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YOUAca2.0

YOUTH Academy of grassroots sport

Guidelines on how to engage young leaders in the
development of new ideas in the grassroots sport field

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Since the beginning of my presidency in CSIT, the International Workers and Amateurs in Sport Confederation, I've always focused my efforts on an important strategic vision: to guarantee the continuity and the high quality of our Confederation.

As president I've always known that the grassroots sport movement should face two important priorities. The fundamental necessity to invest in the young generations as the future leaders of CSIT together with the need to support the CSIT organisations in the involvement of young people through the intergenerational dialogue.

The first step to effectively meet these needs was to establish a team of experts able to support CSIT in looking for the resources needed.

The International Project Office enabled the CSIT Youth Sector to receive the funds through the submission of a project under the European Programme Erasmus+ Sport in 2018.

In just one year the YOUAca project allowed our Confederation to develop an Academy aimed at promoting the dialogue between senior and young leaders of 6 organisations. Managers, coaches, experts, young people and athletes from different ages and backgrounds met each other, exchange ideas and design projects. An important treasure of relationships, skills and knowledge for CSIT at international level and for the grassroots sport members at national level.

As president of CSIT, I'm aware that the role of young people is crucial to give a future to our movement, especially in a critical period like the one we are living in.

I would like to thank all the roles and people that are making this process possible: the International Project Office, the YOUAca project manager, the trainers together with the peer trainers, all the young and senior leaders who participated.

In particular, I would like to express my thanks to Anu Rajajarvi – Vice President in charge of the Youth Policies - who supported my vision since the beginning and works everyday for it.

**CSIT President,
Bruno Molea**

One key goal of the project YOUAca 2.0 was to bring more young people into the CSIT family on international level. The task has been successful. The environment in which the whole CSIT organization strongly supports and encourages the project has been very fruitful.

Thank you to the project the topic of young people has remained actively on the agenda. Intergenerational meetings between senior and young leaders enabled the participants to give advice and share their own experiences.

While young people have learned, they have influenced current decision makers. At the same time, different aspects of international organization work have seen up close by young leaders, making easier their involvement in management tasks. The intergenerational dialogue method has brought polyphony to organizational activities, even though young people are not yet official decision-makers.

For young leaders this project has been demanding but rewarding. They are already international and multilingual. Travelling around Europe wasn't possible but during this year we were able to provide close cooperation with persons who are in same situation in their own organization in other countries. The young participants hoped to meet in face to face but health security did not allow it. This was a partial disappointment and the project focused exceptionally on homework and their presentation.

Despite the COVID-19 pandemic, the participants have exchanged thoughts and experiences thanks to a platform aimed at sharing challenges and gain peer support.

At national and at grassroots level this project has been equal fairway to international level. The financial resources of the grassroots level were not affected. Regardless of the dimension of the sport club, they were able to provide to their youngsters with an international experience without financial burdens. Thanks to these measures, clubs can engage young people more strongly in the governance of a sports club.

Anu Rajajarvi

CSIT Vice President – in charge of Young Leaders policies

YOUAca 2.0: YOUth Academy of grassroots sport/YOUAca2

Introduction

Are you a trainer or a teacher involved in grassroots sport organisations and are you interested in getting useful methodological tips in how to design new project ideas together with the young people of your grassroots sport organisation?

Are you a manager or a coach of a grassroots sport organisation and are you interested in getting knowledge of new project ideas in the field of innovative sport and of sport for people with disability?

Are you a member of CSIT and do you want to know how the YOUAca Intergenerational platform works?

This booklet is addressed to you. In these pages you can find the main outputs and results came out by the platform of CSIT young leaders and senior leaders together with the method according to which these outputs have been designed.

Starting from the first experience of the Eu funded small collaborative partnership project YOUAca, the project YOUAca 2.0 - YOUth Academy of grassroots sport is a step forward coordinated by CSIT – the International Workers and Amateurs in Sport Confederation - aimed at delivering the first edition of Youth Academy in grassroots sport, involving a new generation of young leaders in grassroots sport at national and international level.

Between 2020 and 2021, YOUAca 2.0 involved 35 young leaders from Italy (AICS), Finland (TUL), Spain (UCEC), Estonia (KALEV) and Croatia (HLA).

In this booklet you will find the main outputs developed during the project by the young and the senior leaders through the 2 main methodological pillars of YOUAca: the Intergenerational dialogue and the Learning by doing.

1

Peer trainers: a key role

YOUAca 2.0 had an innovative aspect: the key element of the project was an establishment of a team of peer trainers composed of the best young leaders evaluated at the end of the first edition. The aim was to find the most motivated and dedicated young leader from each of the national groups involved in the first project. The final choice was made by a team of project facilitators after hearing about the young people's wishes to continue with the project.

From the beginning of the second project, the task of the peer trainers was to take on the role of junior organizers of training events of YOUAca 2.0. The contribution of peer trainers as producers of educational content was also significant. Peer trainers were also in positions of leaders of national groups as well as project managers for national project works. In practice, young people acted as intermediate persons between national groups and the project team.

The innovation of peer trainers was to promote the transition from young leaders to future managers in their national organizations. The purpose of the project was to offer peer trainers an opportunity to take more responsibility step by step and to study project management and other skills.

In practice, acting as a peer trainer enabled the young person to learn through the development of hard and soft skills. By hard skills we mean the skills developed through the project in terms of project management, language skills, presentation skills, schedule management and communication.

