



Sport for Community Development CD - Good practices template

Sport CD project believes that the practice of sporting activities potentiates the communities development, improving also personal and collective skills for life.

This template has the aim to collect good practices of sport realized with an impact on the growth and development of the community itself. Thanks so much for your kind cooperation!

GENERAL DATA

Good practice title: *.Fostering people and communities*

Organization doing the research: *.Radovi U Toku*

Good practice theme: *Fostering communities members to foster communities*

Organization responsible for the good practice: *RUT*

Short description (max 1000 characters): *RUT has decided to include this experience as part of the good practices that exists in Serbia because it is a pilot activity that mix different methodologies having a new approach. Furthermore the training is carried out by Andrija Geric, Serbian volleyball player that represents a good example in the Serbian (and not only) society. It is the investment on the single participatan, by the participant himselfes/herself, that gives good results.*

Person/s interviewed, and role in the organization: *Andrija Geric, former valleyball player, coach/trainer*

STRUCTURE OF THE ACTIVITY

Type of the activity (is it a course? an Event? etc.): *All the events, trainings that are carried out in the past were formalized in 2017 even if they were taken, in the past, within volleyball clubs.*

Duration and structure of the activity (duration in hours, and how the activity is articulated): *duration : 2x 3h .Workshop*

Period (when was realized? do it still exist?): *Workshops/training are still ongoing the recent ones are those organized 22.04.2017 and.13.05.2017.*

Beneficiaries (what kind of participants? what age?) *Students and high school pupils (16-23 years)*

Is the activity devoted to everybody? *Yes, it is*

Do the activity regard a group or the individual? (or a mix?). If it regards a group, how many people? *Group of about 20 participants*

How many participants are involved during one year in the described activity? and how many have been involved (more or less) since the beginning? *In the last trainings/workshops two groups of 20 people took part.*



Staff: how is composed the staff? Teachers, instructors, coaches, volunteers, experts (psychologist, sociologist, etc.); for each category, what are the required qualification? Teachers/trainers/coaches and instructors(both psychologists).

How many staff members? 2 + volunteers (the number is not the same)

CONTENT OF THE ACTIVITY

Vision (what is your "dream", your main and general purpose? max 3000 characters):

Teaching young people how to control the level of self-confidence in sport activities and in exams in schools (especially during tests and exams where the "pressure" is high) is very important because it means to learn to *control* somehow reactions. Results are that people are able to foster the control of his/her own self not only in the field of sport but in every field of life. Sport is a proper tool to develop communities and to favor inclusive approaches.

Educational objectives: to teach athletes how to elevate level of their confidence in sport activities, in oral/written exams and in life.

Story of the practice (how has been created): In Serbia, a part from the professional level of sport, it is not usual to use the experiences of professional athletes, connecting them with psychology technics and methodologies. It is needed to go over the sectoral approach, all the sectors are linked together and it is needed to apply a more global approach. Some of the trainers involved are, or were, professional athletes that when playing were target of a similar approach that is not proposed, with the needed adjustments, at local level. It is believed that it is needed to work with young people, to apply best practices, to link together different fields not only to foster players but also to help them to better shape their character and personality.

Method and technics

How is articulated the activity? are there any steps? (i.e. first contact; orientation; physical preparation; training; competitions/events; etc.); what are the technics and procedures adopted?

| Phase | Technics or procedures adopted |
|--------------------|---|
| Mental warm-up | Visualization of the event with high "pressure" inside. Step-by-step way of thinking in order to raise confidence levels |
| Playing volleyball | Using a new way of thinking in real situations |
| | |

Do the methods or technics belong to an already codified approach? No, they do not belong to already codified approach.

Are the methods or technics innovative? if yes, please explain how

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Yes. Methods used are, at least in Serbia, innovative because they have a wider approach.

