

Quick Scan Y-score for sports clubs

*Discussion instrument to improve
a sports club's orientation towards young members*

Y-score instruction: what and how

How youth-oriented is your sports club? In other words, is your club accessible and attractive to young members? Does the club give enough consideration to the wishes, needs and possibilities of the various groups of young people? And especially, how can this be improved?

The Y-score answers these questions. It is an instrument that quickly and easily gives insight into how youth-oriented your club is. It helps you to look at your club through a young person's 'pair of glasses'.

How is the Y-score constructed?

The Y-score consists of 27 statements spread across 4 categories. For each proposition, you can indicate the extent to which it applies to your sports club. Taken together, these elements give an impression of how youth-oriented a club is. What is sufficient and good can differ for each sports club and each person. The purpose is to talk with one another to determine what is already good and what could be improved. Central themes are the experiences, emotions and evaluations of those involved. The Y-score results in a total score for being youth-oriented, but more important is that it results in a number of points that can improve a sports club's youth-orientation.

Using the Y-score

The Y-score can be used in a number of ways depending on what you intend to do with it.

1. The Y-score as a checklist

In its most simple form, a youth committee or (youth) board can use the Y-score as a checklist to determine where a sports club scores well with regard to young members and where there's room for improvement. It can, for example, provide input when making a policy plan for young members.

2. The Y-score as an instrument for discussion

Better and more valuable is to use the Y-score in discussions with various groups, such as committee members, trainers, leaders, parents and, of course, the young members themselves. These diverse groups may all have different views of the club. Mutual discussions can result in a broader perspective and a more balanced picture. Everyone has their own ideas about how youth-oriented the club is. A discussion shows where people agree, where their opinions differ and where improvements should first be made.

One central discussion evening or several partial sessions

There are diverse ways of using the Y-score as a discussion instrument. A good and quick way is to invite (representatives from) different groups to one central discussion evening. Limit the length of the meeting to two hours, which gives enough time for an introduction, instruction, answering the questions, calculating the results, discussion and deciding on points for improvement. If desired, a professional from the sports association, a local or provincial sports council or a sports service point can offer support.

It is sometimes more practical to question groups separately. For example, various teams can be asked to discuss the Y-score right after a practice or a match. Other groups are then missing,

but all of the results can eventually be compiled to give a broad picture. These partial sessions should take about one hour.

Y-score step-by-step

Preparations in advance

1. Decide on the goal and use of the Y-score: is it for a quick inventory (used as a checklist) or for a broader analysis (used as a discussion instrument)?
2. Determine the age group: for which age group(s) among your young members do you want to determine your club's youth-mindedness? For example, for all young members from 4-18, the older young members from 16-23 or specifically that group that most often leaves a club, for example 15-18?
3. Decide which people and parties are interesting to involve in determining the Y-score, such as committee members, trainers, leaders, parents and, of course, the young members themselves.
4. Decide the form of use: will diverse groups be questioned simultaneously at one moment or will there be several smaller sessions?
5. Plan the meeting(s), invite those involved and provide a good location and discussion leader. If necessary, ask for support from an external professional from the sports association, sports council or the sports service point.

During the meeting(s)

1. Explain the purpose of the Y-score and how the meeting is organised.
2. 2a. If there are fewer than about 10 participants, have each one first complete the scan individually.
2b. If there are more than about 10 participants, have groups of 3-5 people complete the scan (e.g. representatives of different segments).
3. Ask each person/each group to calculate the subtotals and the total Y-score.
4. Analyse the results with the entire group; compare the total score, the scores on the four categories and the scores on the separate statements per category. Decide together where the most important similarities and differences are.
5. Discuss the results together. Which categories and items have low scores and why? And why are there differences among the participants?
6. Decide together on the most important points for improvement.
7. Make agreements about the next steps: what will be done with the results and what can the involved parties expect?

Y-score statements

Which group do you represent?

- young members
 trainer(s)
 leader(s) parent(s)

How old are you?

- 8-12
 13-15
 16-18
 19-25
 > 25

Circle the number that you think best matches the proposition

		c o m p l e t e l y f a l s e	(m a i n l y) f a l s e	n . a . / D o n o t k n o w	(m a i n l y) t r u e	c o m p l e t e l y t r u e
	A. About the sports activities					
1	Youth members enjoy going to training sessions and matches.	1	2	3	4	5
2	Young members feel at home in their team or training group.	1	2	3	4	5
3	The club satisfies the needs of both selected sportsmen/women and recreational sportsmen/women.	1	2	3	4	5
4	The sports activities (training sessions, matches, toss games, etc.) match what various young members want with regard to form and quantity.	1	2	3	4	5
5	Young members are happy with their trainer; they feel the trainer cares about them and they develop well.	1	2	3	4	5
6	There is a high attendance of young members at training sessions.	1	2	3	4	5
7	Young members are sufficiently involved in the contents and form of training sessions; they are often asked what they think and what they want.	1	2	3	4	5
8	Young members are happy with their leader or coach; they feel valued and are positively challenged and encouraged.	1	2	3	4	5
9	There is a good balance between (playing) pleasure and achievements, also in matches.	1	2	3	4	5
	A. Total number of points					

		c o m p l e t e l y f a l s e	(m a i n l y) f a l s e	n . a . / u n k n o w n	(m a i n l y) t r u e	c o m p l e t e l y t r u e
	B. About secondary activities					
1	Young members often come to the club, even if they have no training session or match.	1	2	3	4	5
2	Enjoyable secondary activities are frequently organised for the various age categories of young members.	1	2	3	4	5
3	The secondary activities for young members are well attended.	1	2	3	4	5
4	Young members are involved in drawing up the programme of secondary activities.	1	2	3	4	5
5	Young members are often asked what they think about the secondary activities organised.	1	2	3	4	5
	B. Total number of points					

		c o m p l e t e l y f a l s e	(m a i n l y) f a l s e	n . a . / u n k n o w n	(m a i n l y) t r u e	c o m p l e t e l y t r u e
	C. About the culture and the atmosphere					
1	Young members feel at home and safe in the club; everyone is accepted as he or she is and no one is excluded.	1	2	3	4	5
2	New young members are made to feel directly welcome in the club.	1	2	3	4	5
3	If a young member has been absent from the club for a while, this absence is noticed and the member is contacted.	1	2	3	4	5

