

# WANT TO JOIN A SPORTING CLUB?

A Resource for  
Multicultural Groups



Office  
of Sport  
Sport & Recreation

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**SPORT HELPS BUILD FRIENDSHIPS, IMPROVES HEALTH AND WELLBEING, STRENGTHENS COMMUNITIES AND MAKES FOR A BETTER QUALITY OF LIFE.**

**IN AUSTRALIA, EVERYONE IS WELCOME TO JOIN A SPORTING CLUB.**



**To join a sporting club in your area visit [sportandrecreation.nsw.gov.au/findaclub/sport](https://sportandrecreation.nsw.gov.au/findaclub/sport) for a list of sporting clubs near you**

## **What is expected when you or a family member join a sporting club**

- Attend the training sessions and competition days for your chosen sport
- Attend training sessions and games to support your children or family members, including taking your children to the grounds or fields
- Assist the club by volunteering

## **How much does it cost to play?**

The cost varies for different sports and for different clubs so always check with your sporting club when registering. Some clubs offer concessions and/or family membership rates. The costs are paid before the beginning of each season and may cover the following:

- Registration fees – money paid to be a member of the sporting club
- Insurance fees – cover costs if any members are injured when playing
- Uniforms – clothes that are needed to play the sport safely and make everyone feel part of the same team

## **When do I register to play?**

Registrations in most sports occur in the two months prior to the start of competitions. This is to allow time for the organisation of the team, volunteers and training.

## When will I play?

Every local sport association chooses the days and times to conduct their competitions. After registrations close, a schedule or draw is made which outlines the specific dates, times and venues (locations) when the competition will be held. Check your local sporting club for further details.

### Winter sports April to August

#### Registrations January-February

Football (soccer)  
AFL  
Rugby League  
Hockey  
Rugby Union  
Netball

### Summer sports September to March

#### Registrations August-September

Cricket  
Water Polo  
Baseball  
Softball  
Athletics  
Touch Football

### Sports played all year round

#### Registrations held at various times throughout the year

Tennis  
Basketball  
Volleyball  
Badminton  
Futsal  
Gymnastics  
Golf

## When you contact a sporting club ask

- Can I play even if I have never played before?
- How will I know which team to join?
- Can I come and try the sport before joining?
- When are the training sessions and where is the training ground?
- What time does the training start and finish?
- When and where are the competition games played?
- What equipment do I need? Do I have to bring it along or will it be provided?
- How much does it cost to play, are there any extra costs besides registration fees?
- When are the registration days and times?
- Are there other expectations of the players or parents of players?

### Is there a difference between training and competition?

**Yes, training usually occurs during a weekday and with players of the same team and competitions usually occur on weekends when you and your team play against a team from another area or community.**



## Become a sporting club volunteer

A volunteer is someone who willingly gives their time and assistance to others for free. They share their knowledge, help others and make new friends. Clubs need support from their members, especially during competition times. Members can contribute some of their time to help to make sure games are played in a safe and enjoyable way.

### What you may be asked to do as a volunteer

- Setting up the fields on competition day
- Prepare and cook food on the competition days
- Help run the games (score, carry equipment)
- Wash uniforms and look after equipment
- Help on training and competition days
- Assist with coaching, refereeing or administering the club

## Want to be a sports coach?

Being a sports club coach or training assistant is another way of being involved in sport.

Most sports have beginner coaching programs specific to their sport, ask your local club or sporting association. To access the Australian Institute of Sport's free 'introduction to the basic skills of coaching' course visit [www.ausport.gov.au/participating/coachofficial/generalprinciples/community\\_coaching\\_general\\_principles](http://www.ausport.gov.au/participating/coachofficial/generalprinciples/community_coaching_general_principles).

