rewards for each milestone they reach. They will also be forwarded exciting volunteering opportunities from Volleyball England to give them a chance to use their skills at our regional and national events or receive further training. For more information visit www.volleyballengland.org/Volunteers/Plus-Programme

Creating School-Club Links

How can we make a link with our local community club?

You can find a list of all volleyball clubs affiliated to Volleyball England by region on our online Volleyball search.

Watch out for Volley 1, 2 and 3 clubs; these clubs have been awarded Clubmark status by Volleyball England. Clubmark is Sport England's national quality accreditation scheme for junior sports clubs and all clubs with Clubmark status have demonstrated that they adhere to minimum operating standards and are a well run and friendly club open to junior players.

You can also contact Volleyball England's National Club Development Officer at clubs@volleyballengland.org who can guide and support the creation of these links.