



# STORIES OF CHANGE

Our principal partners help shape the strategic development of Volleyball in WA and allow Volleyball to share one of the World's most played sports throughout the state.

## CURRENT STRATEGIC PARTNERS



**alcohol  
thinkagain**



**fortix**



## Our Mission

***To support Western Australian communities to play the world sport of Volleyball in an inclusive and fun environment.***

## Our Purpose

***To inspire healthy minds and bodies through volleyball***

## Our Values

***INCLUSIVITY***

***HEALTH***

***RESPECT***

***COMMUNITY***

***WELLBEING***

***ACCESSIBILITY***



# INCLUSIVITY

## **What does Volleyball WA do?**

It's the State Sporting Organisation for Volleyball in Western Australia. We are responsible for everything to do with the sport from grassroots to the national team.

## **What's the main purpose of your role?**

To lead our organisation and translate the strategic plan into operation. More specifically I am responsible for facilitating opportunities to play and grow participation.

## **What does Volleyball WA do to encourage inclusiveness in sport?**

As an organisation we strive to lead by example our staff and board are both gender and culturally diverse. We have developed a Diversity and Inclusion Policy which is publicly available to our volleyball community.

Sport is a great equaliser and connector, we partner with groups and associations to support their community to build understanding and acceptance. We develop programs and events to create opportunities for all to discover and experience volleyball. We celebrate our countries multiculturalism by running events like Harmony Cup and Country of Origin.

## STORIES OF **CHANGE**

- Volleyball WA launches new adaptive volleyball programs
- Women in volleyball feature
- Volleyball proudly inclusive
- United volleyball club passing the volley
- Volleyball WA's Multicultural Uniform Guide
- Harmony, Kalamunda & Pride Cups
- ATA Country of Origin
- Sitting & Chair Volleyball
- 18 CALD Affiliated Clubs
- World Food Festival Government House
- Diverse WA Cultural Competency Course for all staff

Karen Wickham

**Volleyball WA**  
**Participation Manager**



Maurice Marcelo  
**United Volleyball  
Club**

## ***How does Volleyball WA help promote a sense of community?***

Since it is a team-based sport volleyball does a great job of promoting a sense of community among all of the players and volunteers involved. With the large number of affiliated teams across the state covering a large variety of leagues, skill levels and locations, there is a team for anyone to come along and feel like a part of the community

Even within the VWA office we pride ourselves on our sense of community. We promote collaboration among staff and we openly accept any newcomers.

## ***United through Volleyball***

If there is one story that embodies that sense of community it would be the story of United Volleyball Club and their founder Maurice Marcelo.

Maurice immigrated from the Philippines as a teenager and would have moved back there if it was not for her discovery of her love of volleyball and the level of acceptance and community she got from it.

After playing volleyball for almost 20 years, Maurice and a few friends founded the United Volleyball Club.

Their goal with this club was to focus on welcoming new members and encouraging them to forge friendships. The club is less focused about on court results and is more focused on promoting the game of volleyball and creating an environment that is accepting of new players.

Maurice has described United as a "feel good club" and we are sure that all the members would agree. United continues to be a great example of the value of community that VWA wishes to promote

## **STORIES OF CHANGE**

- Volleyball a sport that unites
- A proud moment for Pride Cup winners!
- FORTIX a company that cares for community
- Promoting sports positive contribution to mental wellbeing in our community
- United through volleyball
- Volleyball unites to welcome members of the LGBTQIA+ community (Perth Scorpions Volleyball Club)
- Volleyball part of the Duke 4 Sport program



# HEALTH

## **Volleyball for health and fitness**

Volleyball is a game that can be played by all ages, genders, skill, and fitness levels. It can be played year round indoor and outdoor. It provides a good cardio and strength workout and promotes agility and hand/eye coordination.

As a team sport it teaches communication and teamwork, its social aspect helping to reduce stress and anxiety.

Five of our 13 staff and several of our board members play the game regularly for fitness with others in the team choosing alternative physical activities but all of us understand the benefits of good health.

## **Healthway**

Volleyball and Healthway have a long-standing successful partnership in promoting good choices for good health.

Healthway is a major partner of Volleyball WA supporting several events each branded with the Alcohol. Think Again / Think Again messaging to encourage behaviour change across our broad community.

These events help increase the awareness of the messaging and provide education opportunities advocating for good health among our players and spectators.

In 2021 Volleyball WA announced the appointment of four inspiring volleyballers as the sports ambassadors who are helping us to promote a healthy volleyball life.

The partnership also supports our efforts to provide healthy environments for our members. VWA actively promoting the national Good Sports program to our clubs in support of increasing the understanding of making good choices about drugs and alcohol.

## **STORIES OF CHANGE**

- Diamond Fitness building stronger volleyball players
- Star Physio supports volleyball for 20 years
- WA Youth teams shine brightly at Bendigo championships
- Meet our 2022/23 ATA Volleyball WA Ambassadors
- Tune up your shoulders for indoor season
- The Good Grocer nourishes corporate volleyballers
- Beach volleyballs triumphant return to Koombana Bay, Bunbury
- The Foodie Box passionately supports the WA volleyball community
- Keeping our sporting stars on the court



Alcohol. Think Again  
**Healthway**



# WELLBEING

## **What does Volleyball WA do to encourage and promote mental wellbeing in the community?**

Internally we take the time in each staff meeting to celebrate and recognise our wins for the month personal and/or professional. Each Thursday we take turns to bring our dogs to work for the day. The office party planning committee ensure we never miss a birthday and an opportunity to get together.

