

Celebrate the good stuff with these great rewards

Whether it's on field success, or just to say thanks to your volunteers, it is important to celebrate the achievements at your club.

When thinking about rewards, avoid the usual bag of lollies or fast food vouchers. Using food (and drink) as a reward after sport can lead to an unhealthy relationship with food. It can promote the item as a 'nutritious' option and good for recovery, even if it's not! Or it can lead to people thinking they need to perform well to 'deserve' the item in future.

The good news is that there are a lot of non-food rewards which can help support healthy lifestyles.

Consider some of the following rewards:

- Sports equipment
- Club clothing or merchandise
- Gift certificates e.g. book store
- Gym passes
- Session with a personal trainer
- Healthy cookbooks
- Kitchen utensils; pepper grinder, herb mill, mortar & pestle
- Major prize draw (sporting event tickets, sports gear)
- Membership discounts
- Movie tickets
- Mugs, drink bottles, coasters
- Soup thermos
- Take away re-usable coffee cups or water bottles (club branded)
- Trophies
- Vouchers for sports stores.

Top tip!

Seek donations from local businesses. They may be willing to sponsor prizes or donate products, services or vouchers.



Keen on using food as a reward?

Supporting your canteen/kiosk is a great idea. Consider offering canteen vouchers, redeemable for healthy food and drink options. Try offering a voucher for a free healthy burger, a recovery smoothie or a fruit cup.

Top tip!

Selling canteen vouchers to coaches and managers to give out to players is a great way to celebrate success, reward people and promote the canteen

Are rewards necessary at all?

Rewards can motivate members, but often recognition is a greater reward. Consider whether a reward is necessary or if recognition is enough to encourage positive behaviours in the future.

This could be as simple as acknowledging the person during a speech, or by awarding a 'player of the match' or 'volunteer of the month' through social media.

Tell us your story

We want to know about the rewards, acknowledgements and prizes at your community venue. Email fuelto@education.wa.edu.au



The meat tray alternative

Meat trays have been a standard prize in many raffles and giveaways over the years, now is the time for a change.

We could all do with some more fresh fruit and veg in our diets. Support healthy eating by swapping meat trays for a colourful fruit and veg box!

Talk to your local supermarket, green grocer or even some of your members about donating produce for your next giveaway.

