



Volleyball  
Ireland

Volleyball

**ENERG  SERS**

**2023-2024**

# Introduction

The Volleyball Energiser 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 Volleyball Energiser 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

Volleyball Energisers are recruited by College Sports Officers and Volleyball Ireland, through a coordinated promo campaign.

2

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

3

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

4

After 6 weeks Social Volley programme, Volleyball Energisers 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 Volleyball Energisers will receive continuous development and learning opportunities, with support from Volleyball Ireland's Women in Sport Officer.

6

The Volleyball Energiser 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 Volleyball Energiser

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 Volleyball Energiser programme through social media
- Provide and share good practice stories with Volleyball Ireland and other Volleyball Energisers
- Utilise the further education training courses places offered by Volleyball Ireland.



# Who is the Volleyball Energiser?

They are positive and enthusiastic  
They are full of energy  
They are full of chats  
They can organise people  
They are good on Social Media  
They have a can do attitude  
They are passionate about getting people active  
They like encouraging others  
They like making others happy  
They probably like Volleyball

## Personal Specification:

- Must be a 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 as Volleyball Energisers.
- 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 Volleyball Energiser

- 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 Volleyball Energiser training day providing training in different strands of Volleyball
- Offer free places for Volleyball Energisers on Volleyball Ireland referee and coaching courses
- Provide resources and lesson plans to run the programme
- Provide posters and marketing materials
- Give additional support for Volleyball Energisers applying for small grants
- Provide equipment packs to help the Volleyball Energiser 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 Volleyball Energiser 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 Volleyball Energiser

## The College will...

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

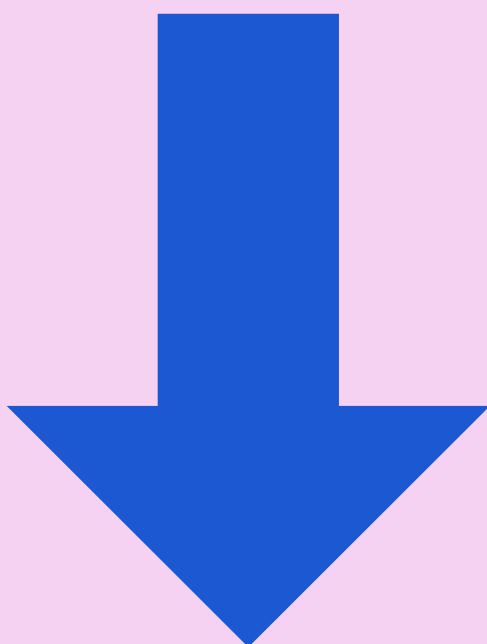
**Apply Now:**

**Fill in the [Energiser form](#) and the [College form](#) by September 30th 2023**

**For more info contact  
[linad@volleyballireland.com](mailto:linad@volleyballireland.com)**

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