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Chinley Netball Club gives tips on..... *Establishing an informal netball group*

Starting Point: A small group of women wanted to get back into netball, having not played since school.

Top Tips?

- Find a local netball court, ideally free of charge (try school or community facility).
- Found someone who knew the rules- in their case, a local person who was an umpire. You may find a qualified coach. If not, look up the rules and work together to build confidence. Some will remember more than others!
- Your County Netball Development Officer can also help. See <http://www.englandnetball.co.uk/regions>
- Find a time that suits a few people- consider light evenings or a floodlit area, timing for people getting home from work, or those having to put small children to bed.

What does it take to get started?

- A ball, a couple of sets of bibs, a whistle and some posts- and you're off.
- Produce a simple flier, explaining the aim, and the fact that it's for people who are new to netball, or haven't played since school
- Send flier out through local school (in book bags).
- Fliers work in the local post office and shops, hairdressers, GP surgeries, Parish Council notice boards and local places where lots of women work. **Go in and talk about it with people- get them inspired. Emphasise the fun nature of it.**
- Collect mobile phone numbers of players, so you can text message with arrangements in case the weather is bad and you have to cancel.

Benefits:

- A real community focus, so with a bit of word of mouth, a facebook group, and some fun, people will be flooding through the gates!
- People will really enjoy the recreational nature of it, it doesn't have to be really competitive.
- A few months on, you may feel that you would like some coaching, or to join a league. Contact England Netball (www.englandnetball.co.uk) for information on how to become a club, or for help with funding, coaching bursaries or local leagues.

Drawbacks:

- Without a 'club structure', affiliation etc, you won't be insured through England Netball
- You can get basic public liability insurance for recreational sport. Consider joining up with an existing local club or community association, or get a constitution, bank account and subs. Then you can take out your own public liability insurance.

