

## 2009 OYAP Netball Safari

A partnership between sport and sport for development organisations in Lesotho saw over one hundred teachers and young people receive coach training that focused on both quality sport and life skills education skills in the country's capital Maseru.

The International Federation of Netball Associations (IFNA) and Lesotho Netball Association (LNA) teamed up with the National Olympic Committee's OlympAfrica Youth Ambassador Programme (OYAP) to integrate HIV/AIDS education into their successful Netball Safari programme held last month in Maseru the capital of Lesotho. The programme in Maseru was supported by UK Sport, the Commonwealth Games Federation and the Lesotho Sport and Recreation Commission alongside programme sponsors Gilbert.

This is the second year the Safari programme has been conducted in Africa however the partnership with OYAP represents the first time life skill education and sport for development has been integrated into the programme.

**"Integration with OYAP quotes (UKS)."** Reported Africa's Regional Netball Development Manager Joan Smit.

Ms Smit said that the Safaris are a crucial aspect of a long term strategy to develop netball across the continent and the coaches and trained teachers' ability to lead quality netball as well as support participants' and their communities development was an important part of that strategy.

**"Cascade quote."** She said.

The Safari programme has three phases, first the training of teachers and community coaches. The second phase involves the newly trained coaches conducting a two day 'Netball Safari' for young people from over the country with the support of the experienced IFNA mentors. The final phase is on-going coaching and netball activities in schools and communities following the Safari.

The integration of OYAP into this programme ensured that some aspects of life skill education was integrated into each phase of the Safaris.

OYAP Ambassador Thaisa Hlapane said that although this added value to the Netball component there were also significant benefits for OYAP and in particular their 'Girls on the Move' programme that focuses on encouraging female participation.

"The Safari really motivated our Ambassadors," Hlapane said. "They have developed extra coaching and sport leadership skills, have been able to link with teachers and netball coaches in the regional and rural areas and now have a focused assignment to work together."

The OYAP ambassadors will work with the trained teachers and coaches supporting mini-leagues and assisting with on-going netball activity.

"The follow-assignments will further link the life skill development with schools and local teams."

As well as learning coaching and netball skills the OYAP ambassadors also had a crucial role teaching the International and Lesotho based netball coaches their innovative approach to life skill education and how to conduct sessions linked to sport activity.

"The Netball coaches really enjoyed the life skills sessions," Hlapane said. "One of the highlights was at the close of the sessions the netball coaches led our activities and demonstrated our teaching games,"

“For us as young people this felt like a real exchange!”

The IFNA Netball Safari's are supported by UK Sport and the Commonwealth Games Federation alongside programme sponsors Gilbert.

*This programme is very important for OYAP because our largest programme Girls on the Move. We will now be able to deliver more for the girls integrating coaching and netball skills into the sessions. What we have realised is that the facilitators enjoyed the sessions and are enthusiastic to introduce netball.*

*The linked to schools and local teams ensures the work started at the safari will keep going.*

*The key learning was around how to start the session, coordinate the warm-up, skills and game through to the warm down. We have learnt more about physical development and physical literacy that can be used through our programmes. Facilitators had exposure to the coaching system.*

*The IFNA coaches really enjoyed the life skills sessions. They appreciated the facilitators and gave them presents. The close of the sessions was the netball coaches did our ice breakers and demonstrated our games which made it feel like an exchange.*

*These type of events help the retention of the ambassadors as they have a focused assignment. They are motivated because they have extra skills and change to use them. They are linked to the local coaches.*

*Thaisa Hlapane, Assistant National Coordinator*