The soft skills on the other hand were gained by learning the rules and values of the project team and acting according to these rules. This was a way to gain trust within the group through the development of skills dealing with leadership, group management, conflict resolution and problem solving. At the same time, peer trainers were offered the opportunity to

share good practices with young people from foreign cultures and to establish contacts with senior leaders around the CSIT-world. We call this skill networking, which is a necessary skill for future leaders.

The people who acted as peer trainers during the YOUAca 2.0 project were follow:

Taija Luoma: Suomen Työväen Urheiluliitto, TUL Finland; Fransesco Molea: Associazione Italiana Cultura Sport, AiCS Italy; Mikk Meerents: Eesti Kaalev, KALEV Estonia; Alba Galiano: la Unió de Consells Esportius de Catalunya, UCEC Catalonia.

2

The YOUAca Intergenerational platform: a tool to promote the intergenerational dialogue

YOUAca 2.0 has been the opportunity to design and test an innovative tool in the framework of CSIT network.

A web platform aimed at promoting exchanges and connections of ideas between sport organization's members (youngsters and adults) at a national and an international level.

The name is YOUAca Intergenerational Platform and has been developed through the intergenerational dialogue between the young leaders coordinated by the peer trainers and the CSIT webmaster as senior leader.

This tool was initially thought to meet one of the needs that emerged during the first YOUAca edition: to be connected and to increase the networking activities between organizations in the field of grassroots sport. Then, since the Pandemic crisis stopped the transnational meetings among young people, this tool became more important and strategic.

In fact, the YOUAca Intergenerational Platform is a prototype in which young and senior leaders participating in the project have presented, shared and commented on new project ideas in the two fields of the project: innovative sport and sport for people with disability.

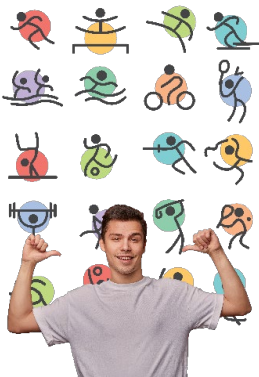
The aim is to become one of the main CSIT tools for the promotion of ideas' exchange between the sport organizations' members (young and senior leaders) at national and international level. The possibility is to take a step forward in order to change the way sport organizations think about active citizenship, an innovative tool to respond to the need of engaging more people and to increase the efficacy of what they carry out.

The functions of the Platform

Box: go to www.youaca.eu/proposals and be part of the family!

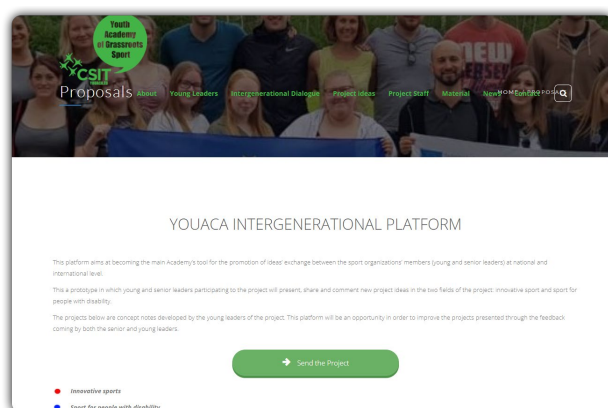
The functions of the platform have been designed in order to answer to the following main needs:

- I'm a young leader of a grassroots sport organisation within the CSIT network and I would like to promote a new sport activity in the framework of an international multi-sport event.
- I'm a young leader of a grassroots sport organisation within the CSIT network with a new business idea/project/activity in the field of grassroots sport and I would like to receive feedback from senior leaders or other young leaders in order to improve it.
- I'm a grassroots sport organisation with an international sport event/project/activity for which I need to recruit volunteers/professionals/participants.



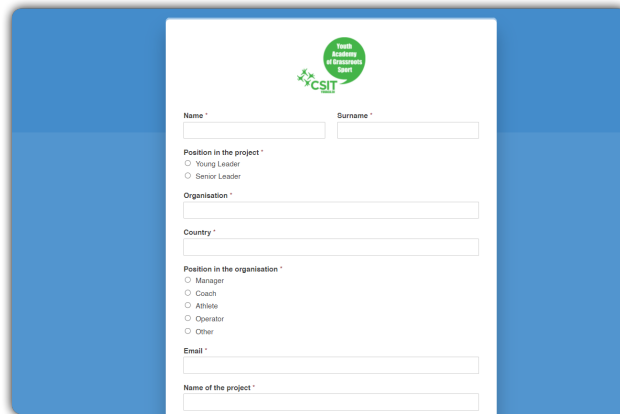
These needs have been discussed together with the young leaders and the project evaluated the following functions:

1. An easy and unique place to submit the new project ideas.



2. A plug-in with an automatized form to collect basic information about the contact person of the sending organisation and about the project's ideas.

3. A plug-in to send feedback, comments or to request information about the project ideas and according to which the project can be improved by both senior and young leaders.



The image shows a registration form for the CSIT network, set against a blue background. The form is white and contains the following fields and options:

- Logo:** A green circular logo with the text "Youth Ambassadors of European Sport" and "CSIT" below it.
- Name ***: A text input field.
- Surname ***: A text input field.
- Position in the project ***: Radio button options: ☐ Young Leader, ☐ Senior Leader.
- Organisation ***: A text input field.
- Country ***: A text input field.
- Position in the organisation ***: Radio button options: ☐ Manager, ☐ Coach, ☐ Athlete, ☐ Operator, ☐ Other.
- Email ***: A text input field.
- Name of the project ***: A text input field.

