

Sport RCT Case Study

Getting children more active – Dare Valley Flyers Netball

At the end of 2023, we were contacted by Lindsay, a local mother that was trying to find a netball club for her daughter. All local clubs were at capacity, with waiting lists, and there was nowhere for her daughter to play. After speaking to other parents in the same position, she realised the demand for another netball club in Aberdare, and with their support, she decided to start one.

We met Lindsay to offer advice and guidance. First, we focussed on governance, supporting her to build a committee and develop governing documents. With a little bit of social media promotion and word of mouth, the club soon had a full committee and two coaches. Next, we helped them to apply for grants to fund their start-up costs. A £2,268 Sport Wales Be Active Wales grant allowed the club to purchase equipment and storage, pay initial facility hire and book coach education courses. They also received £2,000 from Pen Y Cymoedd Community Fund, which funded further coach and umpire development. As a result, the club now have 6 volunteers qualified in coaching and umpiring. To fund playing kit the committee approached local businesses and secured sponsorship.

The club delivered its first taster session, and 35 children attended and registered. We supported the club with more marketing materials, social media promotion and arranged school taster

sessions. The club delivered sessions in 5 schools, handing out golden tickets to 80 local children. They also attended a local primary school netball league to promote the club and deliver a fun session. The club has now been running for 6 months and has almost doubled in size. They have 3 teams, over 70 players registered, and 8 active volunteers. Their head coach, a young student, was recently awarded Sport RCT Volunteer of the Month for her hard work.



“I love netball and being part of a team and making new friends.”

Player

“It’s made me more confident and active, and I’ve loved meeting new people”

Player

“The club has made us better netball players and helps with confidence. It has a big impact on our friendships.”

Play

