

# Macedon Ranges Basketball Association

*Welcoming people with a disability*



Laura Sait – Sports Focus  
Peter Burrige – Macedon Ranges Basketball Association



# *Sports Focus*



- Sports Focus is a Regional Sports Assembly servicing the Loddon Campaspe Region:
  - Provide information, advice & support to sporting clubs.
  - Assist sporting clubs to develop inclusive environments.
  
- Funded by the Department of Planning & Community Development to deliver the Access for All Abilities Program.
  - Assist local sporting clubs to create environments and opportunities inclusive of people with a disability.

# ***The Background Story...***



- Need expressed by people with disabilities and their parents to participate in basketball in Macedon Ranges.
  
- The process:
  - Investigated existing local opportunities.
  - Approached the Macedon Ranges Basketball Association.
  - Determined level of interest.
    - Conducted a Come & Try Day which attracted 25 participants.
    - Organised a Registration Day due to the success of the Come & Try Day.
    - Ongoing opportunity now established with over 40 new participants to the Macedon Ranges Basketball Association.

# ***The MRBA Experience***



## **Session Frequency:**

- Sessions are conducted weekly during school terms for one hour.

## **Participants:**

- Ranges from 17-25 participants each week (40 registered).
- Age range is from 12 to 73 years of age.
- All abilities & skill levels accommodated.

## **Coaches:**

- Two qualified coaches attend each session.
- 4-5 junior members assist.
- Carers join in.

## **Session format:**

- Variety of skill development opportunities (warm up, fun competitions, modified game).
- Fun.
- Modified equipment.

# ***The Benefits***



## ***For the participants & their families:***

- Improvements in skill level particularly with coordination.
- Learning to 'play by the rules'.
- Increased confidence & self esteem due to interaction with peers, coaches and volunteers.
- Participants are active members of the Association and have a sense of belonging.
- Social interaction & development of friendships.
- Family involvement.
- Opportunity to have lots of FUN!!!
- Increased understanding of sporting culture & the benefits of being involved in a club.

# ***The Benefits***



## ***For the Association:***

- Increased membership & income... new players, volunteers & spectators.
- Improved communication skills of coaches.
- Gets coaches thinking about other ways to teach and encourage.
- Diversity in Association membership & strengthens community links.
- Enhanced club profile within the community & increased community support.
- Opportunity for junior players to gain experience working with varying levels of ability and personalities.
- Opportunity to have lots of FUN!!!

# ***The Challenges:***

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- Knowing where to start.
- Association Capacity.
- Diverse range of ages & abilities.
- Involving carers (transport).

# ***The Learning's:***

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- Demonstration & clear explanations work well.
- Where required one on one coaching is important, hence the value of the assistance from junior players.
- Mainly worked by trial & error.
- Lot's of encouragement assists with the players development.
- Consistency of coaches is very important to build relationships and trust between & within the group.
- Keep it fun... sport is not always about competition.

**Laura Sait**

**Sports Focus, Project Coordinator**

**Phone: (03) 5442 3101**

**Email: [lauras@sportsfocus.com.au](mailto:lauras@sportsfocus.com.au)**

**Peter Burridge**

**Macedon Ranges Basketball Association**

**Phone: 0400 756 341**

**Email: [peter.burridge@vu.edu.au](mailto:peter.burridge@vu.edu.au)**

