



2024

# LEAD VOLLEY YOUTH NETWORK





Young people seek not only a sense of purpose from their volunteering and work, but also prospects for growth and ongoing feedback, learning, and development. Through a range of workshops and discussions in a supportive environment, the Lead Volley Youth Network (LVYN) will develop the minds of future volleyball leaders and offer young people a voice.

LVYN aims to educate and equip young people with the knowledge and resources to not only participate in club activities but also empower young people to make a positive contribution to their club and the volleyball community.

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## KEY OBJECTIVES

### 01 EDUCATE

The Lead Volley Panel has been transformed into the Lead Volley Youth Network (LVYN). By encouraging youth participation and capacity building, Volleyball WA (VWA) is promoting its purpose to inspire healthy minds and bodies through volleyball. VWA recognises that many young people are involved in the sport as coaches, referees, or administrators, and it is crucial to assist and encourage them as they develop professionally and personally, just as we do for our players.

### 02 EQUIP

The project will support the achievement of the following Volleyball WA Strategic Plan outcomes:

- Implement a state-wide engagement plan incorporating new and innovative activities that provide for all ages.
- Identify and engage ambassadors to advocate and support volleyball.
- Develop and implement professional development (with qualitative assessment) for staff and volunteers.

As well the Healthway's priorities of:

- Improving mental health
- Increasing physical activity
- Preventing harm from alcohol

### 03 EMPOWER

# LEAD VOLLEY PROGRAM

The LVYN will convene multiple times a year in various places, including the VWA Office in West Perth; regional representatives will be able to participate via Zoom. The VWA Club and People Development Coordinator will lead the workshops, with assistance from coaches, referees, and volunteers from the volleyball community.

The concept is to create an atmosphere in which individuals may learn, engage, and reflect while also having fun, socialising, and getting to know one another. With each session also including skill building exercises. At the conclusion of the program, individuals will have the skills and knowledge, as well as accreditations to be able to make a positive contribution to the club, whether it be taking on a coaching / refereeing position or an administrative role.

## MENTAL HEALTH FOCUS

LVYN will include a mental health component with assistance from Outside the Locker Room and event organisation during Youth Week. Volleyball WA will actively endorse and integrate this initiative into the WA volleyball community and the Lead Volley Youth Network, aiming to strengthen and support local clubs / associations.



# DRAFT PROGRAM

## Workshop 1

### Meet & Greet!

The initial session will be an opportunity for members to meet and be provided with the outline of the Lead Volley Youth Network activities, as well as setting clear responsibilities and expectations. Decisions will be made about when and where participants will meet for the rest of the year. Finally, individuals will reflect on what they hope to gain from the program, whether it's to coordinate a fundraising activity, join the committee, or become more involved with the club as a volunteer.

## Workshop 2

### Outside the Locker Room

Outside the Locker Room offers programs in Leadership & Culture, Resilience, and Mental Health for Lead Volley Youth Network participants. These sessions build leadership skills, foster a positive culture, and enhance mental health, providing young people with strategies for resilience and overall wellbeing.

## Workshop 3

### Teamwork

Participants in this session will go rock climbing. Rock climbing fosters collaboration and problem-solving abilities. Participants may move out of their comfort zone and push themselves in a safe atmosphere while also having some fun.

## Workshop 4

### Let's talk about refereeing!

Volleyball clubs currently affiliated with VWA have reported a need for additional volunteers, particularly referees. Participants will complete a referee accreditation in this session. By including this workshop in the program, the program will be supporting their club by adding an accredited referee.

**Guest:** Current referee to give some tips and tricks.

## Workshop 5

### Let's talk about coaching!

Current VWA-affiliated volleyball clubs have stated a need for additional volunteers, particularly coaches. Participants will complete a coaching accreditation in this session. By including this workshop in the program, the program will be supporting their club by adding an accredited coach.

**Guest:** Current coach to give some tips and tricks.



# DRAFT PROGRAM

## Workshop 6

### Youth Week, WA

With the oversight of Volleyball WA, the event for Youth Week, WA will be integrated into the Lead Volley Youth Network's objectives, providing tangible outcomes for the young leaders aged 18 - 24 in the volleyball community. This will enhance their leadership skills, event planning and community involvement through the hands on experience in the lead up and during Youth Week.

## Workshop 7

### Congratulations & Debrief

The concluding workshop will be plenty of fun for participants to celebrate their accomplishments over the year. Each participant will present their personal and club triumphs and be able to reflect on what they have learnt. The strongest initiatives will be presented at the Clubs Conference that year to highlight the Lead Volley Youth Network.



# LEAD VOLLEY MEMBERSHIP

## MEMBERSHIP

LVYN members will be aged 18 - 24years. The expectation of membership will be that individuals attend and participate in each workshop to the best of their ability.

## APPOINTMENT PROCESS

Members can self-nominate for the program [here](#). By allowing self nomination, we aim to attract individuals who are genuinely interested in participating and developing their leadership potential.

## CONTACT US

For more information please contact Volleyball WA's Club and People Development Coordinator

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