



**Volleyball  
Ireland**

# **DIVA**

**Developing Inspiring  
Volleyball Activators**

**RECRUITING NOW**

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# Introduction

The Developing Inspiring Volleyball Activator (DIVA) programme educates and empowers female college students to increase volleyball participation at their institution.

It creates inclusive recreational opportunities for students and members of the community. It provides essential professional development for students to gain life and employability skills during their time at University.

Each DIVA will be provided with training, equipment and resources to establish Social Volley in their College. This can take the form of traditional Volleyball or Sitting Volleyball which is designed for people with a physical disability and/or mobility issues.

The programme includes continuous learning and development as well as Nationally organised fun competitions for Social volley participants.



**Engage all your students**  
**It's the forth most**  
**participated sport in the**  
**World for a reason!**

**Diverse is best**  
**One of the most inclusive and**  
**diverse sports, fostering**  
**connection through cultures,**  
**genders, sex orientations**  
**and physical abilities**

# How it works

1

DIVA's are recruited by College Sports Officers and Volleyball Ireland, through a coordinated promo campaign. We aim to have 16 DIVAs across Ireland recruited by the beginning of October.

2

Volleyball Ireland host a 1 day training day providing education, equipment, uniforms and marketing materials for each DIVA.

3

With support from College Sports Officers, the DIVA organises weekly social Volleyball activity which are advertised across the College Community.

4

After 6 weeks Social Volley programme, DIVAs will report to Volleyball Ireland with numbers, challenges and achievement. After addressing issues, other 6 weeks of trainings will be delivered, leading to a national fun blitz.

5

Throughout the programme our DIVAs will receive continuous development and learning opportunities, with support from Volleyball Ireland's Women in Sport Officer.

6

The DIVA continues their progression in Volleyball leadership perhaps helping with the Varsity Team or local club, whilst the players find a life long love for Volleyball.

# Role of the DIVA

To lead, coordinate and promote the development of Social Volley at the host university/institution. To inspire new participants to take up the sport regardless of their level or ability. To create a fun and welcoming environment which focuses on developing inclusive recreational opportunities.

- Deliver weekly Social Volley sessions
- Encourage participation
- Submit termly reports to Volleyball Ireland providing updates on the number of participants attending and engaging in your sessions
- Bring one social volley team minimum to the national blitz
- Develop a pathway from recreational volleyball to competitive Volleyball
- Establish links with the sports development team in the College/Institute and local volleyball clubs
- Raise the profile of your host college/Institute, volleyball activity and DIVA programme through social media
- Provide and share good practice stories with Volleyball Ireland and other DIVA's
- Utilise the further education training courses places offered by Volleyball Ireland.



# Who is the DIVA?

She is positive and enthusiastic

She is full of energy

She is full of chats

She can organise people

She is good on Social Media

She has a can do attitude

She is passionate about getting people active

She likes encouraging others

She likes making others happy

She probably likes Volleyball

## Personal Specification:

- Must be a female student based at the host university/institution, does not necessarily have to play volleyball.
- Positive, outgoing and enthusiastic nature.
- Excellent communication skills, both written and verbal.
- Ability to work in a team and on own initiative.
- IT and Social media literate, capable of raising the profile of the volleyball activity.
- Passionate about developing sport, particularly volleyball.
- Willingness to mentor students and potential future DIVAs.
- Motivational attitude which inspires those around them to engage in volleyball.
- Strong organisational skills – capable of organising weekly sessions and standalone events



# Benefits of Taking Part

## For the DIVA

- Upskilling and Development of transferable skills
- Shop window' for future employment opportunities
- Vital Experience for CV development
- Free sports coaching qualifications
- Free Hoody and T-shirt
- Develop new friendships
- Be a leader
- Have an impact and make a difference

## For the college

- Social and recreational sports participation will increase
- Development of coaching / leadership capacity within the student population
- More students being more active
- Foster social inclusion and cultural exchange through sport
- Create a sustainable pathway from beginner participation to competitive performance
- Opportunities for Sitting Volleyball activation increasing opportunities for students with a physical disability
- Relationship development between College and an NGB



# Expectations

## VLY. will...

- Run a DIVA training day providing training in different strands of Volleyball
- Offer free places for DIVA's on Volleyball Ireland referee and coaching courses
- Provide resources and lesson plans to run the programme
- Provide posters and marking materials
- Give additional support for DIVA's applying for small grants
- Provide equipment packs to help the DIVA get the sessions up and running. This includes 10 x Training Balls.
- Be on hand with Social Media support and use of Volleyball Ireland logos and branding
- Give each DIVA a branded hoodie and t-shirt
- Organise a National Blitz for all participating Social Volley teams
- Provide a staff member to continuously support and mentor the DIVA

## The College will...

- Advertise and promote the programme within the university/institution
- Recruit one or more suitable candidates to be a DIVA
- Complete the application form alongside the DIVA
- Provide weekly sports hall slots for Social Volley
- Promote the programme and sessions on the university/institution website and social media
- Assist the DIVA's in applying for additional funding from localised sources
- Provide a €250 contribution to support the training and education of the DIVA
- Encourage and support the DIVA to increase participation
- Supporting the DIVA in the organisation of logistics for bringing the social volley team to the national blitz

# What is Social Volley

“Fun, social and games based”

“It’s Volleyball but more relaxed”

“It’s a bit of craic”

“It’s a good chat, some running around, plenty of laughs and bit of sport”

“It’s a the best way to try a new sport”

“It’s welcoming, non-judgmental. All sorts of abilities and for Men and Women”

“Inclusive and everyone can play”

“Volleyball but without all the complicated rules”

