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Bolsover Village Games gives tips on..... Establishing a fun and friendly Back 2 Netball Session

Aim: A weekly Back 2 Netball session, where ladies can come along no matter what ability and get back into netball.

How does it work?

- Initially a lady asked about getting some netball going in the village and a coach expressed an interest in running a session voluntarily.
- A suitable location was scouted out and priced up (£18 per hour).
- Bolsover District Council were approached for funding as the project was in line with their "Return to Sport" programme and funding for 10 weeks of facility hire was granted.
- Fliers were produced and distributed in the local supermarkets/shops, hair & beauty salons and promotion was put on Facebook and the District Council website.
- Cost is £2 with profits currently returning to Bolsover District Council.

What does it take to get started?

- A coach (level 2 to be England Netball Affiliated).
- A suitable space – Netball court markings (sports hall/outdoor courts dependant on time of year).
- Some interested ladies to spread the word.

Benefits:

- Brings ladies back into sport and physical activity by providing a different opportunity to the usual fitness classes.
- Creates an informal social network of like minded people.
- Way to meet new people and try out new things together.
- Spin off benefits- some ladies have now started doing other activities together.

Drawbacks:

- In winter it needs a formal sports hall facility which is costly (and prices are increasing).
- Need to keep numbers up to make profit to increase incentive for Bolsover District Council to sustain the activity.
- Relies on Volunteer coach and their insurances.
- No current exit routes into more competitive netball.

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