



**Volleyball
Ireland**

Social Volley Handbook

**Guidelines for starting a new social volley
activity**

What is Social Volley?

Social Volley aims to remove the barriers of entry to Volleyball and creates a fun relaxed environment that supports anyone interested in taking up or returning to the sport. These sessions are run by individuals or groups inside or outside of volleyball clubs, and are open to anyone to join. The emphasis is on fun, socializing, keeping fit, and making friends. If someone who plays Social Volley wishes to compete they can progress to a more competitive section of clubs to fulfil that desire.



What Volleyball Ireland does to support Social Volley

Volleyball Ireland has dedicated development staff to help you get your activity off the ground. We can help you out with:

Administration support

Helping formalize partnerships between you, local schools, venues and Local Sports Partnerships – LSPs can be a great help when starting a new club

If you are running a youth activity, providing step by step support and guidance on Child Welfare and Garda Vetting requirements and processes

Providing off-court support and training for your club volunteers

Providing a club development handbook, to help you further expand your activity and bring your club to the next level

Equipment

If needed, providing you with 5-10 training balls depending on the size of your group (for new social volley initiatives only), and purchasing for you any other equipment you may need

Volunteers support

Providing one place (free of charge) on official Volleyball Ireland Coaching and Referee education courses. This can help upskill your volunteers

Providing plans and other resources to support sessions

If additional volunteers are needed to be recruited, Volleyball Ireland will work with the main organiser to identify the tasks required and put together a document clearly outlining these tasks for prospective volunteers

Promotion

Creating and providing you with posters and marketing material specific to your sessions to advertise to the local community

Promoting your sessions on Volleyball Ireland's Social Media Platforms

Supporting the organization of an open night & taster evening to kick start the club

How to start

It is great that you are willing to start a new social volley activity in your area.

What volunteers need to do:

- Have an interest in volleyball and be willing to spend time running sessions. You'll need to look after registrations on the night for example.
- Be positive, organised and encouraging, creating a welcome environment for all to join!
- Be on the lookout for and recruit more potential volunteers to assist.

Here following we have covered all the main points you will go through when organizing a social activity.



Define what type of social activity you want to start

- **Youth or Adults?** Consider the necessities to fulfil safeguarding and garda vetting requirements for tutors of an underage group (see more details [here](#))
- **Level:** beginner, intermediate or advanced? Usually Social Volley is targeted to beginners, to introduce them to the game, but nothing will stop you from gathering a group of former players of intermediate level.
- **Length of the activity:** it is important to understand the interest in this activity. We suggest to start with 4-6 week social volley programme, and then continuing if the interest gathered is high.
- **How many times a week or month** would you like to meet? We suggest once a week for 1 hour.

Promotion Tips

Advertise locally to find people interested in playing Volleyball:

- Put up posters in local shops and companies, schools and gyms
- Send an article to the local newspapers or newsletters,
- Advertise in Free Add Papers
- Share the activity on social media and websites
- Simply spread the word.

Include your own contact to gather responses.

Contact Local Sports Partnerships and VLY to promote your new activity.

Keep promoting the activity even after it started. If the group grows, the session will become more fun!

Coach or tutor

You will need one person that organizes sessions, gathers and stores equipment, collects money and much more. You don't need to be a coach to run a social volley session. VLY can support you with training planning for 6 weeks to kickstart. If you would like to have a licensed coach, VLY can put you in contact with one of the coaches in our network.

Find a hall

Investigate halls locally and find out what times are available for you to train in, the hall hire costs, and what volleyball net equipment is available. You could get in contact with schools or other local associations that may run a hall (e.g. Local Sports Partnerships), or directly with VLY, as we can use our contacts to reach out to possible venues.

Most halls will require the group to have Public Liability Insurance. Check this when you are investigating halls. If you need public liability, contact VLY. directly, we can help you out with it.

First meeting

Whether you are on your own or with a group of friends to organize this activity, there are details you need to decide: hall times and costs, day and time to play, payment per training or fixed fee for a given period of time, equipment and volleyballs needed. You could discuss these at the first meeting, and in case changing your approach.

Also, find out a bit more about the people that respond with interest to your call, most of all what experience they have in volleyball, and who is up for taking an organizational position as tutor or coach.

At this point, the very early stages of the activity are set in motion and you are meeting and playing. Generally, most groups start out with all skill levels playing at the same session. Depending on the number of people attending on a weekly basis, their skill level and even the breakdown of male to female you might as a group decide early on to run different sessions according to the age, level or gender. Just make sure you have people from the group willing to run these sessions and that you can meet the hall hire costs.



Associate club affiliation

In order to access equipment, courses for tutors and volunteers, insurance, promotion, events and many other opportunities offered by Volleyball Ireland, social volley initiatives must be affiliated with Volleyball Ireland. The fee for associate club affiliation is €25 per initiative (club).

To get your affiliation fill in the [2021/22 Associate Club Affiliation](#) form and create a personal profile on [GoMembership](#) (for club administration). Through GoMembership, you will get access to events and courses, as well as registering all the data of your members into your club.

For more information:

www.volleyballireland.com/social-volley

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