4. In order to enlighten the importance of the exchange, each project's format has a box in which the applicant is asked to stress what are the aspects of the project for which he asks the help of the CSIT network of young and senior leaders.

3

How to co-design new sport activities: the Intergenerational dialogue and the Learning by doing as the main strategies.

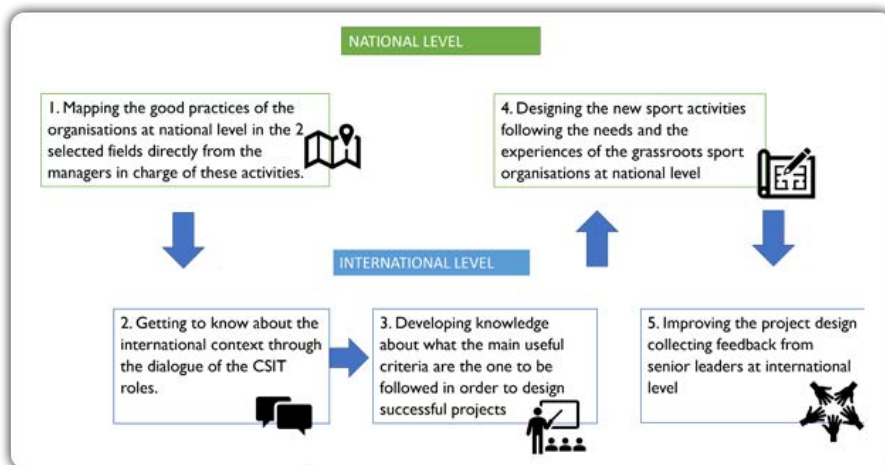
The 2 key strategies of the YOUAca educational programme are the Intergenerational dialogue and the Learning by doing. It means that the method is focused on the enhancing of the active role of the young leaders through the exchange of ideas and the experience of them.

In this edition, the aim was to use these methods and the skills developed in the first edition in order to enable the young leaders to design new project's ideas in grassroots sport fields considered as strategic at international and national level: the innovative sports and the sports for people with disability.

In order to reach this objective, throughout the online meetings there was a structured dialogue between young leaders and senior leaders.

The methods have been used by the project in each task and activities assigned to the young leaders' groups. It means that both at national and international level they were asked to develop knowledge and skills in the field of the project directly from the experiences of the senior leaders. This dialogue brought an added value in both directions: the promotion of skills and knowledge from the young leaders' side and the enrichment of the sport activities from the senior leaders' side. Then each group put in practice the insights learned by the senior leaders, designing the projects.

This is a process that can be summarized like below



During the intergenerational dialogue at national and international level, the Peer Trainers designed and managed a set of structured questions with the objective to develop crucial knowledge about innovative sports and sports for people with disability according to 4 main chapters.

CHAPTERS	QUESTIONS
TARGET GROUPS To whom the sports are addressed.	To which categories of athletes are these sports mainly addressed to?
IMPACT The impact the sports have on the people who practice and on the community (attendance, family etc.)	What are the main impacts these sports are expected to have on the participants?
ATTRACTIVENESS The main characteristics and activities the sports should have to engage people at grassroot level and to become a practiced sport.	According to which elements these kinds of sports can be attractive? What are the most attractive CSIT sports in these 2 fields and why?
SUSTAINABILITY Which strategies the sports should consider to look for the resources to continue over a period of time.	What are the main strategies to start up new sports in these 2 fields? What are the most followed CSIT sports in these 2 fields?

Thanks to this strategy, for each sector and for each chapter a set of insights have been collected and it became the guidelines according to which the Young Leaders designed the new sport activities.

Chapters	Sport Sector	
	Innovative Sports	Sport for people with disability
TARGET GROUP	<ul style="list-style-type: none"> -Can be play by everyone: young people, elderly people, family etc. -Since innovative sports can be spread through the international platform of CSIT World Sport Game, target group can be everyone participates to the event. 	<ul style="list-style-type: none"> -To have clear information about who the people with disability to which we would like to address the activities are. What are their needs? Where they are? How can I reach them? What kind of disabilities do they have? -To have contact with organisations and institutions it's the first step to involve people with disability. It would be helpful also to find operators and professionals who can give support to handle social needs and not only sport needs.

IMPACT	<ul style="list-style-type: none"> -First of all: to have fun! -To promote the knowledge and the experience of cultures and traditions. -To promote social values such as respect, non-violence, friendship etc. -To enhance the feeling to be able to be active and competitive even if it's not a professional level. 	<ul style="list-style-type: none"> -To promote social inclusion means as the feeling of belonging somewhere. -To give participants the possibility to experience the activities in a "normal" way. -To promote a both-way of inclusion, especially for children: to build a setting through which everyone can learn from each other.
ATTRACTIVENESS	<ul style="list-style-type: none"> -The main characteristics that enable an innovative sport to be attractive is that should be funny and creative: the sky is the limit! -Rules and activities should be adapted to make the innovative sports: nice, easy to practice, accessible and inclusive. -The environment is a generative element for attractiveness: according to our experience, beach games, especially in seaside locations, are the best to involve high number of participants. -Mixing regular and traditional elements. -To adapt the sport rules to the target group that we would like to engage: e.g. if you aim at engaging the whole family, a strategy could be to assign different roles according to the family's roles. 	<ul style="list-style-type: none"> -The sport activities shall be adapted enabling both disabled and non-disabled people to play together. -Each adapted sport activity should consider mixed groups of regular and disabled athletes competing and playing all together. -In order to adapt the activities, it's fundamental to have clear information about the participants' needs.

