Benefits of Participation in Netball for Young People from CALD Backgrounds.



Increase understanding of the positive impact that netball can have on young people and families from culturally and linguistically diverse (CALD), migrant and refugee backgrounds, while highlighting the benefits for Associations and Clubs that embrace cultural inclusion.

WHY THIS MATTERS

Netball is much more than a sport, it is a place where young people develop confidence, friendships, life skills and a sense of belonging.

For young people from culturally and linguistically diverse backgrounds, participation in netball can also play an important role in supporting settlement, community connection and social inclusion. By creating welcoming and culturally inclusive environments, Associations and Clubs can help participants feel valued, respected and connected from their very first experience.

YOUNG PEOPLE AS FUTURE LEADERS

Young people are the future of netball and should have opportunities to help shape the sport they want to be part of. Listening to young people from diverse cultural backgrounds can help Associations and Clubs better understand their experiences, identify barriers and create programs and environments that reflect their needs and interest.

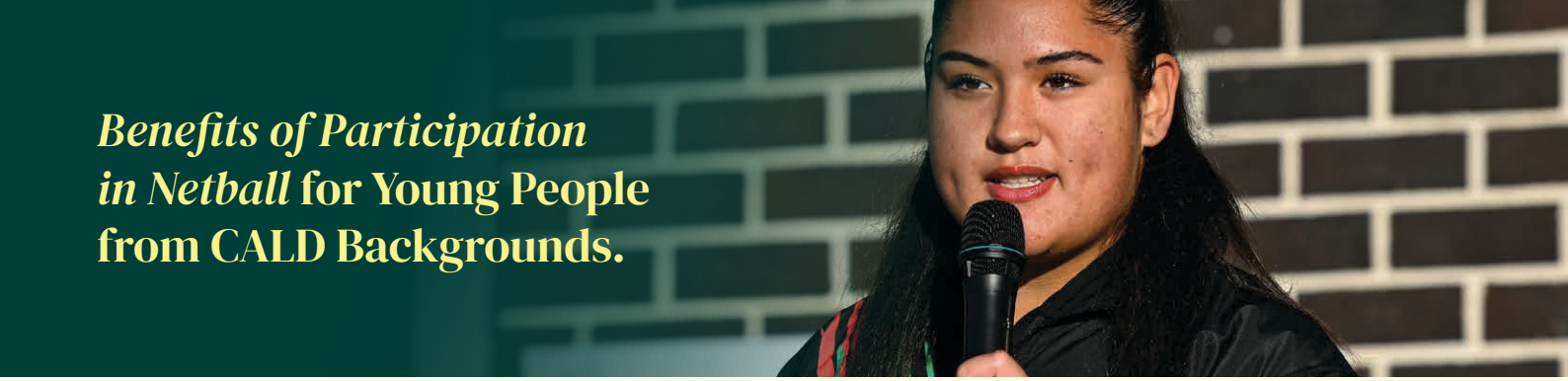
Associations and Clubs could:

- Establish a Youth Advisory Group with representation from multicultural communities
- Provide opportunities for young people to share their ideas, experiences and perspectives on netball
- Ask young people what they would like to see, do and experience within their Association or Club
- Involve young people in planning programs, events and initiatives that affect them
- Create pathways for young people of all backgrounds to develop their leadership skills through coaching, officiating, volunteering and committee roles

Giving young people a genuine voice today can help build the inclusive leaders, volunteers and advocates of tomorrow.

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BENEFITS FOR YOUNG PEOPLE FROM CALD BACKGROUNDS

Like all young people, participants from multicultural backgrounds join sport to have fun, be active, learn new skills and spend time with friends. Netball provides these opportunities while also supporting successful participation in Australian community life.

Participation in netball can help young people to:

- Develop confidence through learning new skills and achieving personal goals
- Build friendships and social connections with peers from a range of backgrounds
- Practice English naturally through conversations, teamwork and game play
- Improve physical health, fitness and overall wellbeing
- Develop teamwork, leadership and communication skills
- Build resilience, independence and self-esteem
- Feel connected to their local community
- Experience belonging within a safe, supportive and welcoming environment

SUPPORTING YOUNG PEOPLE FROM REFUGEE BACKGROUNDS

Some young people from refugee backgrounds may have experienced displacement, conflict, interrupted education or limited opportunities to participate in organised sport.

