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# change 4 life sports clubs

Making the most of your Volleyball  
Change4Life Sports Club



## Introduction to this guide

Change4Life Sports Clubs are quickly becoming a fantastic tool for schools to engage the less active young people and retain their involvement in physical education and school sport, as well as a great vehicle for the deployment of young leaders and volunteers. Evidence suggests that Change4Life Volleyball Clubs are making a real difference through the offer of a non-traditional school sport being delivered on a school site. This guide is intended for those of you who are running Change4Life Volleyball Clubs, and offers support for those clubs to sustain them further or for those schools looking to re-launch their club. The information provided within this handbook intends to prepare your club for development and growth to serve the needs of your school.

For more information about the programme please visit [www.nhs.uk/c4lsportsclubs](http://www.nhs.uk/c4lsportsclubs)

### The steps in this guide are:

- Step 1 – Ask Volleyball England for help
- Step 2 – Affiliate to Volleyball England
- Step 3 – Equipment and funding
- Step 4 – Supporting your club
- Step 5 – Providing an attractive volleyball programme
- Step 6 – Developing the club workforce
- Step 7 – School-club links
- Step 8 – Resources
- Step 9 – Local competitions and leagues
- Step 10 - Sustaining the club long term
- Appendix A Volleyball England contact information

### Step 1 – Ask for help











Volleyball England are available to help guide you in making the most of your Change4Life Sports Club whether you are just starting the club, are currently running one and need help on the next steps, or have stopped operating and need to start up the club again.

In the first instance it is recommended to contact your School Games Organiser in your local area who will be able to offer support. Alternatively, contact Volleyball England directly: see Appendix A for contact information for Volleyball England. They will be able to offer guidance and direct you towards localised staff on the ground in your local area.



## Step 2 – Affiliation

Affiliating to Volleyball England is an easy process. Simply completing the 'Club Affiliation' form will ensure the club is fully registered with Volleyball England and offer you the following membership benefits:

-  £5 million public liability insurance.
-  Right to enter all official Volleyball England competitions and tournaments.
-  Development support from Volleyball England staff including any funding schemes and the Volley 1 2 3 Clubmark programme.
-  Right to enter all Volleyball England Annual Awards categories including 'Club of the Year'.
-  Regular updates on Rules and Interpretations.
-  Six copies per year of 3 Touch volleyball magazine – Volleyball England's very own magazine covering recent news, competitions, tournaments and much more
-  E-copy of 3 Touch available via the members area.
-  Monthly Volleyball England E-news delivered straight to your inbox.
-  Discounts on selected items from the Volleyball England online shop, including score sheets, coaching resources and merchandise.
-  Discount from several Volleyball England partners, including discounts on weekend breaks, hotel stays for your team and supporters, sportswear and sunglasses!

You can find the information on how to affiliate at [www.volleyballengland.org/membership/club\\_membership](http://www.volleyballengland.org/membership/club_membership)

## Step 3 – Equipment and funding

All Change4Life volleyball club schools were given initial start-up equipment to enable them to get their clubs off the ground quickly and smoothly. The equipment provided was as follows:

- sports net wall slider system with full hall length bracket system to offer maximum net usage space
- long net based on measurement provided by the school to fit the length of the sports hall
- set of five volleyballs
- tutor resources.

If this equipment cannot be found or has been misplaced please contact your School Games Organiser who will be able to assist with locating it. Alternatively contact Volleyball England who will be able to offer guidance. If you wish to purchase more volleyball equipment such as balls and ball bags please visit Volleyball England's equipment supplier at [www.sportset.com](http://www.sportset.com)





## Step 4 – Supporting your club

Your Change4Life Sports Club has been set up so that it offers a true club experience for all members. To provide that experience we recommend setting up a club committee. They will have an active role to play where there is a need for recruitment, fundraising and competition. The minimum requirements for a Change4Life Volleyball Club committee are a Chairperson, a Secretary and a Welfare Officer. Where possible we would like to see these roles being taken on by non-teaching staff or young people so that the needs of the club members are represented.

