



SportRCT Case Study

Getting children more active – Church Village Netball Club

We were approached by a community member that wanted to start a brand-new junior netball club in Church Village. Natalie wanted to provide fun, weekly, accessible netball sessions in her local community, so we supported her to establish the club. Once she had club governance documents and a bank account, and had registered with Wales Netball, we took her through our Sport RCT Club Accreditation and began applying to the Sport Wales Be Active Wales Fund. The club was successful in receiving **£1,968** which allowed them to purchase equipment, upskill coaches and pay initial facility hire costs.

We supported the club with marketing materials, which were distributed in the local schools and wider community and the club launched social media channels to spread the word even further. **20** participants attended the first session, and as the weeks progressed their numbers grew and grew. Soon they had enough members to start competitive teams at Under 12's and Under 16's, so they entered the league and secured local sponsors to help them to purchase kit. The two teams are thriving and the club hope to add further age groups in the future. Most of the girls had not played team sport before. A lot of parents have commented that their girls have

grown in confidence, both on and off the court, through making friends and learning new skills. More recently the club has started a Back to Netball session, which is aimed at adults that want to play socially with no commitment. The session has been really popular, and they now have a team playing weekly in a senior league. The women have commented that Back to Netball gives them an opportunity to be physically active whilst having fun, meeting new friends and playing a sport they love.



"I enjoy going to netball with Natalie. She is a very positive person and makes it easy and fun for us. I am a very shy person and don't like making new friends but Natalie always encourages me and now I have lovely friends." Junior player

"I have met a great bunch of girls who I call my friends. I really love being back at netball, learning new skills and applying them to game time. Love having a more active life without going to the dreaded gym!" Back to Netball player