SUSTAINABILITY	<p>-CSIT WSG is the platform through which the new innovative and adapted sports can be promoted and tested.</p> <p>-To create a package of the activities in order to promote through the different CSIT media channels.</p> <p>-To advertise through members of the organisations.</p> <p>-Tools to gather feedback to improve the practices after tested.</p>	
OTHER	<p>-To promote training courses or workshops in order to promote knowledge and skills on the new sport: technical aspects, rules etc.</p> <p>-To set up a package of strategies, activities and tools aimed at spreading the new sport to a wide range of people who can be interested in the new sport: managers, coaches, athletes, general public.</p>	<p>-To promote trainings workshops or courses addressed to the staff who will oversee the organisation and management of the sport activity. A training on how to handle the specific aspects of disability.</p>

4

Brand new ideas: the projects

Title

RollArch

Topic

Innovative Sport

Country

Italy

Organisation

AiCS

Duration of the activity

1 year

Kind of Sport

Innovative sport

Target

Anyone can take part in RollArch events, length and difficulties can be calibrated according to the age and the experience of the participants.

Brief Description (max 500 characters)

RollArch is an innovative sport that combines archery and roller skating. Practically, it consists of a rollerblading path in which you make a few archery shots. It is obviously a high cardio sport, but still accessible to all.

Objectives

The idea of proposing RollArch as an innovative sport starts from the need of making archery and roller-skating more known and appreciated in Italy. At the moment, in fact, they are perceived as minor sports, especially archery, and practiced only by small groups of experts.

So the main aim of RollArch is to spread knowledge about archery and roller-skating, in order to make people interested in two sports that are less practiced and to increase their visibility and popularity. The idea is to spark the interest of the youngsters, in particular.

Through the combination of these two sports, in fact, it is possible to create an activity that is more dynamic and challenging and less monotonous, in order to captivate the attention of larger groups of people. In this way, the potential user base of both archery and roller-skating would increase.

At the end, RollArch could be an opportunity to connect different groups of people and to promote an activity that is practiced open-air.

Activities

RollArch consists of dividing the race into two phases: a rollerblading path of 6 or 8 km and then at the end, using footrests, doing 5 archery shots at a distance of 18/20m with a centre of 20 cm. Footrests are used because athletes would not have time to get off their skates to shoot arrows and on rollers it would be too complicated. This innovative sport can be practised on the road or on the track.

The innovation is in making a sort of biathlon on roller skates, and using instead of carabine, a bow.

Impact

It is a sport that aims to expand the number of people interested in archery. Since it is a fusion of two sports, we will see a larger number of participants and also a larger audience. So we aim to involve as many people as possible, regardless of age. Being a

combination of two different sports there is a more complete physical activity. Another important thing to note is that it is a sport that can be played outdoors, so there could be a lot of interest in it because various locations could be used.

Typology of participants

This innovative sport is open to everyone that wants to try a new kind of sport. It does not require any specific skill or ability, but it's suggested to have basic knowledge of roller-skating technique and arch handling to assure safety in the practice of RollArch.

The participants are going to be engaged through the basins of CSIT and AICS, people that already know archery and roller skating, but also people that stand outside of these networks. The possibility to open this sport to everyone is due to the fact that length and difficulties can be calibrated according to the age and the experience of the participants. We will provide the necessary equipment (thanks to AICS), length and difficulties can be calibrated according to the age and the experience of the participants. These aspects give us the possibility to reach people with economic disadvantage, families, children, elderly and people without any experience in sport to give them the possibility to try RollArch!

Partners, if any

The project is developed with the collaboration of AICS Archery and AICS Freestyle Skating sections.

Requirements

Athlete:

Inline skates

bow and arrows

protection pads/helmet.

Possibility to borrow material from the organizers to enable everyone to approach the sport without expenses.

Field:

variable-length track suitable for roller-skating provided with enough surrounding space to set targets at the given distance of 18/20m.

Competitions at different levels can be organized without additional budget, by increasing/reducing the number of roller skating laps to be done or the distance and dimension of the target.

Personnel:

Presence of first aid medical personnel required for safety reasons.

Referees at each shooting point, start/finish line.

Timing service.

Request for improvement

We're looking for advice concerning the promotion aspect of this new sport, thinking of it as a fundamental step to spread the knowledge about RollArch in order to give to the largest number of people possible the opportunity to know and to try it.

Title

Traditional Sport Games for All.

Topic

Innovative Sport

Country

Croatia

Organisation

HLA

Duration of the activity

10 years

Kind of Sport

Multi sport

Target

Young people, elderly, persons with intellectual disabilities.

Brief Description (max 500 characters)

Traditional Sport Games for all strives towards general popularization and promotion of traditional sports and culture among young people and people with disabilities.

The general goal of the project is to promote physical activity through sports programs related to traditional sport games and at the same time establish new / old methods of exercising that will encourage intergenerational cooperation and raise public awareness of the importance of social inclusion in society.

Objectives

Health Life Academy Association in partnership with Association Europeenne De Jeux Et Sports Traditionnels (The European Association for Traditional Sports and Games) and Istarski Pljočarski Savez (IPS) has established cooperation in order to

develop new forms of sport programs related to traditional sports by connecting different age groups and diverse level of physical and intellectual development through traditional values, culture and sport.

The main project idea is general popularization and promotion of traditional activities, sports and culture for people of all ages and levels of physical and mental ability.

