

Change 4 Life – Case Study

Mid Sussex Starlets Volleyball Club



<http://www.midsussexstarlets.com/>

Why We Chose Volleyball

“We chose to create a Change for Life volleyball club when the Manager of our School Sports Partnership approached the PE Department at our school about starting a club in one of the less well known Olympic sports. There are local adult teams, but no clubs for young people to take part in. We have created a pathway for players to develop from beginners into lifelong participants.”
(Lauren, Chairperson, year 11)

How We Started the Club

Our PE teacher got a small group of volleyballers from school together and asked us if we wanted to set up a local club with the aim of engaging young people in a community volleyball club that is run by young people. As a group, we formed a committee. We agreed a training day when a lot of people from our target group were free. Our school gave us the hall for free in exchange for us developing our leadership skills. The committee agreed a club vision, code of conduct and membership fee for the club so that it could be sustainable in the long term. We currently have 20 players in the club under 15 years old, a qualified coach and a year 11 leader who also helps coach us. (Alice, Vice-Chair, year 9)

Impacts of the Club

- **Engaging the ‘not yet engaged’ ...32%** of our members did not previously attend any community sports clubs
- **Developing the ‘engaged’... 21%** of our top members have enjoyed volleyball so much they now regularly attend Regional Talent Development sessions
- **100%** of our players have represented the club in **competitive** fixtures against other schools or clubs.

Being on the committee has helped improve my organisational skills and it has made me more confident. Playing in the club is also a higher standard than at PE club so my skills have also improved a lot. (Megan, Membership Secretary)

Volleyball is fun and our club has a really diverse group of people so you mix with players outside your friendship group. It is now something my school is good at and I’ll use it for GCSE PE (Ben)

This is the first club I have been to that is for a team sport so I really enjoy the teamwork and social aspect. I have also realised how much I enjoy coaching so I take opportunities to develop this. (Anna)

My skills have all improved and I now challenge myself more to learn new ones. (Emily)

Volleyball has helped me support and praise teammates more so I'm more positive as a person.
(Mary)

Future Plans

- Host a C4L festival
- Continue to support other C4L clubs (in addition to TWGGS)
- Increase number of boys at the club
- Gain qualifications as Volleyball Leaders and Young Officials
- Organise a trip to watch an elite match
- Expand into Beach Volleyball
- Enter a National Competition
- Get members into representative squads (Regional and Divisional)
- Gain sponsorship to support running costs
- Hold an Awards Ceremony for players and parents at the end of the season

