



Pine Rivers Netball Association

PROJECT BRIEF & NOMINATION FORM

TO: Affiliate Clubs
FROM: Jenny Collins, Secretary
DATE: 25th June 2009
RE: Challenge Achievement and Pathways In sport – PRNA Leadership Project

As advised previously PRNA Executive has approved the implementation of a trial Leadership project utilising the Australian Government's Challenge Achievement and Pathways (CAPS) in Sport program.

Up to six (6) young leaders will be selected and provided with support as they learn and gain experience across a range of areas including:-

- Administration
- Umpiring
- Coaching
- Event/Team Management
- Sports Health
- Participation

The bonus for our young Leaders is that the PRNA scheme will be operated as a work scheme with Leaders being "employed" and receiving payment for their work hours.

The successful Leaders will work each Saturday from 8:30am – 4:30pm at the PRNA courts rotating around work tasks logging their experience and hours of service. In addition, PRNA's Leaders will be actively involved in the organisation and running of PRNA's Club Carnival, Annual Awards evening and Winter Fixture Finals.

The CAPS scheme incorporates three (3) steps of achievement followed by the Australian Sport Leader Award. Hours of service and work tasks completed contribute to the participant's achievements.

Applications close on Friday 3rd July with successful Leaders commencing the work scheme from 11th July.

To assist with the promotion of this opportunity to your members please find attached an overview of the CAPS scheme along with an Application form. If you have any questions please don't hesitate to contact myself.

Jenny Collins
Secretary

CHALLENGE ACHIEVEMENT AND PATHWAYS IN SPORTS Netball

There are many qualities that a leader possesses, all of which may be developed. All that is needed is the desire to develop them, and the willingness to become involved. This is not a finite list, but some of the qualities that leaders/volunteers possess are:

- **Ability to set goals**
- **Pride in presentation and appearance**
- **Good self-image**
- **Satisfaction in the achievement of others**
- **Self motivation**
- **Ability to fix the problem not the blame**
- **Tolerance of others**
- **Positive attitude**
- **Honesty**
- **The foresight to look for ways to improve**
- **Good self-esteem**
- **Good communication skills**
- **Self discipline**

You already possess all of these qualities. You were born with them. The CAPS Scheme provides an opportunity for you to develop these qualities to the level you desire, while also learning about the many work tasks involved in running the Pine Rivers Netball Association.

A Message From Netball.....

Challenge, Achievement and Pathways in Sport (CAPS) encourages young people 14 to 20 to participate in a wide range of activities designed to challenge and extend their skills and capabilities.

Through their leadership and participation, personal qualities such as self-esteem, self-awareness and self-motivation will be developed as their participation in, and knowledge of, their chosen sport Netball is developed.

Along the way these young people will be able to assist many aspiring young players, coaches, umpires and administrators in gaining a positive and enjoyable start in sport, as well as assisting and learning from those who have already devoted many hours to netball.

Playing sport is definitely rewarding but equally as important is all the behind the scenes work that must take place if a game of netball is to happen. Through this program participants will gain an appreciation of the many facets, groups and committees, which are needed and whose function it is to organise, implement, support and administer the game of Netball.

The Challenge

What is CAPS all about?

The Challenge, Achievement and Pathways in Sport concept is a leadership development program. It offers young people opportunities to develop valuable leadership qualities and proficiency through the vehicle of sport.

The emphasis here is on development. Young people do not already have to be leaders, but need to have the necessary desire to develop the qualities that a good volunteer, or employee, requires. They need the desire to develop skills that would enable them to contribute to their local sporting community and assist in the strengthening of the volunteer base that supports the sporting structure of Netball.

The bonus for participants in the Scheme is that the personal development they experience and the skills they acquire will be applicable in all walks of life.

The Netball CAPS Scheme offers young people the opportunity to learn new skills and provide a community service by participation in four or more of the following activity areas:-

- Administration
- Umpiring
- Coaching
- Event/Team Management
- Sports Health
- Participation

Participants may use a combination of these activities to work towards one of the Steps in the Scheme. On completion of Netball Step 3 participants will be eligible for entry to the Sport Leader Award.

Participation in Netball is recommended but not compulsory.

Who suits CAPS?

Any young person aged between 14 years and 20 years is eligible for entry to the Scheme. All activities need to be completed by the participant's 21st birthday.

How does it all happen?

After reading this brochure, interested participants will send in a completed 'CAPS Scheme Registration Form' to the Secretary, Pine Rivers Netball Association. PRNA will review all applications. Applicants will be shortlisted with successful applicants being invited for an interview. Following this the PRNA Project Committee will select up to six (6) young Leaders to join the project and be registered into the PRNA CAPS Leadership scheme.

PRNA's CAPS team will be coordinated by the Project Team members who will meet on a regular basis with each team member, coordinate their work tasks, provide training and ongoing support ensuring achievement of at least Step one of the CAPS scheme by the completion of the 2009 Winter Fixture season (end September).

In the majority of work areas the participant will be working under supervision gaining ongoing training while opportunities to work independently will also be provided once competencies are demonstrated.

On the completion of each activity the participant will record entries into their diary. Space is available for the supervisor to make a short comment about the activity and these will also be signed off by our Project Manager.

Once a Step is completed the participant will fill in the "Application for Award" form. This will be signed and submitted by the Project Manager who will also arrange for the presentation of the certificates.

The Achievement

The Steps

There are three Steps to the Netball CAPS Scheme – Step 1, Step 2 and Step 3 – requiring a minimum of 20 hours, 20 hours and 30 hours respectively to complete (ie. A total of 70 hours are required to achieve Step 3).