The general objective of the project is to promote physical activity through sports programs related to traditional games and culture and thus establish new exercising methods that will encourage international and intergenerational cooperation, and raise public awareness of the importance social inclusion. Project seeks to promote equal opportunities and access to all persons (including persons with disabilities) for participating in sport activities. Moreover, it emphasizes the importance of providing sport activities that are structured in a way that enable engagement of all participants by fulfilling their basic psychological and physical needs.

Sports recreation is of exceptional value because of its principles which are based primarily on the adaptation of all sports facilities, physical activity and exercise to individuals, their needs and capabilities. Sport and physical activity are extremely stimulating for the purpose of social inclusion of children and people with disabilities through involvement in sports and recreational activities. When it comes to health of persons, especially children and people with disabilities, proper physical activity is irreplaceable. Also, sport activities connect people from all over the world by providing a platform where everyone can share their cultural values and tradition.

Specific objectives include:

- Developing and integrating new sport programs consisted of existing rules and adaptive rules that would make sport activities accessible to everyone;
- Establishment of international platform for exchanging cultural knowledge and traditional values;
- Increasing participation of young people in traditional sports and social inclusion of persons with intellectual disabilities;

Activities

The basic idea is to make several adjustments to the existing rules of traditional sports to make them more challenging and accessible to wider community.

New sport activities would contain of bases of popular traditional sports with few adaptations which will attract young people in participating but also facilitate access to other participants as well. New ways of practice of physical activity relate to adding additional rules and assets in order to make the sports more dynamic and thus more attractive to young people while maintaining the existing core rules of the game.

Activities in new sport should be defined within simple rules so it can be understandable and reachable to all participants (young, old, men, women, children, persons with disabilities etc.). Furthermore, when creating innovative sport, physical requirements should be at a level that allows for the participation of wider population. Balance in terms of activity dynamics (it must not be too intense and challenging) and mental challenge (not to complicated) should be taken into account in order to make the sport accessible.

Also, an educational program will be organized as part of the project to popularize traditional sports games and the importance of sports and physical activity, through an intergenerational dialogue. The goal of the educational program and intergenerational dialogue is the exchange of knowledge and experiences that will be applicable as innovative solutions in popularization of traditional sports among young people.

Traditional Sport Games for All will be implemented through following main activities:

- Defining traditional sport games – it could be either one sport with modified and adapted rules, several traditional sports combined into a one unique, or mix of both;
- Sport rules adaptations - mainly focused on adapting current rules as well as on defining additional rules in order to make sport activities more accessible to general population;

- Workshop and Symposium – educational component, exchange of experiences through intergenerational dialogue;

Lastly, taking into account that newly created traditional sport should be accessible for persons with disabilities as well, adaptations should definitely allow application of the highest degree of inclusion where both persons with and without disability can engage in sport activity together at the same time. Such rules could address team composition, joint action and more.

Impact

Traditional Sport Games for All aims to exchange knowledge between sport organizations, federations and participants on the physical and cultural value of traditional sports as well as importance of engaging in sport activities together without distinction or marginalization. It also promotes new forms of practicing sport and physical activity through various traditional sports with rule adaptations and innovations. From a social perspective, sport can be seen as an open and inclusive activity where people can develop personal and social competences. Sport provides an arena for the development of social skills such as cooperation, socialization and intergroup relations.

Through the project idea it is intended to create an effective sports program with new innovative and creative ideas, bringing together a variety of organizations, cultures, traditions and values in one unique sport activity. The most important value will be the international and intergenerational connection between participants and attracting more persons to engage in traditional sport activities. Project will have impact on participants both during and after the engagement into sport activity. During the sport activity participants will improve their energy, psychological well-being and quality of life, but also experience different traditions and culture.

Lastly, such project idea could ignite even more sport activity ideas based on different traditional sports, culture and values. Both differences and similarities in traditions and cultural values can be displayed through sport activities and it can be the foundation of new friendships, cooperation and associations.

Typology of participants

New traditional sport activities will not have age limit, specific requirements or will be addressed to specific group of participants. The whole concept of innovative traditional sport is to make it accessible for all. Only with that approach the project could have the full impact.

However, main typology of participants to whom sport activities are addressed are young people and elderly. There is no distinction in gender or race as it needs to be accessible to all.

If needed, traditional sport games and rule adaptations can be defined/modified in a way to match all the necessary requirements to a specific target group.

Partners, if any

Exchange of knowledge and experience of traditional sports will be fulfilled with the guidance from Association Européenne De Jeux Et Sports Traditionnels (The European Association for Traditional Sports and Games) who already has more than one hundred members, including Istarski Pljočarski Savez (IPS). Associated organizations involved in traditional sports can guarantee the best approach in raising the level of quality of sports activities as well as understanding what are the best ways to develop and promote traditional sports. General objective will be met by enabling collaboration and communication between organisation Coordinator and Partner organisations in joint work in the adaptation of traditional sports.

Requirements

For the implementation of the sport activity, it is required to form a team of experts who have the knowledge and experience in the fields of sport, social inclusion, culture and traditional sports. There should be at least 2 experts in each mentioned field as well as a team of young coaches and associates who will contribute to the added value of the project by becoming carriers of new knowledge about traditional sports, culture and social inclusion.

In terms of goods, traditional sport games usually do not require high costs for props or special playing conditions such as specially arranged sports fields, gyms etc.

