

# Conference "Be Active – engage in recreational team sports!"

Liepāja, Latvija, September 8 and 9, 2015

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**Key words**

Health, Continuity, Sport clubs, Teamgeist Grip, Under-funding, Government, Adolescence, Infrastructure, Parents, Team, Teachers, Communication, Methodology, Virtual life, Obesity, Government

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**Key words - SWOT**

<ul style="list-style-type: none"> <li>- History and clubs penetration ( some countries )</li> <li>- Sport is a fashionable product</li> <li>- Clear demand to invest into sport</li> <li>- Personification, community, team</li> <li>- Team sports are the right choice for all</li> <li>- Parents are part of the team</li> <li>- Player's stars engagement</li> <li>- Government recognizes sport as a #1 priority</li> </ul>	S W O T	<ul style="list-style-type: none"> <li>- Low government funding</li> <li>- Lack of time of parents</li> <li>- Infrastructure ( sport halls, sport clubs )</li> <li>- Ratio of overweight and obesity children</li> <li>- Life is becoming more virtual</li> <li>- Government funding priorities setting</li> <li>- Negative trends in life habits</li> <li>- Negative trend in number of trainers involved</li> </ul>
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**Key ranking – winners podium**

- CZE – overweight ( 44,5% ) and obesity ( 21,6% ) in EU – all adults
- POL – the fastest grow of overweight and obesity children in EU ( 22,3% )
- CZE – the biggest number of regulary drunk children in EU (25% of 15y old children drink regulary)

- Low earnings from lottery into sport – 1-5EUR/inhabitant in CEE vs 10-15EUR in WNE
- Low support from public financing – (e.g.CZE – 15EUR/inhabitant vs FRA 150EUR, GBR 67EUR)
- 1EUR of investment from public sources generates 3,5 EUR back to the government budget
- 1EUR invested into overweight/obesity prevention saves back 2,5EUR

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**Key numbers**

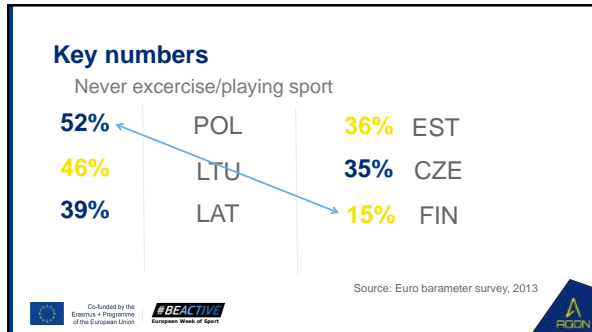
Sport practicing regularity

15%	LTU,POL,CZE
13%	FIN
7%	EST
6%	LAT

Source: Euro barometer survey, 2013

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### Good practices



- „School league“ – 172 schools, 456 teams, 36 competitions target 6-9y, 10-12y
- „Pupils league“ – 25 teams, 6, tournaments + final tournament target 13-15y
- „One more hour of physical activity per week“ common project of all team sports under Ministry, pilot in 170 schools starts 09/2015

### Good practices



- „Regional Handball Centers“ project
- 13 regions, linking 155 schools with 100 clubs
- Support provided:
  - Open training sessions for new players
  - Sample training lessons for school teachers
  - Practical seminars for trainers, teachers, parents
  - School league organizing
  - Handball mini-camp organizing
  - Recruitment events
  - Tournament organization
  - Further training education for trainers ( upgrade, special focus )



### Main results from questionnaires




- 202** Number of received questionnaires
- 4** Number of countries involved

### Key messages

- 65%** Average physical fitness level
- 75%** Overweight kids in the team presence
- 88%** Willingness to work with this group
- 58%** Lack of methodology, focused on overweight children
- 40%** Parents as a key decision factor taking/keeping youth to sport
- 95%** Demand on good samples of teaching practices from other countries

### Handbook content

1. Handball at school (not only)
2. Trainer as a teacher, organizer and motivator
3. Court space organizing
4. Methodology basics
5. Competitions (not only) for schools
6. Mini-handball rules
7. List of practical exercises
8. Czech- English handball vocabulary



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