

<b>Title of Case Study</b>	<b>Wirral Junior Volleyball Sport Unlimited Programme</b>
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<b>Project Timescale</b>	<b>Autumn 2009 to present</b>



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### Summary of Case Study

The project involved pupils from several schools in Wirral receiving a programme of volleyball coaching with the aim of developing volleyball teams to represent 'Wirral' in a range of tournaments. It began with the development of a junior hub-club for girls at Pensby High School with help from a Sport Unlimited grant.

### Why was it needed?

Wirral Schools were not entering national and regional volleyball tournaments prior to this programme, though, due to the Sports Unlimited programme at Pensby Sports College, a number of Wirral schools were taking part in local schools competitions.

### Aims and Objectives

Increasing participation in Volleyball generally, plus a specific aim to increase participation among boys as there had been many more girls involved in the Autumn and Spring terms.

### Main Outcomes

Two Sports Unlimited programmes were involved. The Grange Road West programme was largely taken up by girls coming to train with Wirral Volleyball Club (VC) and followed the traditional pattern of a ten week block of coaching.

The second programme was the first term of Wirral Volleyball Club's 3-term Junior Volleyball Development Programme. This programme was aimed at boys and did not follow the traditional pattern of 10 weeks of supported coaching, instead it concentrated on a limited number of sessions in school (but outside curriculum time) and made up the 10 hours of sporting experiencing by entering some of the participants in national and regional competitions. In effect the grant was used to prepare teams for competition and to help meet the costs of entry and transport.

One under 15's boys team and three girls teams (under 13, under 14 and under 15) took part in two major tournaments. The under 15 girls team achieved 3<sup>rd</sup> place at the Newcastle Staffs Tournament where the under 13's girls also took 3<sup>rd</sup> place, while the under 15 boys won their competition when they took part in the Chester Volleyball Festival.

Both girls and boys teams are going on to take part in a larger junior competition at Pontins and will be competing in regional and national championships next season.

In all around 30 young people benefited from the two programmes, all but a few who have left school will be continuing to take part in schools level volleyball competitions in 2010/11, nine have joined Wirral Volleyball Club as junior members, and between 15 and 20 will be playing in teams competing in U15, U16 and U18 national and regional championships in the 2010/11 season.

In addition, 3 of the senior girls were helped by Partnership Development Manager Dan Keefe to access National Governing Body coaching qualifications, which they were able to utilise by helping to coach at the club.

**Who was involved?**

The Wallasey School & Pensby High School for Girls plus Grange Rd West Sports Centre  
 Merseyside Sports Partnership  
 Volleyball England  
 Sport England

**How was it Funded?**

Sport Unlimited programme funding was used for Wirral VC Summer programme and to support coaching and court time as part of Grange Road West Sports Centre's junior development programme.

Club enhancement grants from Volleyball England of £600 each for boys and girls.

**How do you know it was good practice?**

Volleyball has a much higher profile in Wirral Schools than it had a year ago. Eight secondary schools have taken part in one or more of the age-group competitions run in hub-club time at Pensby Sports College and there is much more interest in the game among young people and PE staff.

**Have you already done any Publicity or Promotion?**

Wirral Volleyball Club maintains a web-site to publicise the competitions and results and stays in close touch with PDMs, Competition Managers, SSCOs and PE Staff.

**What Next?**

Wirral VC have two remaining terms of Sports Unlimited grant under the agreed club development programme. The key objectives for the Autumn and Spring terms are to develop new satellite school-based clubs and to start-up a new schools hub-club which will be targeted largely at boys and will parallel the activity taking place at the existing hub-club at Pensby Sports College.

To maintain the momentum, teams will be entered in Volleyball England's U15, U16 and U18 national schools competitions and in the North West region's U14 competitions. The programme will also continue to support local (Wirral) age group competitions for U12s, U13s, U14's and U15's.

There is also an application in place with Merseyside Community Fund to cover the cost of playing kit for the boys team.

7 Wirral girls have been invited to regional training this year and at least three are expected to be selected for the regional squad. It's a similar story for the boys team. There are expectations for members joining the national squad as soon as 2011/2012.

**Concluding Key Point about the Case Study**

Competition is a more effective way of recruiting young people to sport and getting a long term commitment than programmes of coaching alone. Training in preparation for competition and taking part in competitions is a very strong motivator, even when some of the young people are playing in second or third teams.