Each Step is cumulative towards the next

All participants will enter the Scheme at Step 1 and will be at least 14 years old. Step 2 participants will be at least 15 and Step 3 participants are required to be 16 to begin. The PRNA trial project has the objective of ensuring participants complete at least Step 1 prior to the end of the Winter Fixture Season.

Each unit of activity will take between four and fifteen hours to complete. It can take a minimum of nine months to complete all three Steps, and PRNA will look to offering the CAPS scheme on a permanent basis depending on the success of this trial – it may continue on a fully voluntary scheme in future seasons depending on funding availability.

Participants who do not have access to a particular unit may, after consultation with their co-ordinator, double up in one of the other units. For example, a participant from a remote area may not have access to sport health and after consulting with their co-ordinator may double up in the area of coaching.

Participants may not double up in the area of participation

Participation will only count as a one unit credit at Step 1 of the Scheme.

Entry to the Scheme will be free for participants, however they will incur some costs if they elect to attend courses and workshops to complete a component. PRNA is committed to keeping costs for these activities as low as possible, and will deliver the majority of training via their own Management team. However, should participants choose to attend any external training courses cost may apply.

All successful participants will be required to be a registered member of their club and have a Tax File number.

The Model

SPORT LEADER AWARD					
30 Hrs					
STEP 3	Administration	Team Management	Coaching		
	15 hrs	15 or (10) hrs	Or (5) hrs		
STEP 2	Administration	Team Management	Active School Leaders		
	10 hrs	10 or (5) hrs	(5) hrs		
STEP 1	Administration	Team Management	Participation	Sports Health	Active School Leaders
	5 or (4) hrs	5 or (4) hrs	5 or (4) hrs	5 or (4) hrs	(5) hrs

STEP 1: 4x5 hrs or 5x4 hrs = 20 hrs 3 months min

STEP 2: 2x10 hrs or 1x10+2x5 hrs = 20 hrs 3 months min

STEP 3: 2x15 hrs or 1x15+1x10+1x5 hrs = 30 hrs 3 months min

TOTALS 70 hrs 9 months min

PLUS SPORT LEADER AWARD 30 hrs 3 months min

TOTALS 100 hrs 12 months min

Step 1 (This is the Step that the trial project will involve)

At this level participants will take part in a minimum of 4 units and a maximum of 5 units. This will either be 4 x 5 hours or 5 x 4 hours for a total of 20 hours.

Examples:

John enters the Scheme and decides at Step 1 he would like to try administration; coaching; participation and sport health. He would participate in a minimum of 5 hours an activity for each of these areas.

Sarah also enters the Scheme and at Step 1 decides that she is going to participate in event/team management; administration; sport health; umpiring and coaching. She must complete a minimum of 4 hours in each activity area.

Step 2 (Beyond the scope of PRNA's initial project)

Participants here may undertake a minimum of two units and a maximum of three. They will also start to major in at least one area (10 hours), possibly two (2 x 10 hours) or one major (1 x 10 hours) and two minors (2 x 5 hours) for a total of 20 hours.

Examples:

Sarah, having completed Step 1 of the Scheme, moves on to Step 2. She has decided that she will major in both administration and sport health and invests a minimum of 10 hours into each activity.

John makes a decision to major in coaching which takes a minimum of 10 hours to complete. He also minors in administration and Active School Leaders for 5 hours each.

Step 3 (Beyond the scope of PRNA's initial project)

At this top level participants may also undertake a minimum of two units and a maximum of three units. Again there will be at least one major (15 hours), possibly two (2 x 15 hours) or one major (1 x 15 hours) and two minors (1 x 10 hours and 1 x 5 hours) for a total of 30 hours.

Examples:

Sarah stays with her majors of sport health and administration and fulfils the minimum requirement of 15 hours for each area.

John continues with his coaching major which takes 15 hours to complete and he also works for 10 hours with his administration minor. He then picks up a second minor event/team management and fulfils the 5 hour requirement.

And then.....

Having completed Step 3 of the CAPS Scheme, participants will qualify for entry into the **SPORT LEADER AWARD**.

The distinctive Award recognises and honours the participants' commitment in completing the three certificate steps, and then applying their newly gained knowledge and skills, through service to the community.

The emphasis will have moved from personal development to service. For example, the participants may now be involved in coaching, rather than attending coaching courses.

The service component is not sport specific and may be completed in one or more sports and one or more of the activity areas, excluding Sports Participation and Active School Leaders. To complete the Sport Leader Award the participant will complete 30 hours of service over a minimum 3 month period.

PRNA will be working towards ensuring the work being undertaken by participants in both the initial trial project, and future implementation of the CAPS scheme at PRNA, contributes to the achievement of this Award.

The PRNA CAPS scheme is all about providing not only work experience for our young leaders to build the future management network for PRNA Netball it is also about recognising and valuing the contribution that our young leaders make.

We look forward to receiving nominations from many of our players and look forward to working together with clubs to provide a valuable experience to the successful participants.



Pine Rivers Netball Association

CAPS LEADERSHIP WORK PROJECT APPLICATION FORM

Name: _____ M ()/F () please tick

Club _____

Postal Address _____

_____ Postcode _____

Home Phone _____

Mobile: _____

Date of birth _____

Age _____

Email: _____

Mother's Name: _____

Mobile: _____

Father's Name: _____

Mobile: _____

I/we give permission for our daughter to be involved in PRNA's CAPS LEADERSHIP WORK PROJECT and understand the weekly attendance requirements that she will be required to meet during the Winter Fixture Season.

Signature:

Signature:

I certify that _____ has the full approval of the

_____ Netball Club to be considered as one of the chosen participants for PRNA's CAPS Leadership Work Project.

Name: _____ Position: _____

Signed: _____