

Wellbeing Strategy 2020-21

DONCASTER HOCKEY CLUB



About this Strategy



Building a strong club culture through the integration of sport and wellbeing.

The Doncaster Hockey Club is Victoria's premier hockey club with a proud history. A significant source of this pride is drawn from a successful on-field story that has led to many Premierships at Senior, Junior and Masters levels.

Today, as a club we still seek on-field excellence, but we also understand that we are living and operating in a different era, where the pressures impacting our members are far greater and require sporting organisations to establish a culture that is supportive of people and the various social, emotional and physical concerns that impact our lives.

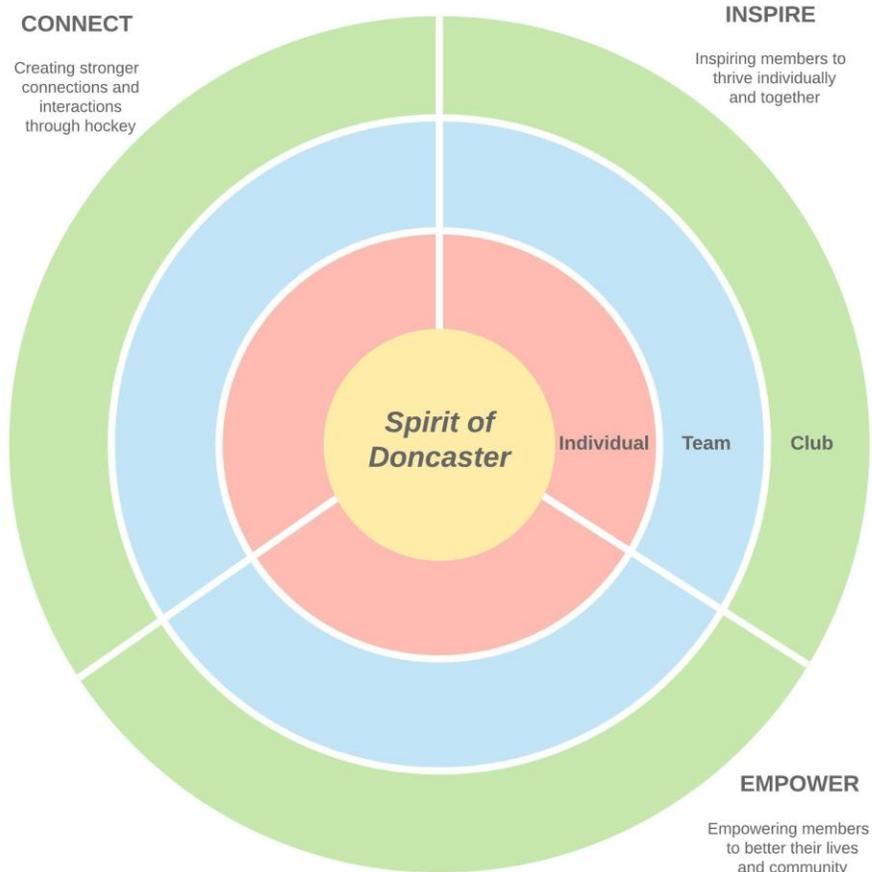
Sporting organisations play a valuable role in promoting strong and connected communities. In bringing together our members around the common passion of hockey, we recognise the opportunity to adopt a holistic lens to examine the ways in which we interact with one another and shape the culture of our Club to support the personal health and wellbeing of all individuals.

By promoting wellbeing across our club, we seek to educate our players, coaches, officials and families about the importance of personal wellbeing as well as the value of supporting the wellbeing of others and the communities that we live in.

This Wellbeing Strategy reflects the Doncaster Hockey Club's holistic approach to promoting "The Spirit of Doncaster" – an inclusive hockey club that celebrates contribution and success and promotes a culture of excellence, participation, respect and community.

CONNECT - INSPIRE - EMPOWER

Wellbeing Framework: Connect, Inspire, Empower



To build the Spirit of Doncaster and to support the wellbeing of everyone that engages with our Club, we will promote the following domains:

Connect – creating stronger connections and interactions with each other and our community through hockey.

Inspire – inspiring our members and supporters to be the best that they can be by creating an environment where we thrive individually and together.

Empower – empowering everyone to better their lives and the community in which they live.

We will promote actions and behaviours within these three domains that operate:

- At the **individual** level
- At the **team** level
- Across the broader **club environment**

Applying our Wellbeing Framework



We will put our Wellbeing Framework into action to achieve the following outcomes:

	Connect	Inspire	Empower
Individual	Promote participation and inclusion through a variety of activities that all members and supporters can enjoy.	Promote stronger relationships both on and off the field to create a sense of belonging for everyone.	Support every individual to feel respected, valued and supported so they believe in their own potential.
Team	Support team leaders and supporters to build a culture of inclusion and connection.	Promote and support positive role modelling through respectful and meaningful relationships.	Encourage and support a growth mindset on and off the field that empowers people to feel confident to look after their own wellbeing and support those around them.
Club	Provide and promote social events and volunteer opportunities to build strong personal connections.	Provide a safe and inclusive environment that encompasses the physical, social and emotional dimensions of individuals.	Encourage an environment that promotes positivity and empathy, in turn supporting our community.

We deliver on this framework by providing:

- ongoing support for teams, coaches and volunteers to embed wellbeing skills
- strong governance and management with clear policies, guidelines
- awareness raising through communications and consistent visual messaging to our members