For these participants, netball can provide:

- A safe and welcoming environment
- Opportunities for play, enjoyment and physical activity
- Positive routines and stability
- New friendships and trusted adult role models
- Opportunities to develop confidence and feel part of their community
- A place where everyone is valued regardless of previous experiences

Understanding that every participant has their own story helps coaches, volunteers and officials respond with empathy and flexibility.

BENEFITS FOR FAMILIES

Participation in netball often creates benefits that extend beyond the individual player.

Families may:

- Build new friendships within the community
- Learn more about Australian community sport
- Increase confidence engaging with schools, clubs and local organisations
- Discover opportunities for siblings and other family members to participate
- Become volunteers, coaches, officials or committee members
- Feel a stronger sense of belonging within their local community

When families feel welcomed and included, young people are more likely to continue participating and thrive within the sport.

BENEFITS FOR ASSOCIATIONS AND CLUBS

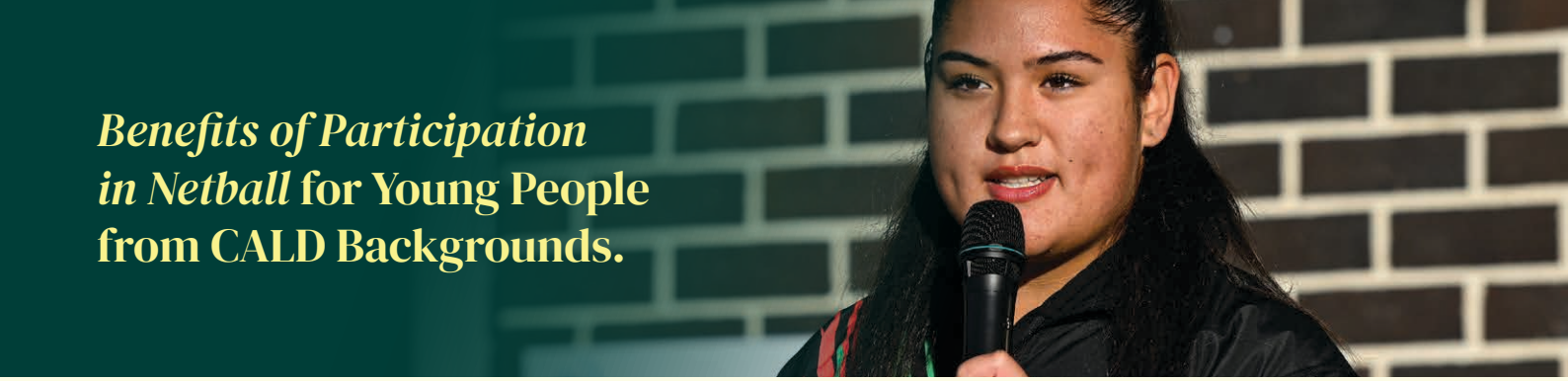
Creating culturally inclusive environments benefits everyone involved in netball.

Associations and Clubs that embrace diversity are more likely to:

- Grow participation and membership
- Strengthen long-term sustainability
- Attract and retain volunteers, coaches, umpires and officials
- Build stronger relationships with local communities
- Increase family engagement and volunteer support
- Foster a welcoming, respectful and inclusive club culture
- Enhance their reputation as a community-focused organisation
- Better reflect the diversity of modern Australia

Inclusive organisations are often more innovative, adaptable and better equipped to meet the changing needs of their communities.

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PRACTICAL WAYS TO SUPPORT PARTICIPATION

Small actions can make a significant difference for new participants and families.

Consider:

- Offering Come and Try sessions for new players with an information stall to answer questions and provide details on how to sign up and get involved
- Using simple, clear and inclusive communication
- Providing translated information where appropriate
- Introducing buddy systems for new participants
- Celebrating cultural diversity throughout the season
- Offering flexible participation options
- Encouraging family involvement in club activities
- Listening to participants and adapting where possible

Creating an inclusive environment is about making everyone feel welcome—not asking everyone to fit into the same experience.

WHAT SUCCESS LOOKS LIKE

A culturally inclusive Association or Club is one where:

- New participants feel welcomed from day one
- Families are encouraged to be involved
- Diversity is celebrated and respected
- Different cultures, languages and experiences are valued
- Everyone has the opportunity to participate, contribute and belong

KEY TAKEAWAY

Netball provides young people from culturally and linguistically diverse backgrounds with opportunities to build confidence, friendships, skills and a sense of belonging. By creating welcoming and culturally inclusive environments, Associations and Clubs strengthen participation, enrich their communities and ensure everyone has the opportunity to enjoy the game.