Role	Role description
Chairperson	Figurehead of the club who essentially leads the club by facilitating discussions on club development offered by members.
Secretary	Acts as the main contact within the club and assists in administrative duties and note-taking where appropriate.
Treasurer	In charge of club finances including club fees, and weekly subs where appropriate.
Welfare Officer	The main contact when it comes to welfare issues which might include, bullying, violence, inappropriate behaviour and bad language. This is an essential role for junior clubs and should be fulfilled by an adult.
Fixtures Officer	Responsible for organisation of matches, including intra- and inter-mural fixtures.
Club Promotion Officer	This person should be constantly thinking of ways to promote the club within the school and the community. Examples would include posters, special assemblies, hosting recreational ‘come and try’ sessions and so forth.
Press Officer	Working with the Club Promotion Officer by writing articles for school/local newspaper. If one doesn’t exist, why not consider writing a newsletter to distribute in the school.

The most important part of your volleyball club of course is your members and it will be important to actively engage and encourage those external to the club to get involved. This should be seen as a group effort, so all current members of the club should look to aid with recruitment maybe by bringing a friend and by keeping the activity programme attractive.

To help with such club activities and promotion the Youth Sport Trust has developed a ‘Change4Life Sports Club celebration pack - Young Leader Challenge’ which contains various resources to help plan for these promotional and celebratory events, whilst also offering suggestions for additional roles for members within your club. [www.change4lifesportsclubs.org](http://www.change4lifesportsclubs.org)





## Step 5 – Providing an attractive volleyball programme

It is important to develop an interesting, enjoyable and exciting programme for your Change4Life Volleyball Club because this will help attract and retain students within your club. This programme should be representative of the group you are working with in terms of their age, gender and abilities. As your club grows you may wish to develop a more coherent ‘player pathway’ to encourage progression from recreational sessions to more competitive levels of play.

Volleyball England has developed its mini-module resources (Volley Sport, Mini-Volley and Super Mini-Volley) to be able to offer basic level volleyball with a focus on core movement and co-ordination skills. These resources are intended to deliver these basics and provide a fun and inclusive volleyball programme.

## Step 6 – Developing the club workforce

A workforce of volunteers is important for any club and the best Change4Life Volleyball Clubs have developed a thriving young workforce from within the school. Volleyball England’s investment in young people is typified by their accessible resources and the opportunities they offer for general volunteers as well as those in leadership or officiating roles.

By developing your own coaching and young leader workforce, you not only sustain your club, but you are also providing personal development opportunities for pupils whilst also actively promoting a sporting attitude for life. For information on coaching courses and Volleyball England’s Young Leader and Young Referee courses visit [www.volleyballengland.org](http://www.volleyballengland.org) or contact your local School Games Organiser.

Volleyball England regularly holds events and tournaments which require volunteers, Young Leaders and Young Referees, which could offer pupils the opportunity to work closely with the National Governing Body and gain experience of regional and national events, whilst meeting new people. To register any interest for these opportunities please refer to Appendix A.



## Step 7 – School Club Links

Building a school-club link with a community club in your area can seem a daunting task. However, there are clubs available nationwide that are keen to have more juniors at their club and many of them have completed one or more stages of our Volley 1 2 3 (Clubmark) scheme. These are the clubs which meet minimum operating standard for juniors in their club in terms of child protection and welfare, club management, coaching and equity.



Clubmark is a cross-sport quality accreditation for junior clubs or clubs with junior sections. Volley 1 2 3, Volleyball England's Clubmark standard, is awarded to proven high quality volleyball clubs who cater for juniors.

School-club links are an integral part of developing your club and making it self-sufficient and sustainable. It also provides progression from a school club to community club setting for its members which encourages a sporting culture for life.

To find suitable clubs in your area to form school-club links with, please refer to our 'club search' function on our homepage at [www.volleyballengland.org](http://www.volleyballengland.org) or contact the National Club Development Officer (see Appendix A).



## Step 8 – Resources

As part of our commitment to the Change4Life Sports Club programme Volleyball England included coaching resources in the equipment offer to schools. The resources which came as part of this offer were:

- Volley Sport (2v2)
- Mini Volley (3v3)
- Super Mini Volley (4v4)
- Young Leaders Award
- Young Referees Award



### Volley Sport, Mini Volley and Super Mini Volley

These resources are designed to provide an interactive way of creating volleyball sessions. Each pack contains groups of warm-up, technical, development, game and summary cards with written and visual information for delivering volleyball content.



## Young Leaders Award

This resource has been created in unison with the national curriculum to be able to hit Leadership targets. Topics covered include:

- leadership characteristics
- coaching fundamentals
- planning, evaluation and reviewing
- tournament and Festival organisation
- basic refereeing.



