

Club Conference 2011: Participation and Volunteering

Employability, developing skills and qualifications and increasing your club's reach.



Welcome:



Catherine Adams
Participation Manager

Intra-League

Intra League Sport is a programme of **recreational** sport within the University. It **provides an opportunity** to take part in competitive sports without the commitment of training. Emphasis is put on **sportsmanship, team spirit, fair play** and above all **enjoyment!**

Over 2000 Staff & Students from across the University compete in the leagues and one-day tournaments throughout the year.

There are 6 Sports run over 28 leagues:

Mixed Netball

Men's and Women's 6-a-side Football

Men's 11-a-side football

Men's and Women's Badminton **NEW**

Men's Futsal

Mixed Hockey



Intra-League - Umpiring

Umpiring organisation

- Requirements
 - Weekly matches
 - One-off tournaments
 - Organised rota/nominated umpires
 - Working with the Intra-League Rep and Sports Development
- Support from UBSport
 - Equipment
 - Officials Courses
 - Regular reports i.e. any issues from players
 - Club contribution

Intra-League – Head to Head

Head to Head

- Requirements
 - Working closely with Intra League Rep
 - Checking facilities
 - Setting up a Club Team
 - Organising umpires for the matches
- Support
 - Equipment
 - Health and Safety
 - Facility costs

Try Sport

Try Sport is a programme of **coached** sport within the University, ideal for **beginners** or individuals **returning to sport**. A course lasts 10 weeks and is led by a Level 2 coach.

Clubs can use Try Sport as **development** for their club:

- Leadership skills
- Monetary contribution
- Pathway from participation to competition
- Increasing members
- Improve awareness of the sport



Sports for 2011-12

- Gymnastics
- Squash & Racketball
- Trampolining
- Golf
- Volleyball
- Judo
- Basketball
- Netball
- Hockey
- Korfball

Try Sport

Requirements

- Planned sessions
- Weekly progressions
- Flexibility with participant's needs
- 10 week end goal e.g. tournament, skill challenge

Support

- Equipment
- Officials/coaching courses
- Progressions e.g. where to next?
- Club contribution – where does the money go?
- Volunteer hours

Try Sport - Alternatives

One-Off sessions

- Pilot sessions
- Club day
- Generate interest/marketing
- “Best practice”
- Activity Days e.g. sailing, climbing

Pathways

If unsuccessful at trials...

- Intra-League & Try Sport
- Community clubs
- External leagues i.e. Leisure Leagues

Welcome:



Gary Yates

Volunteer Development Manager

Volunteering

- Volunteering in sport is increasing and becoming more important for employability
- Helps develop transferable life skills including communication, confidence, time management, organisation, leadership
- UBSport can help:
 - Looking to increase the number of UoB students volunteering
 - Providing recognition for your current volunteering as committee members

Key Facts

- *TimeBank* research conducted with job site reed.co.uk found:
 - When recruiting, employers value volunteering more than hobbies and travel on a CV with **80% of employers rating volunteering as important**
 - **70%** of employers claim that employees who volunteer have a **better chance of earning a higher salary** and gaining a promotion
- Research conducted by *ICM Research Group* found:
 - **60%** of 18- 24 year olds say volunteering has **improved their fitness** and nearly a third (32%) say volunteering has helped them **lose weight**
 - **22%** of 18 – 24 year olds say volunteering helps them **cut down on alcohol**

Opportunities for Club Members

- Campus projects
 - Try Sport sessions
 - Sport festivals
- Community projects
 - Delivery in local schools
 - Links with sports clubs
- Individual Placements
 - Coaching at schools or sports clubs
 - Officiating matches and events
 - Local, regional and national sport events

UBSport Support



- Support to setup your project including gaining additional funding
- Support to access funding to subsidise qualifications in return for volunteer coaching and officiating hours
- Recognition of volunteering

Personal Skills Award

- Points based recognition scheme
- Nationally recognised award
- Example points:
 - Club Captain = 80 points
 - Committee Position = 55 points
 - Intra-league Rep = 55
- Opportunity to register during welcome week



Questions?

- Thank you for listening
- Feel free to contact me in the future:
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 - <http://www.sport.bham.ac.uk/volunteers/>

Chris's Final Thought:
Make your time work for you.