“Soft ball, it feels nice to hit”

“It’s a cool way to keep active and get energy”

“The perfect break from studies”

“Fun way to meet new people and make new friends”

“Great way to get involved in college life”

“Small sided with no fancy or expensive equipment”

“Really fun and thoroughly enjoyable”

“The best way to get back into a sport you loved at school”



# Timeline



**The DIVA programme provides a unique opportunity for someone to make a real difference to College life.**

**You could be that person that motivates someone to find a new sport that they love, for the rest of their life.**

# **Leave a Legacy**

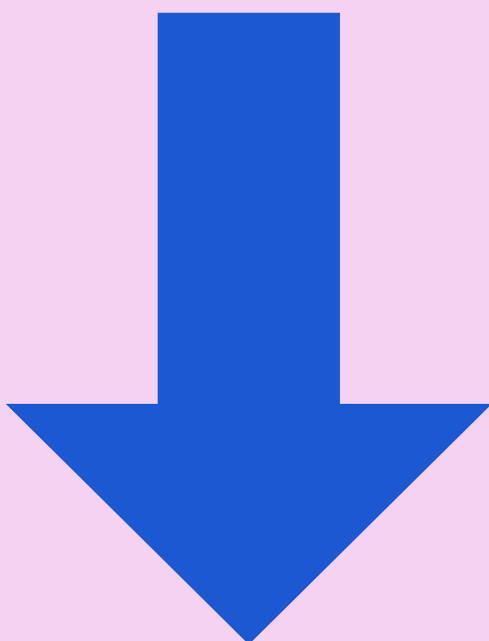
**Apply Now:**

**Fill in the [DIVA form](#) and the [College form](#)  
by September 28th 2022 COB**

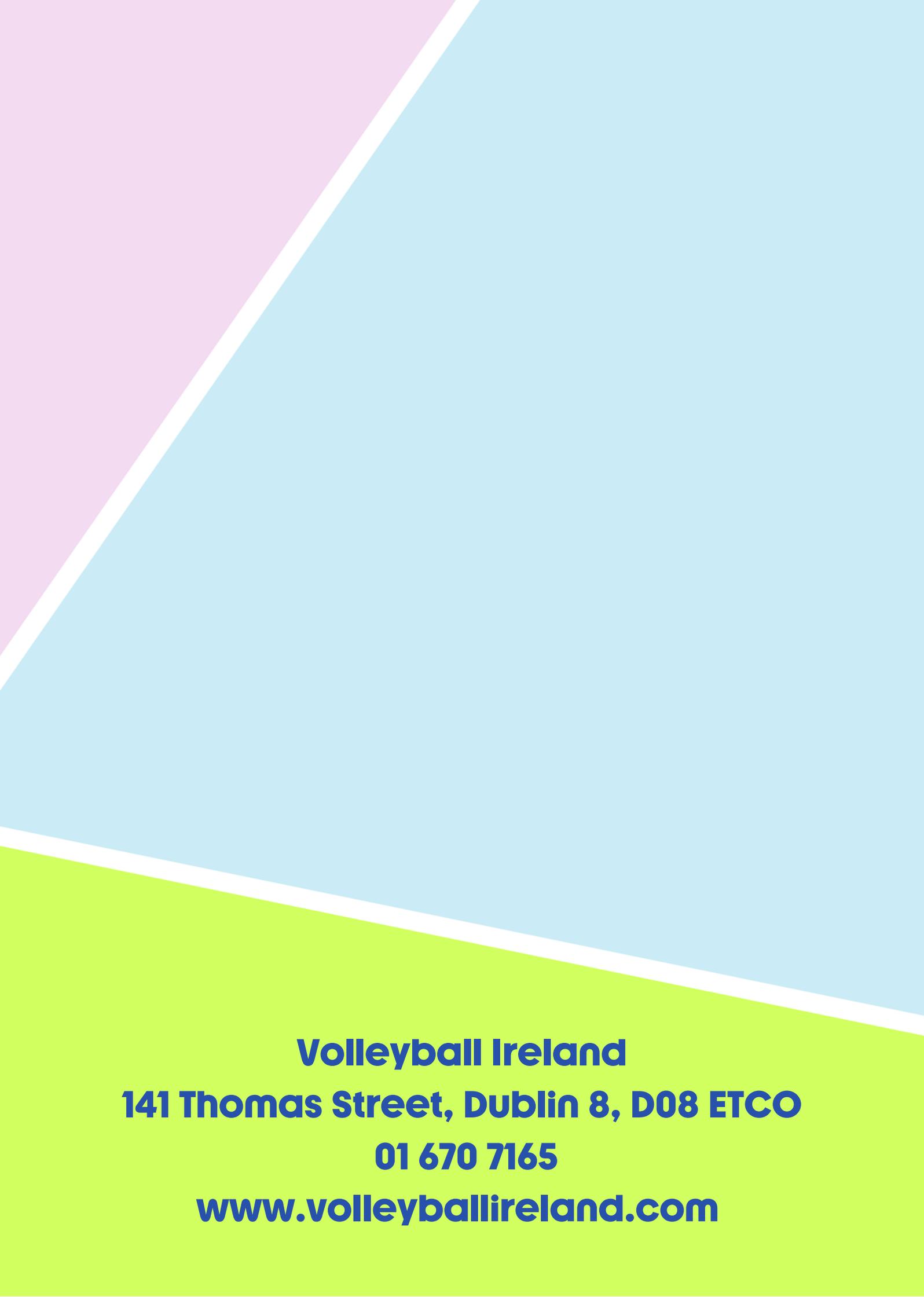
**For more info, contact  
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