

International Netball Federation (INF) Goal Programme

Empowering young women to become leaders in their communities

The GOAL Programme enhances existing community programmes, contributes to the Government of India's aims to empower young women and complements its efforts to promote sport and netball in particular.



Location	New Delhi, Mumbai & Chennai (India)
Organisation	International Netball Federation (INF)
Start-end date	2006 – ongoing
Target group age	14-19 years old
Reach	Approx. 3,500 girls and women
Partners	Standard Chartered Bank, Naz Foundation India Trust
Key facts	The programme uses netball as a tool for positive individual development and social inclusion. It has won several important awards in the last three years.
For inspiration	www.netball.org

Summary

GOAL uses the sport of netball and life skills education to transform the lives of young under-privileged girls in India, both on and off the court. The young girls who participate in GOAL gain a better chance in life. GOAL changes their opinions of themselves and their role in the world. The programme was launched in Delhi in 2006 and was expanded to Mumbai in 2008 and Chennai in 2009, and is made up of several key components.

Keys to success

Adapted to target group

Netball remains the perfect sport partner for a women's empowerment programme, as globally it is recognised as a women's sport which has huge appeal; is fun, easy to learn and relatively cheap to play but very rewarding in terms of learning teamwork and building self-esteem and confidence. The netball aspect of the programme provides a safe, fun, comfortable and open environment which encourages interaction and social development.

Tailored partnerships

Both of the partners are focused on sexuality issues and committed to women's empowerment, joining GOAL's objectives.





Sport for All objectives

Improve public health and well-being

The programme uses netball as a tool for individual development and social inclusion. By doing this it not only achieves its positive goals for the participants and society, but also promotes participation in sport. Participants come to play netball, but also complete classroom based teaching – basic skills designed to help them to realise their true potential. To graduate, the girls must complete four modules – promotion of self-confidence, communication skills, health and hygiene and financial literacy.

Provide equal access to sport

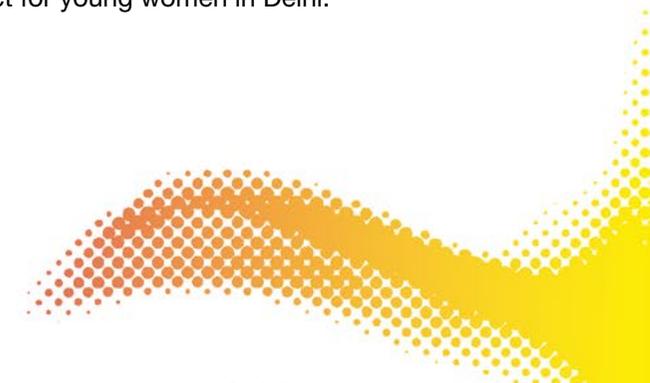
Girls and young women between the ages of 14 and 19 from low income families from urban slums are the main target group of the programme. GOAL uses netball as a tool for positive individual development and social inclusion. The International Netball Federation provides netball guidance and expertise, training and coaches and facilitating opportunities for future development of skilled netball players.

How is the programme communicated?

The programme is communicated through different channels mainly including official websites, YouTube and local and international press.

How is the programme evaluated?

An evaluation was carried out by an English university – “Substance and Development through youth sport: the GOAL project for young women in Delhi.”



“Before I was a part of this, I always used to be very shy, even talking to the people with whom I live every day, like my father, my mother, my brother. But now it is not like that. I am a confident girl. Now when we meet, we get to speak.”

Participant



Join the sporting society!

Globally, 1 in 4 adults is not active enough and more than 80% of the world's adolescent population is insufficiently physically active (World Health Organization). Let's reverse the trend and get moving.



Promote sport and physical activity

Recent changes in leisure and work practices, diet and a host of other trends has led to an increasingly sedentary lifestyle amongst the world's population. Sport for all programmes aim to promote sport and physical activity to mitigate the negative effects associated with these developments.



Improve public health and well-being

Sport and physical activity plays an important role in making societies healthier, happier and safer into the future. Successful sport for all projects help to stimulate these common benefits across entire communities.



Support active societies

Active societies involve many stakeholders such as parents, coaches, schools, local clubs, sports organisations, event organisers and grassroots activities, to name but a few. They can all be hugely influential in promoting healthier lifestyles within a community. Programmes that support and reinforce their efforts are vital for the encouragement and promotion of active societies around the world.



Provide equal access to sport

Every member within a community should have equal opportunity to live an active and healthy lifestyle. Effective grassroots programmes place a heavy emphasis on ensuring that all of their participants can enjoy this opportunity regardless of physical condition, race, gender, social conditions, geographical location or otherwise.



Foster Olympic legacy

The Olympic Games provide a source of inspiration and a vibrant expression of the Olympic values of excellence, friendship and respect. This unique power can energise communities to develop projects enabling and inspiring people to become and stay physically active into the future.

Become a key player in your community

A useful platform has been designed for organisations across the Olympic Movement that are managing Sport for All programmes, providing them with the knowledge, understanding and tools needed to improve existing programmes worldwide, as well as to create new ones.

Get inspired by more than 45 projects around the world

Learn more about best practices with our toolkit

Create your project based on proven academic research and experience of organisations

Share your experience and lead the way to inspire more projects

Connect with a vast network fueled by inspired partners

Find more information

- Sports and Active Society Programmes
- A Guide to Implementation
- www.olympic.org
- activesociety@olympic.org