

# Case Study

## Theme – Satellite Club

### Inspire Foundation Satellite Club

A group of 15-18 year olds at Walsall College who weren't engaged in much activity set out on a 6 week Sportivate programme to get some basketball activity up and running.

This was a great attraction with 20-25 regular attendees and before losing momentum, the Inspire Foundation embarked on setting up a Satellite Club providing a pathway for the young people involved.

The Satellite Club was participant led which created a feel of ownership to the club. The inclusive and laid back approach from the coach created an environment for the young people to grow their confidence through trial and error in working as a team, trusting each other and commitment to regular attendance.

The group have now taken it to the next level and have become an official team - Walsall Warriors. They have entered the local league and now offer new opportunities for young people to stream into the Satellite Club sessions to try basketball, play competitively if they want to and be part of a team.

The Inspire Foundation has now enlisted the help of 2 colleagues to mentor participants. They have taken part in Sport for Confidence training and Managing Challenging Behaviour workshops organised by Active Black Country.



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**During the process of Sportivate, and turning the Satellite Club into a team we didn't teach them basketball, we let them discover. We had to forget the things we thought we knew and just let it happen**

Alex Howard, Inspire Foundation

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