4	Young members who leave the club are asked the reason for their departure.	1	2	3	4	5
5	After training sessions and/or matches, young members often hang around together at the club, and there's enough to do (playing field, table tennis, etc.).	1	2	3	4	5
6	Young members feel at home in the canteen or clubhouse; those are places that they enjoy going to often.	1	2	3	4	5
7	The website and/or Facebook page of the club is attractive and accessible to young members; they often look at it.	1	2	3	4	5
8	I can recommend that every child or young person become a member of this sports club.	1	2	3	4	5
	C. Total number of points					

	D. About the organisation and structure	c o m p l e t e l y f a l s e	(m a i n l y) f a l s e	n . a . / u n k n o w n	(m a i n l y) t r u e	c o m p l e t e l y t r u e
1	People not only talk about young members, but also to young members: they are often asked about their opinions, wishes and ideas.	1	2	3	4	5
2	Young members are challenged to come up with good ideas and are given the chance to put these ideas into practice.	1	2	3	4	5
3	If young members have a problem or disagree with something, they know who to turn to and they feel comfortable if they do so.	1	2	3	4	5
4	The club uses other talents of young members; they are stimulated to become active as a committee member, referee, trainer, coach, reporter, photographer, website builder, etc.	1	2	3	4	5
5	Young committee members, referees, trainers and leaders, etc. are well supervised, supported and trained.	1	2	3	4	5
6	D. Total number of points					

Interpretation and analysis of the Y-score

How youth-oriented is your sports club? Calculate the Y-score!

Each answer to a proposition results in 1 (completely false) to 5 (completely true) points.

There is a subtotal for each category. The Y-score is the result of all of the statements or subtotals.

Because there are 27 statements, the minimum number of points is 27 and the maximum is 135.

Put the subtotals of the four categories in the table below. Then add the totals to determine the Y-score.

This is your personal Y-score or the Y-score of the group that answered the questionnaire.

Points

A. About sports activities	(min. 9, max. 45)
B. About secondary activities	(min. 5, max. 25)
C. About culture and atmosphere	(min. 8, max. 40)
D. About organisation and structure	<u>(min. 5, max. 25)</u>
Y-score	(min. 27, max. 135)

Meaning of the Y-score

Of course, the higher the Y-score, the more youth-oriented the sports club. But what does the final score mean? The significance of the scores is shown below; these are, of course, very generalised descriptions. The discussion about the score and the accompanying statements is much more important.

<i>Y-score</i>	<i>Type</i>	<i>Description</i>
27-55	Sports club is very unfriendly towards young members	Young people? Bothersome! They don't want to do anything, can't do anything. They should keep their mouths shut...
56-75	Sports club is not very friendly towards young members.	Young members? You do everything for them, but they hardly ever say thanks...
76-95	Mediocre	Young members can't complain here. They have training sessions, matches and sometimes even a disco...
96-115	Sports club is quite friendly towards young members	Young members belong here We try to make things enjoyable for them!
116-135	Sports club is very friendly towards young members	Young members? Great! The club belongs to them as well. It's important to make use of their specific qualities!

Average Y-score

If the Y-score has been formed by a number of people or groups, there will be different scores. If desired, the average Y-score can be calculated by adding up all of the total scores and then dividing this by the number of completed questionnaires. This results in a total measure of how youth-oriented the club is.

Analysis of and discussion about results

A high (average) score is, of course, a good sign; it means that the involved parties are satisfied and positive about the club's attention to young members. However, much more important than the score itself is what the club does with the score. What can you learn from the results?

You should analyse and discuss the subtotal scores and the scores for each individual proposition. Why did a person or a group think that a proposition matched or failed to match the club? What were the chosen answers based on? Discussing these issues leads to insight and information.

The statements can roughly be divided into three categories:

1. Statements that scored (on average) 4 or 5 points.

The sports club scores well on these points. Good to know, but the least relevant information for the discussion. At best, you can discuss how these positive aspects can be maintained.

2. Statements that scored (on average) 3 points.

These are aspects in the club that involved parties have no opinion on because they do not apply or they are unknown. The question is why. Should the club improve its communication on these aspects? Or should further research be done?

3. Statements that scored (on average) 1 or 2 points.

These are the potential points for improvement. The club can make the most gains here. These items demand the most attention!

In addition, statements that were answered very differently by the various parties (individuals or groups) are ripe for discussion. For example, adults may judge the club better on some points than the young members do. What causes these differences? And what can be done about them?

From Y-score to Y-points for improvement

It is important to decide which aspects of youth-orientation demand action (and their priority). The 27 statements offer inspiration for this; each of them is a possible Y-point for improvement. Take the following steps:

1. Together with those involved, choose a few concrete points for improvement; a maximum of 3-5 points because the process has to remain feasible.
2. Make a list of priorities: which of the chosen points must be dealt with first and which are less urgent?
3. Briefly discuss the concrete plan for each point for improvement. What has to be done to realise the desired change? Who will be responsible and when? And how can young members perhaps contribute themselves?

Y-points for improvement	Priority	Plan (Who does what when?)

Good luck with improving the youth-orientation of your sports club!

Colophon

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