

Éducation,
Loisir et Sport

Québec



Sports Activity Development Plan **2020-2023**

Development Guide
for Québec Sports Federations



Project title	<i>Netball</i>
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Organization	Quebec Amateur Netball Federation

1	Status report	
	In this section, you must draw up a clear, detailed profile of your sport using each sports activity sphere (initiation, recreation, competition, excellence, discovery).	
	1.1 Initiation	an educational approach promoting the expression of the game inherent in sport
	Participants (age, number, categories, etc.), the various programs (names, duration, frequency, rules, practitioners)	Groups are divided by ages: 8 to 12 yrs and 13 to 17 yrs. In a typical year, we have on average 30 girls and 5 boys registered.
	Reception or supervisory structures (club, team, business, city, school), infrastructures, facilities and equipment	An instructor teaches the basics of netball (techniques, and rules). Infrastructure is supplied by the City of Montreal. We have access to three indoor facilities (gym) for a total of 15 hours per week for all levels of programs, and we have access to two outdoor courts dedicated to netball, available all days of the months of June through September (weather permitting).
	Programs in place	Our initiation programs are offered once a week for 1h for sessions of 10 weeks, with 3 sessions per year.
	Safety and integrity of people in sports	Programs are in place to keep games and practices safe for all players. Coaches undergo safety training. Note that netball is a non-contact sport.
	1.2 Recreation	relating more to the world of play than to that of competition
	Participants (age, number, categories, etc.), the various programs (names, duration, frequency, rules, practitioners)	This activity is open to all ages, for people who know how to play and enjoy playing netball for pure enjoyment. In a typical year, we have on average 25 girls/women and 5 boys registered.
	Reception or supervisory structures (club, team, business, city, school), infrastructures, facilities and equipment	This activity is more of a drop-in type of program, where often, older players (usually from the competitive program) organize the warm-ups and the games. Infrastructures are supplied by the City of Montreal. We have access to three indoor facilities (gym) for a total of 15 hours per week for all levels of programs, and we have access to two outdoor courts dedicated only to netball, which are available all days of the months of June through September (weather permitting).
	Programs in place	Our annual recreation programs are offered once a week for 1h30.
	Safety and integrity of people in sports	Programs are in place to keep games and practices safe for all players. Coaches undergo safety training. Note that netball is a non-contact sport.
	1.3 Competition	more performance-oriented than game-oriented
	Participants (age, number, categories, etc.), the various programs (names, duration, frequency, rules, practitioners)	Our competitive structure is composed of 12 different teams issued from the six (6) existing clubs in Quebec and two (2) affiliated Ontario clubs. The teams are divided in four divisions: A, B, C, and open mixed. The A, B and open mix categories are based strictly on abilities and players can begin as young as 13 years of age. The C level is for less experienced players who are starting out in competition. In a typical year, we have about 100 girls/women and 10 men registered, including the excellence teams.
	Reception or supervisory structures (club, team, business, city, school), infrastructures, facilities and equipment	Each team has a coach and an assistant coach. The infrastructures are supplied by the City of Montreal, we have access to three indoor facilities (gym) for a total of 15 hours per week for all four levels of programs. And we have access to two outdoor courts dedicated only to netball, which are available all day of the month of June until September (weather permitting).
	Programs in place	There are 8 tournaments organized throughout the year (two for each division).
	Safety and integrity of people in sports	Programs are in place to keep games and practices safe for all players. Coaches undergo safety training. Note that netball is a non-contact sport.
	1.4 Excellence	exclusively brings together athletes engaged in the search for the highest level of performance in their sport discipline
	Participants (age, number, categories, etc.), the various programs (names, duration, frequency, rules, practitioners)	On average, 15 women (25 yrs and up) for Open Ladies category, 10 women (17 to 23 yrs) for Under 23 category, 10 men (18 yrs and up) for Open Men category. All three teams are considered at provincial/national level. Teams practice up to 2 times a week all year round.
	Reception or supervisory structures (club, team, business, city, school), infrastructures, facilities and equipment	Each team has a coach, assistant coach and team manager. The infrastructure is supplied by the City of Montreal. We have access to three indoor facilities (gym) for a total of 15 hours per week for all levels of programs, and we have access to two outdoor courts dedicated only to netball, which are available all days of the months of June through September (weather permitting).
	Programs in place	Many tournaments are organized at the provincial (Coupe du Québec, every year) national (Canadian Championships, held every year in a different province, this year British Columbia) and internationally (World Netball Championships every 4 years)
	Safety and integrity of people in sports	Programs are in place to keep games and practices safe for all players. Coaches undergo safety training. Note that netball is a non-contact sport.
1.5. Discovery	the first contact with a sports discipline	
Participants (age, number, categories, etc.), the various programs (names, duration, frequency, rules, practitioners)	We have a variety of discovery activities aimed at those who are new to the sport. During the summer months, camp counsellors are hired to visit local day camps in order to engage campers in netball (through practicing netball drills and games). During the school year, volunteers visit schools to integrate netball into physical education curricula.	
Reception or supervisory structures (club, team, business, city, school), infrastructures, facilities and equipment	Elementary schools and summer camps receive our instructors. Infrastructure is supplied by the school/camp.	
Programs in place	Summer Camp Program and schools program.	
Safety and integrity of people in sports	Programs are in place to keep games and practices safe for all players. Instructors and camp counsellors undergo safety training. Note that netball is a non-contact sport.	

