



SportRCT Case Study

Rhondda Dragons Dodgeball Club

Rhondda Dragons Dodgeball Club had been running for 5 years with adults only, when they decided to establish a junior section. The Sport Wales School Survey results from 2022 showed a latent demand for dodgeball and the club were keen to introduce children to the sport. They knew that a junior section would help them to grow their club membership and their youth pathway. Dodgeball is an inclusive sport for children to take part in and a great way to get children active while having fun.

We supported the club to apply for a Sport Wales Be Active Wales grant. The funding allowed them to purchase equipment, book the first block of facility hire and upskill coaches with training courses. Initially numbers were low, so our AYP team offered to help promote the club with local primary schools. Our AYP officer contacted the local schools and arranged taster sessions for the club to promote themselves. We also promoted the club online and shared flyers locally.

The number of children attending the sessions grew and the sessions became sustainable. To continue growing the sport, we worked with the club to arrange a primary school dodgeball tournament. We linked with a local secondary school and arranged a Dodgeball Leaders course for some of their sports students. The students supported us to deliver the

primary school tournament and have agreed to volunteer as coaches to support the club's junior sessions. The primary school children loved the tournament and all the schools have asked us to run another next year.

Every week the children are developing key skills such as teamwork, hand-eye coordination, and communication. The sessions are aimed at children from 6 to 12 years of age, giving parents with more than one child the opportunity to attend one session with all of their children, and giving siblings an opportunity to share a hobby. The club has big plans to continue growing and hopes to establish sustainable junior and youth sections, which will feed their adult teams.

“She sees her friends and sees the new ones she's made through the club. She has a stutter and being here helps as she is talking and interacting with other children.”

Parent

“It's been great being able to bring all three of my children from age 3 to 11 to join in a sport together, make new friends and have a safe place to go.”

Parent