Please, try to reflect on the experience you are narrating in relation to some key aspects listed below...

| Sports As Community Development | |
|--|---|
| A) Emerging and enhancement of a community's resources throughout sports: | |
| <ul style="list-style-type: none"> Do the experience here described supported the emersion and enhancement of any community's resource? | The needed resource is the link with the territorial environment and all the actors present in a given territory. |
| <ul style="list-style-type: none"> What are the community's resources related to sports and physical activities emerged and enhanced thanks to the project-activities? | The cooperation with staff and coaches of local volleyball club fostered results achieved and those that will be achieved. |
| <ul style="list-style-type: none"> What are the territory's resources that the project-activity have enhanced? | The strong relationships with clubs, and their active involvement represent the base also to check results in a short/medium and long term. It is possible to constantly monitor changes reached by people that took part in the trainings/workshops. |
| <ul style="list-style-type: none"> Which are the resources that should be developed? | It is needed to develop the network at all levels. The network with institutions and local authorities bringing the needs of citizens on the table of institutions and with all the other relevant actors. |
| B) Active involvement of the citizens in promoting the community's well-being throughout sports: | |
| <ul style="list-style-type: none"> To what extent in this experience/project, sports and physical activity became an element of involvement for the community members, ensuring their active participation? | It is hard to say but considering the path developed till today and, above all, the personal experience of trainers, transferred to other trainers, it influences the communities which are directly involved. |
| <ul style="list-style-type: none"> Did the project supported the emersion of the community's needs and desires in relation to sports? | The project is based on the community needs detected. |
| C) How can sports help developing community's skills: | |
| <ul style="list-style-type: none"> Did sports became a learning occasion for the community? | Yes, sports are a learning occasion for the community where participants are involved at different levels, where communication, relationships and personal contributions are the bases to develop the team spirit. |

Impact

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What are the benefit of this specific sporting practice on the communities? (in terms of development, social inclusion, skills learning, physical benefits, etc.)

Learning skills of new way of thinking in order to elevate level of self-confidence in sport activities and in university context (exams, tests and social life).

What are the benefit of this specific sporting practice on individuals?

Benefits are linked with a better relationship the participant has with his/her self, the consequences within communities and the increased capacities to face situations, in sport as well as in daily life.

What are the benefit of this specific sporting practice on families?

People involved in the training have more possibilities to change his/her practices of life style including health food. It was detected that sometimes, not always, people practicing sport positively influence the rest of the family.

What are the benefit of the specific discipline on society?

Sport as the power of creating a profound and positive impact on individuals, communities and wider society. As it is widely recognized the benefits of practicing sport are several and are linked with physical (sport activity reduces the risk of illnesses, cardiovascular disease and some cancers), mental health, a person that practices sport activities has less possibility to develop antisocial behavior and crime activities, sport fosters social cohesion and favor inclusion. Team sport in particular develop wide visions and approaches.

COMMENTS by the researcher

Any strength or weakness points in our opinion.

In Serbia the very limited financial resources, for the organizations as well as for citizens represent an obstacle. Nowadays people and institutions do not have an updated idea of the third sector and how it could help society in developing. The international experiences of people taking part into the activities represent a good point since people are recognized and methodologies could be updated, communities should benefit from these experiences.

Relevant aspects emerged during the interview (any obstacle, discovering, learnings, etc.)

Nowadays it is needed to create strong relationships with institutions and actors located in local environments but it is very hard to be done since institutions, local authorities and people are unable to understand, because people are concentrated on daily problems, the power of sport to improve communities.

ATTACHMENTS

References, as articles, links, etc.

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Photos, video

Other materials

Testimonials (i.e. interviews to participants, families, stakeholders, etc.)

Trainer – Andrija Geric, Serbian volleyball player who played on middle blocker position. Both in the club and in the national team he wore number 12.

During his club's career he played for [OK Vojvodina](#), [Bossini Montichiari](#), [Lube Banca Marche Macerata](#) and Icom Latina from [Italy](#), [Panathinaikos VC](#) from [Greece](#) and [Fenerbahçe](#) from [Turkey](#). He won [Champions League](#), [CEV Cup](#), domestic Championships of [Serbia](#), [Italy](#) and [Turkey](#), as well as Serbian and Italian domestic Cup. Gerić made a debut for the national team on July 7, 1995 in [Greece](#). In 2000 in Sydney the Yugoslav national team won the Olympic gold medal.

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