Request for improvement

Since the project specific objective is addressed to defining traditional sport games it would be beneficiary for the project to obtain information on traditional sports games played in the partner region or on national level. There is a possibility that certain traditional sports from different partner regions are similar which would be useful information in narrowing down the selection of traditional sports games to be implemented in the project.

Furthermore, project objective includes making rule adjustments to the sport activity in order to make it reachable. Therefore, including various experiences on the topic of adaptive sport would be highly beneficiary.

For example, Health Life Academy has implemented Istrian traditional sport game called Pljočkanje. The basic rule of the game is that teams take turn in throwing either disks towards the small ball called "bula" or "pallino". Player/team whose disk is the closest to the "bula" wins. Depending on the team size, each player can have/throw 1-3 disks. In order to make it more accessible to wider community, few rule adjustments were made. Instead of throwing disks towards "bula", the discs need to be thrown into the hoop on the floor and for each disc that lands in the hoop player/team receives a point.

Title

Visually impaired people vs blindfolded people - a game of football

Topic

Sport for people with disability

Country

Estonia

Organisation

KALEV

Duration of the activity

one day

Kind of Sport

a game of football

Target

to improve sports for impaired people

Brief Description (max 500 characters)

With the project we aim to get people awareness for the visually impaired people who still love doing sports. With the football game where all people can play football blindfolded they will experience the difficulties of visually impaired people.

Objectives

Our objective is to provide a new, and much needed outlet for people suffering from visual impairment in Estonia. The need for this consists of two parts: providing a new outlet for sports, teamwork and entertainment for people suffering from visual impairment, while also focusing on raising awareness on the subject matter.

While we found that at international level blind football has already been popularized and has a pretty strong base for it, our current outlets for sports in disabled people in Estonia is very

limited, and the need for such activity is paramount. Thus, our specific objective is to work with The Estonian Union for blind people, Tallinn Helen School and Football Club Tallinna Kalev on building a lasting co-operative event-based structure.

As Estonia is a small country by its population, and that leaves our participation pool quite narrow, our plan heavily depends on those numbers. Our plan is that those events will very much rely on the participation of people, who currently are not visually impaired, but will get to experience the game from their standpoint.

Thus, our idea is to focus on raising awareness to the subject matter by hosting blind football to people and teams, who are not visually impaired, but will get to experience that through a blindfold. We believe that this technique will help us bring more focus on the subject matter, while also providing people with a very fun and new outlet for sports.

We propose on hosting a tournament-based event, where teams of both disabled and blindfolded people will take part. That format will allow us to work with our previously mentioned partner on finding teams, while also building a new network of people. That, ultimately, will allow us to hold these events regularly, which in turn will popularize the event and assist us in our goal to raise awareness in the subject matter.

Activities

A lot of football clubs are looking to get more people involved watching games live on stadium. Thus, this blindfolded football can be quite interesting for people and may bring extra viewers to the game.

We do not think this is a very innovative sports but it definitely brings focus on people with disability.

Our plan is to hold a first event in summer or fall (depending on the Covid situation, of course), with the idea of hosting an event of 8 or 12 teams. Each team can have up to 10 players. The event will include a lot of cooperation from the Football Club Tallinna Kalev, and our idea is to build the event around one of their home games, as the club already has a fanbase and structure to boost the success of our event.

Impact

The impact on creating such event would be to create awareness that visually impaired people can and will practice sports. Because it also takes similar approach like learn-by-doing therefore it should make bigger impact on people. We hope this event will be something that people are interested participating more than 1 time.

Typology of participants

The event will be for visually impaired people and people with normal sight. Visually impaired people will be contacted through The Estonian Union for blind people and Tallinn Helen School. Other participants are collected through Tallinn Kalev Football Club and their fans. Also information is shared through KALEV members.

Partners, if any

Thus our specific objective is to work with The Estonian Union for blind people, Tallinn Helen School and Football Club Tallinna Kalev on building a lasting co-operative event based structure. Also KALEV.

Requirements

Blindfold masks, football with the rattle inside, walled indoor/outdoor arena with football goals, players and referee.

Request for improvement

Creating such event and marketing it is something that should be done correctly (use of correct words). Because we do not have much experience (if any) working with people with disabilities, the partners and senior leaders definitely can help us with knowledge in that area. The needs of visually impaired people are different from what we are used to. Therefore help from leaders or partners is very welcome.

Title

Hi, look at me!

Topic

Sport for people with disability

Country

Finland

Organisation

TUL

Duration of the activity

one day, 6 h

Kind of Sport

Training about disability sports

Target

Volunteer/coach/trainer in TUL's sport club

Brief Description (max 500 characters)

One day long online training for volunteers/coaches/ trainers in sport clubs in the field of grassroots sports.

The training provides knowledge and tools to work with children and youngsters (in sport hobbies) who are diagnosed with ADHD/ADD, autism spectrum, learning problems and/or mild developmental disorders.

Focus on not-competitive groups. Type of sport doesn't matter!

Training is implemented virtually.

Objectives

-Training offers to participant knowledge and tools to work with children and youngsters who are diagnosed with ADHD/ADD, autism spectrum, learning problems and/or mild developmental disorders.

-Improves participants skills and knowledge with extra attention needing kids. It helps them to control the whole sport group/hobbyist better, and this increases quality in sport activities.

-Reduces "drop out" in sport hobbies. When everyone in the sport group feels that they are heard and noticed equally, they feel commitment to the group or to the hobby.

-Gives participants support and help to their voluntary work in the field of grassroots sports. This way this training improves commitment to their own sport club and to TUL.