	2 Presentation of problems identified	In this section, you must highlight the various problems and the impediments or obstacles to sports activity development that your organization has encountered in its operations.
2	Problem	Description of the problem
	Initiation	
	-Netball is not a widespread sport, still unknown to population at large.	Even though Netball has been practised in Quebec for more than 40 years, it is still quite unknown. A sport reserved for women has now been made open to men since 2004. Very much in the Commonwealth tradition, it does not benefit from large scale exposure you can get from professional sports or even the Olympics.
	-Recruiting and generating interest	Stemming from the previous description, recruiting can be a challenge.
	Recreation	
	-Netball is not a widespread sport, still unknown to population at large.	Because people do not really know the sport, they cannot see the great benefits of netball, for fitness, teambuilding and cooperation.
	-Recruiting and generating interest	If people don't know it they will not come and try it as a recreational activity.
	Competition	
	-Low funding	The demographics of netball in Montreal is not suffuse with wealth. The Federation, the clubs and the participants must always find ways to fundraise, in order to buy uniforms and equipment and also travel.
	-Need for installations which are proper to play netball.	For years indoor installations did not include netball lines. Clubs had to put tape on the floor to mark the field of play. Outdoor facilities were also few and inadequate, with other sports such as basketball having priority.
	-Limited pool of players and competition	Stemming from our first problem, in Quebec we have a limited pool of players therefore limiting the possibility of competition.
	Excellence	
	-Low funding	The demographics of netball in Montreal is not suffuse with wealth. The Federation, the clubs and the participants must always find ways to fundraise, and this in order, to buy uniforms and equipment and also travel.
	-Need for installations which are proper to play netball.	For years indoor installations did not include netball lines, clubs had to put tape on the floor to mark the field of play. Outdoor facilities were also few and inadequate, other sports such as basketball had priority.
	Discovery	
	Low funding	As being an instructor in a summer camp or school is intensive and takes a lot of time and commitment, we rely on paid workers for these programs. However, it is difficult to find the funds to pay salaries for the workers.
Appropriate venues	We have identified several summer camps and schools for our programs and have been working with them for several years, but as netball is not well known, extra work must be done to find further venues.	

Appendix 3: Determination of objectives and actions

The following are the focuses of intervention deemed relevant and feasible within the period from 2020 to 2023.

3	Definition of the main focuses of intervention (issues)	
	Initiation	Need to promote netball and increase interest, recruitment of new members to increase participation.
	Recreation	Need to promote netball and increase interest, recruitment of new members.
	Competition	Need to promote netball and increase interest, increase funding, increase access to training facilities, increase the competition circuit.
	Excellence	Competition and excellence are directly linked and have the same challenges and needs.
	Discovery	Finding appropriate venues and forms for discovery activities and funding.

The description of each action can take this form:

Initiation				
Objective	Action	Target	Performance indicator	
Promote and introduce the sport of Netball	Publicity pamphlets distributed in schools (elementary and secondary)	Girls and boys 9 years to 16 years	Registrations	
	Creation of a web site & social media (Facebook)	Population at large	Hits counter on site / number of likes on Facebook / etc.	
	Media exposure during national championships in 2019 (Local newspapers)	Population at large		Actual Comm Su
Recruitment	Offer netball clinics in schools and day camps	Girls and boys from 9 years to 16 years	Compiling lists of participants and follow-up to join the local clubs	Animators
	Target community and sports centres to offer initiation to netball course / advertise on radio stations	Girls and boys from 9 years to 16 years	Registration	Commun
Recreation				
Objective	Action	Target	Performance indicator	
Promote and introduction to Netball	Publicity pamphlets distributed in schools (elementary and secondary)	Girls and boys and their parents	Registrations	
	Creation of a web site & social media (Facebook)	Population at large	Hits counter on site / number of likes on Facebook / etc.	
	Media exposure during national championships in 2019 (Local newspapers)	Population at large		Actual Comm Su
Recruitment	Offer netball clinics in schools and day camps	Girls from 9 years to 16 years	Compiling lists of participants and follow-up to join the local clubs	Animators
	Have open netball times on outdoor courts during the summer season in parks take advantage of the presence of parents and their children	Families and population at large	Sign-up sheets	

Competition				
Objective	Action	Target	Performance indicator	
Promote netball as a competitive sport	Media exposure during national championships in 2019 And all competitions (Local newspapers)	Population at large		
Increase funding	Organize fundraisers (walk-o-thon, dances etc...)			
	Find sponsors	Local and corporate sponsors/Recurring sponsorships		
	Apply for grants with different foundations (Canadian Tire etc.)			
Increase access to training facilities	Request and negotiate with municipal authorities for more access to proper indoor and outdoor facilities			
Increase competition circuit	Examine the possibilities to introduce netball to other communities in order to increase teams and competition	Population at large		
Excellence				
Objective	Action	Target	Performance indicator	
Promote netball as a competitive sport	Media exposure during national championships in 2019 And all competitions (Local newspapers)	Population at large		
Increase funding	Organize fundraisers (walk-a-thon, dances, etc...)			
	Find sponsors and apply for grants with different foundations (e.g. Canadian Tire)	Local and corporate sponsors/Recurring sponsorships		
Develop skills for scorekeeping / timekeeping / umpiring	Host workshops by high-level umpires, scorekeepers and timekeepers.	All interested players.	Performance in the workshops and practices.	
Increase access to training facilities	Request and negotiate with municipal authorities for more access to proper indoor and outdoor facilities			
Increase competition circuit	Examine the possibilities to introduce netball to other communities in order to increase teams and competition	Population at large		
Discovery				
Objective	Action	Target	Performance indicator	
Find appropriate venues for discovery activities	Coordinate with local summer camps and elementary schools to find appropriate venues for discovery activities.	Children in summer camps / elementary schools		
Obtain funding for our discovery programs	Search for donations and sponsors, and conduct fundraising activities.		Amount of funding obtained	

