



SportRCT

Case Study

St John Baptist Church in Wales High School – Netball club

The school's Gold Young Ambassadors became aware of a strong demand for an after-school netball club. They knew that school staff would be unable to start a new club due to other commitments, so decided to start one themselves. They identified a need for training and approached us for support. We were happy to support their coach education, so we funded Netball Leaders courses for them.

Once trained the Ambassadors started a Netball club for Year 7, 8 and 9. The after-school club runs every week, and 29 Key Stage 3 pupils regularly attend. The participants really enjoy the club, as it allows them to develop their skills, enjoy time with peers and keep active.

Delivering the club has allowed the Gold Young Ambassadors to develop crucial skills such as leadership, communication, organisation, and behaviour management. The experience and qualification gained will support them in future, allowing them to progress with their coaching outside of school. The project has also inspired 8 younger pupils to sign up as new Bronze + Young Ambassadors. Motivated by the senior YA's,

they signed up and now attend the netball club to shadow the Gold Ambassadors. They plan to complete the Netball Leaders training themselves and take on the delivery of the club from September.

At our recent Dragon's Den event the Gold Ambassadors requested £750 for equipment to deliver a 'glow in the dark' netball club. The use of fluorescent lamps mean that the balls and bibs light up in the dark, adding an extra bit of fun to every session. The funding request was granted, and the students are hoping to start the new club soon.



“Leading the club has really helped me to develop my coaching and leadership skills”

Coach

“Since joining the netball club, I have grown in confidence and joined other clubs”

Participant



29
participants



93%
now more active,
more often



97%
intend to continue taking
part in physical activity



83%
feel healthier



62%
feel more
confident



34%
feel happier



21%
made new friends



RHONDDA CYNON TAF