We have developed a Mental Health Charter for our organisation and make this publicly available to our clubs, associations, affiliates and members. Our communication seeks to tell the good news stories from our community. We acknowledge R U OK? Day in our office and encourage our clubs to do the same. During Mental Health Week we deliver our Fortix Corporate Cup event using sport to help start a conversation about mental well-being.

## **Our partners in mental well-being?**

We recognise the need to partner with others to drive the message of mental well-being to our community. We have a partnership with the WA Association of Mental Health (WAAMH) who we work with to elevate this important topic in our community. They are keen supporters of our Fortix

Corporate Cup event which brings the conversation to a significant audience.

In 2022 we welcomed new partner Outside the Locker Room who presented workshops to our WA Steel teams. We played a role in the development of the Sportwest Mental Health Framework and in 2023 will begin to implement our new Mental Health Plan for clubs and community.

## STORIES OF CHANGE

- Volleyball reduces corporate stress
- Why volleyball is so good for your teenager
- Shared vision for better health in our community
- Volleyball reduces student stress levels at Perth universities
- WAAMH Partnership
- R U OK? Day
- Mental Health Week
- FORTIX Corporate Cup
- Star Physio Sponsorship
- Diamond Fitness Sponsorship
- OTLR partnership

James Lewin  
**Star Physio**  
Volleyball WA Sponsor



Western Australian Association  
for Mental Health

**SPORT  
WEST**

O | T  
L | R  
OUTSIDE THE  
LOCKER ROOM

**DIAMOND**  
The strength to succeed

star physio



# RESPECT

## *Respect in Sport?*

Respect is a learned behaviour and sport is an excellent vehicle for delivery. Respect is having a regard for other people and their lives; it is showing those around us compassion and empathy. Children who show respect will find they are successful in all aspects of life.

The sports environment is a great place to grow and establish respect. While involved in sports, individuals will learn the importance of respecting their teammates, coaches, opponents and spectators.

## *What's our role?*

Volleyball WA takes their role seriously and has implemented several member protection initiatives and controls in order to achieve our vision and mission and to create safe, respectful, accessible and inclusive environments.

Volleyball WA aims to ensure that all those associated with our sport are protected from discrimination, harassment and abuse. VWA also seek to ensure that all are aware of their legal and ethical rights and responsibilities, as well as the standards of behaviour that are expected from them.

We have actively promoted the Be a True Sport and Good Sports messaging through our programs and events. This compliments

those messages around alcohol management and mental health our major sponsor Healthway promote in sport.

## *Show of respect.*

Dani Francis commands respect whenever she is on court or around the game and rightly so. She is a referee with over 20 years experience, nationally and internationally recognised and in 2020 was awarded Referee of the Year at the Volleyball WA Awards. As a former player she has a unique understanding of the challenges both mental and physical on athletes and is able to manage play on court and demand respect.

## STORIES OF **CHANGE**

- Refereeing gives you so much more than you think
- Volleyball recognises the sports wonderful contributors
- Referees play a vital role in the success of the WA Volleyball League.
- Honours to Michael Holmes a life dedicated to volleyball
- Codes of Conduct
- Be a True Sport
- Good Sports

Dani Francis  
**Referee**



# ACCESSIBILITY

## **Volleyball is a game for all!**

Volleyball is a world sport, played at the Olympic and Para-Olympic levels it can be played indoor, outdoor, at the beach, at a park, in the backyard or even the pool. In terms of equipment needed to play a piece of rope strung between two trees for a net and a ball is really all you need as you can see this is really a very accessible sport.

## **What does Volleyball WA do to increase accessibility?**

Reducing the barriers to play increases the accessibility to play and Volleyball WA does a lot to facilitate opportunities to play.

Providing commitment free social opportunities to play like Harmony Cup, Country of Origin events, Rotto and Pride Cups.

Operating clinics in schools and school holiday camps providing the place to play, coaches, referees and the equipment to play.

Introducing the game to regional areas of the state through clinics and try volley sessions. We developed the Discover Volleyball brand, programs and events to deliver volleyball to a broader audience.

We also bought Sitting and Chair Volleyball to the state as well and continue to bring opportunities to a disabled audience.

## **Brad Barclay**

Brad is a volleyball player with an incredible personal story which starts with a love for the game spanning more than 25 years. A workplace

accident ended his career as an electrician due to the amputation of his lower left leg but not his competitive spirit.

He wasted no time getting back to the sand after the accident and represented the Australian Para Beach Volleyball squad in China in 2019. He is also a committee member of the ParaVolley Asia Oceania Beach Commission and is travelling to Florida in December 2022 to compete in standing beach ParaVolley.

## STORIES OF CHANGE

- Volleyball WA set to stimulate spontaneous play
- Australian Beach Para Volley heating up
- Volleyball in top ten growth sports during COVID
- Volleymates goes live!
- Could volleyball be the ideal physical activity for our population
- Australian Masters Games 2022
- All Abilities & Adaptive Volley
- Appointment of Community & Stakeholder Engagement Coordinator plus Regional Development Coordinator in Southwest & Peel



Brad Barclay

## **Australian Para Volleyball Player**



*For further information about Volleyball WA  
please get in touch.*

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