## Young Referees Award

This resource is intended to be an introduction to refereeing and covers 2v2, 3v3 and 4v4 competition. Features of this resource include:

- basic risk assessment and management
- observation skills
- hand signals
- demonstration
- evaluation, feedback and self-reflection.



## Young Event Volunteer Award

In addition to the above resources Volleyball England has since created a Young Event Volunteers Award; this award aims to prepare each individual for any of the roles that may be required of volunteers at volleyball events. Associated roles include:

- line-judging
- event administration
- team liaison
- media and photography.

For more information or to purchase this award tutor pack, please refer the 'Shop' section of Volleyball England's website at [www.volleyballengland.org/shop](http://www.volleyballengland.org/shop)





## Step 9 – Local competitions and leagues

Volleyball England actively encourages positive competitive experiences between Change4Life Volleyball Clubs where transport and facilities allow. Use either competition format from Level 1 or 2 Sainsbury's School Games to facilitate competitions; these can include those young people who have not competed previously against other schools.

### Intra- and inter-school

Intra-school competition is developed internally at your Change4Life Club and your school. This provides a competitive outlet for your club but also looks to engage more students within your school by providing a fun yet competitive outlet for them. You can find the challenge and competition cards at [www.yourschoolgames.com](http://www.yourschoolgames.com)



### County

Each county will have a representative committee known as a county association/federation which offers local level competition, usually in a league format. If you are interested in competing on a local level then please refer to Appendix A. For county association contact details or alternatively contact your School Games Organiser to register your interest.

### Regional

Each region will also have a representative association or federation which offers regional level competition. Regional level competition usually contains the best local level teams within the regions competing against each other.

For more recreational players, each regional association or federation holds an annual 'Let's Play Volleyball' Festival specifically for junior players which may be more suitable for beginners who still wish to have a competitive outlet.

For information on either of the above, please contact your regional representative (Appendix A) or alternatively contact Volleyball England directly.

### National

Volleyball England hosts an annual 'Let's Play Volleyball' Festival which takes place over a full weekend with more than 100 participants in attendance. This is open to all entrants of all abilities and is a fun-filled outlet for players at the end of the academic year. To find out more about our national competitions, please contact Volleyball England directly.



## Step 10 - Sustaining the club long term

To ensure the club continues to sustain itself and develop in the long term, Volleyball England recommends you consider the following:

- Promoting the club and attracting new members.
- Encouraging a turnover of volunteers and officials. These do not necessarily have to be the young people themselves, and may extend to their parents/guardians and siblings.
- Try to have a mix of recreational, competitive and social activities.
- Think about club development and planning for the future – where are we now, and where would we like to be? Could you expand the club with extra equipment or coaches?
- Look for external opportunities – joining the local league, or volunteering within a community club.
- Look to provide ample training and coaching for members – Volleyball England resources were created to help aid this process.
- Do not be afraid to contact Volleyball England, or your local/regional associations for help. We are all committed to sustaining and developing our sport.
- Make sure there are opportunities after the Change4Life Sports Club whether the young person is a participant, coach, leader or official and we want to hear from you!



**Most importantly remember to have fun!**



## Appendix A.

### Volleyball England contact information

In the first instance please contact the national Change4Life Sports Club lead. You will find their contact information here [www.volleyballengland.org/about\\_us/head\\_office\\_staff/](http://www.volleyballengland.org/about_us/head_office_staff/).

In addition to the national lead there are also county and regional contacts that will be able to provide additional support. There are nine regional associations who are pro-active and willing to aid any clubs who need support. To access the most up-to-date contact details, please refer to the regional association's page on Volleyball England's website here [www.volleyballengland.org/about\\_us/regional\\_associations](http://www.volleyballengland.org/about_us/regional_associations).

If you are interested in providing Volunteering opportunities to your members outside the club, please refer to the 'Volunteering' section on the Volleyball England website at [www.volleyballengland.org/getintovolleyball/volunteering](http://www.volleyballengland.org/getintovolleyball/volunteering).

Should you not be able to find the information you require then please contact the Volleyball England Head Office on the details below:

Address: Sport Park  
Loughborough University  
3 Oakwood Drive  
Loughborough  
Leicestershire  
LE11 3QF

Telephone: 01509 227722

Email: [info@volleyballengland.org](mailto:info@volleyballengland.org)