-Training is implemented virtually, so participant can join easily all over from Finland. In the future this training can be implement internationally. This virtually implementation makes participating cheaper, and also safer during the pandemic.

-Participant gets more confidence and courage to work with children with disabilities. Training also gives capabilities into future to start coaching special sport group.

-After this training TUL could offer advanced training what would focus on disabled or mentally handicapped people.

-This training could be implemented quite easily to international level. It would need of course translating to English. Problems with children with special needs are quite same all over the world.

Activities

-Training is six hours long. It is held in one day, on the weekend time. There are few breaks middle of the training.

-Participants gets pre-assignment, timetable of the training and a link to the training platform on email before the training. Pre-assignment includes for example, thinking and writing down own experiences and difficulties with children who needs extra care and attention.

-Training starts with going through the days schedule. After that people are divided into smaller groups where they can talk about pre-assignment. Small groups are important because everybody gets chance to talk and it makes the pressure of the group smaller.

-Then we have two to three pedagogical professional speakers who have their own time and theme which they talk about. Plan is to also include some youngster to speak about his/her own experiences doing sports with add/adhd/autism. We have also planned to have some coach who has experience about training children who needs extra care or attention.

-After the speakers we have time for the questions which speakers can answer.

-Afterwards participants get some materials by email and also a link to fill a feedback survey.

Impact

Number of children who are needing extra help, care and attention, is getting bigger all the time. In Finland this kind of children don't usually get enough help in school, because classes are so big and schools does not have enough teachers and other adults. Nowadays children with extra needs are put in normal big classes where they cannot keep up. This is a huge problem and affects negatively to children. They often think they are dumb or that there is something wrong with them.

In TUL we want to offer these kinds of children place to feel supported and loved. We want to help and support these kids and their families by keeping them in sports and giving them self-confidence and other skills they need to face the world. Sadly, this kind of children are dropping out from sport clubs and teams because they don't get the extra help they would need and again they feel like they don't fit and can't keep up. This is why we want to train coaches and volunteers, who teach sports to the kids, to face special need kids the right way. How to support them right and keep them in teams. Feeling included and supported in sport club makes huge difference in children's life. It also helps the family. Happy children make happy adults.

Although add/adhd/autism are really common nowadays, there is still huge amount of people who doesn't know about these and huge amount of people who has something like this and feels ashamed of it. This training increases awareness about this kind of things. It also normalizes it with showing people who for example has add and telling how common it is.

This kind of training gives volunteers self-confidence. Volunteers often feel like they are not professional enough. Working with children for example adhd, it can feel like nothing you do is enough. Training gives volunteers the right tools, makes them feel more confident about their coaching and improves their commitment to their own voluntary work. When you have coaches, who loves what they do, recruiting new ones isn't so hard because they may already have heard good thing about the sport club.

Typology of participants

-This training is open for all volunteers/coaches/ trainers in TUL in the field of children's grassroots sports. Especially for those who wants to improve their skills with extra attention needing kids.

-Our focus is on not-competitive sport groups, type of sport doesn't matter. Participant can be a group sport coach or individual sport coach. There are no age limits.

How to find participants:

-This training will be added in TUL's web page, where TUL's members can find every online training in our federation.

-We can get advertisements into TUL's social media, and also for the TUL's members letter which is sent monthly.

-TUL's Equality committee will help us to spread the word for the TUL's board and members.

Partners, if any

-We will cooperate probably with Finland's Para Olympics-federation and Soveli ry (federation for applied sports in Finland). We will ask if they could help us with this training and if they have professional people who could design and create pedagogical content to this training.

-TUL's Equality committee is willing to help us with any problems or questions. There are some senior leaders who have experiment of disability sports.

Requirements

- Someone who designs and creates the materials from the pedagogical point of view for the training.
- Professional speakers for the course. Also some speakers from the grassroots sport field.
- Help for marketing the course.
- Budget calculation.
- Funding for the project from TUL.

Request for improvement

- Do you have some suggestions what kind of children's disabilities this training could focus on? (Some other than add/adhd/autism)
- Who could be the speakers in this training? (Other than pedagogical professionals)
- What could be the best virtual platform for this kind of training?
- Could there be some interesting/fun activity or a task or an exercise for the participants in this training?
- What we need to notice if this training is brought to international level?
- What could be the best way to advertise this training in federation, do you have some experience about advertising some kind of training?
- Should there be some continuation to this training, what could that be...?

Thanks for your answers!!

Title

BEACH HANDBALL

Topic

Innovative Sport

Country

Catalunya

Organisation

UCEC

Duration of the activity

DURING WSG'21

Kind of Sport

TEAM-SPORT

Target

Allow this sport to be practiced by the rest of the WSG participants without risk of injury

Brief Description (max 500 characters)

Our idea is to develop a sport that, although it already exists and is well established; brings an innovative element to the sports offer of the CSIT and the WSG.

In this case, we have chosen BEACH HANDBALL, a sport that derives from traditional handball and is well established. The choice of this sport is due to the awareness of the difficulty of having sports facilities for demonstrative and unofficial sports, and at the same time it is a complement to the current offer of CSIT beach sports

Objectives

The specific objectives are:

- Offer a sport that does not take up space in the facilities and equipment intended for the WSG.
- Offer a sport in an attractive environment (beach) that encourages the practice of the activity
- Offer a technically simple sport, without contact and with a low risk of injury.
- Complement the CSIT's offer of beach sports

Activities

A competition (king of the court mode) is proposed throughout the day, adapting the playing time. Conventionally, a match is divided into two 10-minute sets where each set has 2 5-minute parts. In our case we propose a single set of 5 minutes, to make an agile and motivating competition for the participants.

The innovative nature of the activity is determined primarily by its nature as an unconventional sporting activity. Then we have to keep in mind that it is held in an informal setting like the beach. At the same time, the proposed mode of competition (king of the court) by adapting the competition time, make the proposal innovative and can motivate participants from different disciplines of the WSG to take part.

Impact

One of the main impacts of the initiative is to complete the offer of beach sports. (Volleyball, wrestling and tennis), generating a whole category of specific sports and encouraging the whole family of sports, practiced in one place, to generate together, a greater interest in the public, and at the same time bring the environment closer. of beach participants in the WSG who practice the disciplines in other facilities.

Typology of participants

The initiative is aimed at participants from other WSG disciplines. The aim is to get closer to the beach environment where volleyball, wrestling and tennis are already held under the pretext of being able to take part in the BEACH HANDBALL tournament. The fact that you can participate in 5-minute competitions,

without much knowledge, in mixed teams... should encourage the participation of the target audience.

Partners, if any

- NOT NEEDED

Requirements

- Field 27 meters long by 12 wide
- Goals
- Rubbers to delimit areas
- tapes / cones to mark the surface of the field.
- It is also advisable that the field is grouped with the other sports of the CSIT, that there is atmosphere (speakers, music...) and that the hydration of the participants is guaranteed.

Request for improvement

- Do you think that the public authorities in the summer season will be willing to give up meters of beach to celebrate a demonstration sport without guarantees of attendance?
- Would you further adapt BEACH HANDBALL regulations to make it more accessible?
- Do you think that the collaboration of a partner is necessary to develop it or can it be promoted directly?
- Do you think that the fact that there is no conventional HANDBALL as a discipline can discourage the participation of other athletes from other disciplines?



YOUAca 2.0 PROJECT

STAFF

Project Manager:

Cosimo Renzi (CSIT).

YOUAca Trainers' Team:

Anu Rajajarvi (TUL); Riku Ahola (TUL).

National Coordinators:

Roberto Vecchione (AICS); Dario Jagić (HLA); Alexander Tammert (KALEV); Jarkko Tenkula (TUL); Joan Güell (UCEC).

Peer Trainers:

Francesco Molea (AiCS); Mikk Meerents (KALEV); Taija Luoma (TUL); Alba Galliano (UCEC).

Supervision:

Valeria Gherardini (CSIT).

YOUAca web site manager:

Roberto Vecchione (CSIT)

YOUAca Guidelins Editing:

Cosimo Renzi (CSIT); Patrizia Cupo (AICS).

Design:

Massimo MirOne Just Different

PARTICIPANTS

Senior Leaders

CSIT/Austria:

Bruno Molea (CSIT President); Wolfgang Burghardt (CSIT General Secretary); Henk Bouchoms (CSIT Sport Director); Anu Rajajarvi (CSIT Young Leaders policies); Yoram Arnstein (CSIT Enlargement & New Memberships and HAPOEL General Director); Georges Michel / CSIT Deputy Sport Director; Valeria Gherardini (Csit President Office/Eu Project Manager); Roberto Vecchione (CSIT President Office/ICT Manager); Giovanni Tracanelli (WSG2021 Project Manager); Fabrizio Gherardi (CSIT Secretary of Beach Volley TC & WSG2021 Sport Office); Claudia Borzacchini (CSIT Coordinator of Parasport);

AiCS/Italy:

Gabriele Capasso (OCR coordinator); Roberto Bacchilega (Karate coordinator); Gianpaolo Porfidia (Sand Basket Italia coordinator); Sergio Lionello Folicaldi (Archery coordinator); Davide Piacentini (Freestyle inline skating coordinator).

HLA/Croatia:

Dario Jagic (General Secretary); Predrag Marinkovic (Project Manager); Milivoj Pacenti (AEJeST Vice president of Linguistic Resources).

KALEV/Estonia:

Aleksander Tammert (General Secretary); Ander Aaviku (Football Club leader of youth work); Kaja Seinberg (Track&field leader).

TUL/Finland:

Aino Nevalainen, (Board coordinator); Riku Tapio, (General secretary); Antti Kempas (Sports responsible); Ilpo Laurila (Officer);

Hanna-Maria Jokinen (Communication manager);

Aapo Rantilä, (Executive director).

UCEC/Spain:

Jaume Domingo i Planas (President);
Josep Monràs i Galindo (1st Vice President);
Joan Ubach i Isanta (2nd Vice President);
Antoni Gilabert i Rodríguez (3rd Vice President);
Salvador Valls i Cuello (Board Secretary);
Sergi Teruel Rosario (Sports Director)

Young Leaders**AICS/Italy:**

Francesco Molea; Elisa Gazzola; Paola Cervini; Maria Zucaro;
Stefania Lupelli.

HLA/Croatia:

Kristian Batelić; Patricia Hrenk; Nika Todorović; Zrinka Vukovic;
Karlo Zupčić.

KALEV/ Estonia:

Angelina Semjonova; Henry Hein; Mikk Meerents; Remy Pold;
Georg Matjashov.

TUL/Finland:

Eveliina Rajajärvi; Nea Kunto; Taija Luoma; Maiju Salonen;
Kristiina Kettula.

UCEC/Spain:

Pau Papasseit; Ignasi Merediz; Alba Galliano; Jesù Martí; Roger
Pedret; Xavier Jordana

PARTNERS



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